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"WORK IT OUT" - LIFE GUIDE (Mentor)

Introduction

Life Guides are people who have the talent, desire and training to come along side anyone who needs a little assistance to help them on their life journey.

Life Guides will meet clients on a regular basis to assist those transitioning from prison recovery programs and anyone needing some assistance "doing life".

Providing direction, guidance and assistance with everyday needs and transportation, to assist them in making healthy decisions in the areas of housing, employment, transportation, parental issues, identification, health, substance abuse and other support programs and social activities.

Life Guides will be the eyes, ears and hands to help enable the person to overcome obstacles and to move forward with their personal goals and objectives.

To assist in the above areas as well as overcoming obstacles in relationships, employment and their faith walk.

Those interested in becoming Life Guides must have a minimum of two (2) years of continuous sobriety, cannot be on probation or parole within any justice system. Are required to participate in all required training, which would include training in crisis management, attending (listening) skills, how to work with a person of faith/religion and learn the specific challenges associated with persons in recovery.

Life Guides will be under the supervision, direction and guidance of the CEO of Speak Life Ministries and or approved associates. And are required to fill out and sign; Volunteer application, Life Guide Code of Ethics, and Volunteer Commitment form.

Speak Life Ministries is judgment free and cares only enough about the past to enable a brighter future.

What is mentoring? (Life Guide)

- Mentoring is growing in maturity and skills through relationships with others.
- Mentoring is a multi-faceted set of personal interactions of people who have something to offer with others who are ready to receive.
- Mentoring is "a brain to pick, an ear to listen, and a push in the right direction
- Mentoring is doing whatever is necessary to help a person get where they want to go.
- Mentoring is related to such biblical concepts as discipling, nurturing, teaching, training, and equipping.
- Mentoring is serving as role model, developer of talents, protector, supporter, and friend.
- Mentoring is Gods radical love in action!
- Mentoring is allowing Gods radical love to change us while serving another.
- Mentoring is growing in our faith while looking for ways to strengthen and introduce people to Jesus.

The goal of mentoring is to help ourselves and others grow, through the relational dimension of life impacting life. Mentoring reminds us that we do not grow and mature in a vacuum. We need each other.

What mentoring is NOT?

Mentoring is NOT telling someone what to do but directing by example.

Mentoring is NOT being right but allowing the person to learn from their choices and humbly guide the client through biblical wisdom combined with the sharing of our life experiences and example.

Mentoring is NOT counseling but being a great listener and an awesome friend.

Mentoring is NOT being judgmental but being filled with grace, long suffering and compassion.

Being a Jesus lead Life Guide

Life guideship is "Strategic Friendship"

We are being very purposeful in "loving our neighbor as ourselves." As we learn to experience Gods Radical love towards us we are encouraged to apply that same radical love to serve, befriend and help others. Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' (Matthew 22:37-39 NLT)

- **What is expected of the volunteers?**
- **What does volunteer training look like?**
- **What is expected of the client?**
- **Where, when and how will the life guideship take place?**
- **What is expected of the client?**

1. What is expected of the volunteers?

- a. Volunteers must fill out a 4-page application, applications can be filled out online at www.speaklifehope.org
- b. Volunteers must read and sign Mentoring Code of Ethics Form
- c. Volunteers are required to attend ALL required training events and complete ALL required reading assignments.
- d. All volunteers understand they are too represent God in all they do and the life guideship is guided by biblical principles.
- e. Volunteers are required to be in good standing with the church, community, employers and with family. God does not expect perfection and neither do we but we desire to do what is honorable and pleasing to the glory of God.
- f. Volunteers will meet monthly for debriefing, prayer and training.
- g. Volunteers will receive periodic phone call from the program director for prayer and support.

2. What does volunteer training look like?

- a. Core Training
 - Takes place over a period of several days equaling 8- 10 training hours.
 - Required reading will be “Christian Caregiving a Way of Life” by Kenneth C. Haugk – “Christian Caregiving- a Way of Life is a practical, how-to guide that shows you how you can help others in a distinctively Christian way”.
 - During the training period, *prospective life guides will learn:
 - Basics of Crisis Intervention
 - Attending skills (listening skills)
 - The unique challenges with helping persons in recovery and or transitioning from prison.
 - Review highlights from their required reading from “Christian Caregiving- A way of life”
 - Life guides will learn what it looks like to live out their faith while helping, befriending others, “Mentoring” others while growing in their faith.
 - Note – There will be a cost for books and reading materials.
 - ***prospective life guides**- Some people may not be a good fit for this specific ministry. This will be determined by end of training.

b. Ongoing Training

- a. Several times per year, additional training will take place. This will include additional reading assignments, video teachings and workshops. Guest speakers and special events.
- b. Mentoring one another we take place during most meetings while *sharing experiences.
- c. There will be ongoing debriefing of our life guideship experiences to grow and learn from one another.
- d. ***Sharing experiences** to grow and learn while maintaining the confidentiality of clients.

