

Mentor with MIKE!



Only 3 open position.

Interested in helping today's youth develop through health education?

Apply ***now*** to launch with youth in North Portland on **August 30, 2018!**

Support local youth while gaining experience and honing skills in health education and youth development by mentoring with MIKE Program! MIKE's mission is to empower youth to be health leaders through education, mentorship, and community outreach.

MIKE works toward health equity and educational parity. Health and education are linked. The level of education is the best predictor of health outcomes. The healthier you are the more likely you are to attain an education. The more education you have, the more likely you are to be healthy. MIKE's vision is all people meeting their potential of vibrant good health, contributing as citizens of a vibrant, strong society.

As a mentor, you act as a guide and positive role model for a group of 3-5 youth. You join a teacher and MIKE staff to work with your youth in a health classroom along with a team of other mentors and their youth. Mentors facilitate small group discussions, assist with hands-on learning activities, participate in a field trip, and facilitate a final Health Leadership Project as each youth team creates a project to promote health within their own community. Mentors take turns providing healthy snacks to the class (paid for by MIKE Program).

When and how often: Mentors meet once per week, only during weeks when school is in session, in a high school classroom for from Thursday **August 30-December 13, 2018**, with a final debrief on December 20, 2018. Serendipitously, there also is no class Thursday, 9/27 or 10/25. A second session will begin early January through early June 2019.

Where: In a high school health classroom--just off the Yellow Max Line at the N. Lombard Transit Center.

Meeting times:

- **Thursday, 10:45 AM-12:10 PM (with youth 11:00-11:55 AM)**
- **Thursday, 12:20-1:30 PM (with youth 12:35-1:30 PM)**

Training Date: Thursday, August 23, 2018 from 8:30 AM-3:30 PM. Make-up training, Monday August 27.

Benefits to Mentoring:

- Fun
- Professional Development
- Experience working with adolescents (9-graders) from diverse backgrounds
- Free training and support in areas of adolescent health, youth development, and education
- Making a difference by guiding youth to learn about and embrace healthy behaviors
- Possible eligibility for academic credit, internship credit, or volunteer hour (*direct service*) completion credits
- Professional recommendations for committed and dependable qualifying mentors

Qualifications:

- At least 20 years old
- Live in the Portland Metro Area
- Reliable transportation (includes public transportation)
- Interest in public health, education, youth development, social service, diverse communities
- Role model for health
- Good communication and listening skills
- Encouraging and supportive
- Patient and flexible
- Punctual and responsible
- Embraces individual differences
- Responsive to e-mail communication
- Open to participate in training and give feedback on your experience

Application Process:

- Complete on-line mentor application, which includes your resume, and provide at least 3 references
- Orientation and Interview with MIKE Program staff
- Fingerprint background check and reference check
- On-line and in-person on-boarding and training—arranged at time of interview
- Commitment throughout entire project time every time/every week school is in session. It is *imperative* that once placed as a MIKE Program mentor, you attend *all* mentoring sessions and complete your term of service so that as a MIKE mentor you do not join the ranks of adults who have disappointed a vulnerable teen. Any absences should be planned with MIKE staff prior to undertaking this volunteer opportunity
- **Attend a free full day MIKE Program Mentor Training** at Providence St. Vincent Hospital (9155 SW Barnes Rd., Portland, Oregon 97225). **Thursday, August 23, 2018 from 8:30 AM-3:30 PM. Make-up training, Monday August 27.**

To learn more and apply online, please visit <http://mikeprogram.org/get-involved/become-a-mentor/>.

MIKE Program

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