About The MENTOR Network

The MENTOR Network is a national network of local health and human services providers offering an array of quality, community-based services to adults and children. The Network’s Therapeutic Foster Care programs are part of a continuum of personalized services for children with behavioral and emotional challenges and their families. Services may include:

- Transition to Adulthood Services
- Wraparound Services
- Juvenile Offender Services
- After-School Programs
- Adoption Services
- Intensive In-Home Services

Nurturing Support for Children after Trauma

The MENTOR Network’s Family Vistas model emphasizes the healing effects that nurturing relationships can have and offers clinical interventions that are viewed through the lenses of trauma, separation, loss and grief.

All of the children and adolescents we serve have experienced trauma, either through abuse, neglect or witnessing violence. We also recognize that entering foster care can be a traumatic experience, causing feelings of anxiety and fear as children leave behind parents and all that is familiar to them. Our trauma-informed supports are designed to make this transition as smooth as possible.

A Focus on Quality

Each child we serve deserves the highest quality of service available. Services are overseen by our clinical team to ensure that each child’s care is effective and makes use of their natural strengths and abilities. Using best practices from our Family Vistas model and our rigorous quality improvement standards, we make certain each child’s treatment is thorough, safe and effective. Our experienced quality improvement team performs regular audits to ensure we comply with all state and national requirements for providing behavioral health services to children at risk and their families. This information is used to continually improve our services.

In addition, the Family Vistas service evaluation process, Rules of the Road, assesses staff interventions and ensures the trauma-informed service components of the Family Vistas model are performed and documented at prescribed intervals to provide the best possible outcome for children in our care.

To learn more about how The MENTOR Network can make a difference for a child in your community, visit www.thementornetwork.com to find a location near you.

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Therapeutic Foster Care

When it is not possible for children to live with their biological families, The MENTOR Network’s Therapeutic Foster Care programs offer them safe, nurturing homes where they can heal and grow.

We carefully match children with foster parents who we call Mentors. Mentors are caring adults from all walks of life who provide a helping hand, a home and a family. With the support of their Mentors, children recover from trauma and overcome behavioral challenges in a supportive therapeutic environment designed to:

• Reduce symptoms of trauma
• Help ensure stability in the foster home
• Develop more positive family relationships
• Increase well-being
• Achieve permanence (family reunification, adoption, etc.)

What is a Family

For one child, family may mean biological parents and siblings. For another, it may mean grandparents, teachers or foster parents. The MENTOR Network supports every member of the child’s expanded family—whichever the child considers family, including members of the larger community, such as the child’s school, church or other partners—in building nurturing relationships that help the child heal and thrive.

Helping Children Map a Positive Life Direction

Our Therapeutic Foster Care program is based on our trauma-informed, evidence-informed clinical model, Family Vistas, which recognizes that every child walks his or her own path, with a unique life vision. Believing that all behavior is a child’s way of communicating about their emotions and experiences and that positive relationships are catalysts for growth and change, we help children set positive goals for their life journey. Each child is supported by a dedicated treatment team, led by a masters-level clinician, who coordinates treatment, performs home visits and ensures that the child receives the service and supports they need in order to be successful. In addition, Mentors complete our RELATE skill development course, which educates them on the special needs of children who have experienced trauma.

Assessing Needs and Strengths

Through a Comprehensive Clinical Assessment and an outcomes-based measurement tool called the Child and Adolescent Needs and Strengths (CANS) assessment—trauma version—our dedicated team develops an individualized plan. The plan includes the Individualized MENTOR Assessment and Planning Process (IMAPP), which is a blueprint that guides the treatment team including the child’s Mentor in supporting the child toward his or her goals. The plan may also include:

• Individual, group and family therapy
• Life Books, where children keep important memories
• Individualized skill-building activities
• Cognitive Behavioral Therapy
• 24/7/365 crisis support

When It’s Time to Go Home

Family-Centered Treatment®, a best-practice, evidence-based method of in-home treatment, offers extra support through family-focused therapy and skill building in the home. After leaving foster care, children may transition back to their family of origin or be adopted by their Mentor or other families. Young people over 16 may transition to independent living.

5 PHASES OF SERVICE

Pre-Service: Assessment

The child’s treatment team performs a Comprehensive Clinical Assessment and CANS, trauma version, and creates an individualized treatment plan.

Phase 2: Stabilization

The child adjusts to the new Mentor home. The treatment team identifies the child’s natural strengths.

Phase 3: Capacity Building

The child and family build coping, social and relationship skills. The treatment team adjusts the treatment plan to meet changing needs.

Phase 4: Mastery

The child and family apply new skills and begin transitioning toward the child’s permanency goal (reunification, adoption, etc).

Phase 5: Transition

The child transitions into the new living arrangement. Staff coordinate with the child and family on their success.

Strengthening Family Relationships

Positive relationships are key to a child’s development and healing, and Mentors are agents of change. Using evidence-based and evidence-informed tools, we help the child develop nurturing relationships in their foster family and, if appropriate, their family of origin or with other caregivers. We help the child to strengthen their ability to form healthy, nurturing relationships through modeling and teaching, enabling them to develop positive relationships with family and other important people in their lives.

The methods used to support children in choosing a positive life path include:

• Motivational Interviewing—Staff engage the child and family in envisioning a positive future and developing their own motivation to make positive changes.

• Skill Building—The child builds skills related to treatment goals, such as social skills.

• Cognitive Behavioral Therapy—Children have therapy sessions with a clinician specially trained in trauma care, if indicated.

• Intensive Case Management—To ensure all necessary services and supports are in place so that all the children in our care are successful.

• Shared Parenting—Staff and Mentors actively engage the family in the process of parenting. When that is not possible, they work with the child to understand and value the importance of family in their life. This allows the child to feel a sense of emotional safety and support as all the adults in their expanded family work together to help them heal.