3. What is expected of the client?

- a. To sign **life guideship agreement form**- This form confirms the clients desire to be mentored and holds he/she accountable to make every possible effort to be active in the process.
- b. To sign and review **client back ground information form** with mentor- This helps in the process in getting to know one another and is a building block to opening the doors of communication.
- c. To sign and review **Goals form** with mentor- This gives the client and Mentor a “road map” in meeting certain goals and objectives.

4. The ABC's of the Life Guide

Attend

Befriend

Comprehend

Attend: to direct one's attention: to apply oneself: to be ready for service: to be present

The first meeting will consist of completing the forms and introductions. This will be a time of “breaking the Ice” and getting to know each other. Attending and listening skills are important to getting to know the client so we may be an effective mentor and friend. Get to know the client and let them get to know you. This may take some time and allow the natural flow of things to happen over the next couple get togethers.

Befriend: Act as or become a friend, especially when they are in need of help or support

Connecting with the client is extremely important. Regular connection is a must. Reaching out at least on a weekly basis via phone, text and physical connection. All forms of connections will take place. Verbal conversation and Text. Physical meeting and text and phone call, etc. Mix it up, but be sure the physical eye to eye connection is not swapped out for text messaging or phone calls. The mentor will work out a schedule based on personal schedules, times, etc. The first several meetings will take place in public places, coffee shops, diners, church, parks, etc. After trust is established homes may be appropriate but with much discernment. Always with the mind of keeping confidentiality between the mentor and client.

Comprehend: To understand the scope or need: to grasp the nature, significance, or meaning of: to include by construction or implication

Life Guides will take the time to find out the needs and help the client reach their goals in an order that makes sense. This relationship is purposeful and strategic. The Life Guide has a purpose to help and assist things!

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way, you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load. (Galatians 6:1-5 NIV)

Road map to Success!

A. The Vision/Dream – Fill out Client Information Form

1. Establishing the coaching relationship
2. Active listening
3. Questioning
4. Analysis of values, passions, talents
5. Laying a spiritual foundation
6. Identifying the dream
7. Commitment to the dream
8. Writing a mission statement

B. Make a plan– Fill out Mission Plan Form

9. Generating alternatives (brainstorming)
10. Decision making
11. Setting specific goal

C. Supporting - Fill out Life Guide Client Agreement

12. Acting per the plan - Motivating
13. Encouraging - Overcome discouragement
14. Accountability - Remain faithful
15. Over-coming obstacle and barriers - Own the vision
16. Building faith it will happen
17. Taking responsibility
20. Passing it on - Passing on the mantle

Where there is no vision, the people perish: but he that keepeth the law, happy is he. (Proverbs 29:18 KJV)

MANDATORY REPORTING

Reporting Laws for Minors

There are mandatory reporting laws, for any crime committed against anyone under the age of 18. If you are talking with someone who indicates that a juvenile has been sexually assaulted, or in any other way abused or neglected you are legally obligated to report the incident.

Child Abuse

...any person under the age of 18 years.

...Harm or threatened harm to a child's welfare. Harm or threatened harm to a child's health or welfare can occur through non-accidental physical or mental injury, sexual abuse or attempted sexual abuse or sexual exploitation or attempted sexual exploitation.

Sexual Abuse

...includes the employment, use, persuasion, inducement, enticement, or coercion of any child to engage in, or having a child assist any other person to engage in any sexually explicit conduct or any simulation of the conduct for the purpose of producing any visual depiction of the conduct; or the rape, molestation, prostitution, or other form of sexual exploitation of children, or incest with children.

Sexual Exploitation

...includes allowing, permitting, or encouraging a child to engage in prostitution and allowing, permitting, encouraging or engaging in the obscene or pornographic photographing, filming, or depicting a child for commercial purposes.

Neglect

...negligent treatment or maltreatment of a child, including the failure to provide adequate food, medical treatment, supervision, clothing, or shelter.

Reporting Laws for Adults

There are mandatory reporting laws for abuse of an individual who is 18 years old or older who is unable to protect themselves due to mental or physical impairments. If you are talking with someone who indicates that an adult has been abused, you are legally obligated to report the incident.

Adult in Need of Protective Services

. . . a person 18 years of age or older whose behavior indicates that he/she is mentally incapable of adequately caring for himself/herself and his/her interests without serious consequences to himself/herself or others, or who, because of physical or mental impairment, is unable to protect himself/herself from abuse, neglect, exploitation, sexual abuse, or emotional abuse by others, and who has no guardian, relative or other appropriate personable, willing, and available to assume the kind and degree of protection and supervision required under the circumstances.

Abuse

. . . the infliction of physical pain, injury or the willful deprivation by a caregiver or other person of services necessary to maintain mental and physical health.

Sexual Abuse

. . . forms of sexual abuse include rape, incest, sodomy, and indecent exposure.

Neglect

. . . the failure of a caregiver to provide food, shelter, clothing, medical services and health care for the person unable to care for himself; or the failure of the person to provide these basic needs for himself when the failure is the result of the person's mental or physical inability.

Emotional Abuse

. . . the willful or reckless infliction of emotional or mental anguish or the use of a physical or chemical restraint, medication or isolation as punishment or as a substitute for treatment or care of any protected person.

Report all incidents immediately to a team leader