

Program Fact Sheet

RSN Skill Building Programs

Who does Reintegration Support Network (RSN) provide services to? RSN provides individual (1-to-1 mentoring) and group skill building (Life Skills groups) to **Any Youth, age 13-20, impacted by substance use, mental health and/or justice involvement.**

How does RSN define its program:

Both our group curriculum (Life Skills) and individual skill building (1:1 mentoring) model are guided by the Substance Abuse Mental Health Services Administration (SAMHSA) 8 dimensions of Wellness: Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual.

What makes your skill building program different from other mentoring programs?

Our program motto is "Youth First," so we avoid any strategy or practice that could make them feel more threatened or burdened or undermine their personal power and self-determination. Therefore, if at any time the potential participant declines services, we will honor their decision, leaving the door open for future engagement and finding ways to support them in their wellbeing journey.

What makes an RSN mentor "specially trained"?

In addition to being either a NC Certified Peer Support Specialist and/or trained Recovery Coach, mentors are required to complete 5+ hours of training related to youth-focused coaching, group facilitation, cultural competency, working with LGBTQIA+ participants, and harm reduction. Our Mentors are also required to become certified in Youth Mental Health First Aid.

How do I make a referral for Individual Skill Building?

Visit Our Website @ <https://www.rsnn.org/youth-engagement/> to read more about services and to complete our referral form.

I made a referral - now what?

Our Participant Program Manager, Jeremy Smith, receives all referrals and will follow up with you within **48** hours.

How long before a participant gets a mentor?

Our intention is to have participants matched within a month. The "behind-the-scenes" match process involves a lot of communication, paperwork, planning and logistics to ensure positive outcomes for all parties. If an appropriate mentor is not available, we continue to check in with the referrer to assess interest in remaining on a waitlist.



Individual Skill Building

When/where does the individual skill building take place?

Mentors & participants work together to establish a meeting and communication schedule. Meetings can happen at a participant's home, or out in the community at places such as the public library, a local park, arcades, museums, recovery conventions, or even Duke Gardens!

What happens during interactions with a mentor?

Our specially trained mentors help participant's in goal recognition, setting, planning, and achievement in any, or all of the 8 Dimensions of Wellness. After getting to know one another, our Mentors assist participants in developing a Participant Centered Plan, in which they establish goals and the steps needed to reach them. Midway through the program, participants are encouraged to create a Self Care Plan, including community connections and resources, that will carry on once the program is completed.

How long does mentoring last?

Our Individual Skill Building program is designed to last 26 weeks. In the final month, the participant and their mentor assess their progress, and either extend their mentoring relationship for continued support, or prepare for closure of services.

Group Skill Building

Who does RSN provide groups for?

RSN partners with youth-focused community organizations to provide Skill Building groups to their participants ages 13-20 who are interested in advancing their social-emotional well being.

What topics are covered in the curriculum?

The curriculum is a blend of the 8 Dimensions of Wellness and Workforce Development topics. Each session provides opportunities for collaboration, creative expression and movement. Community partners are also invited to participate in group presentations, providing real-life examples of ways to implement the lessons learned.

How do I arrange for group skill building?

You can email Jeremy Smith, RSN Participant Program Manager, at jeremy@rsnnc.org or call 984-777-5282 to discuss hosting a group at your organization.

MEET THE TEAM



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