



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# NURTURE GUIDE SUPPORT

## Reach & Rise®

### Group Youth Mentoring Program

**Reach & Rise®** is a FREE program financially supported by the YMCA's Annual Support Campaign.

**Reach & Rise® is a national YMCA program designed to build a better future for youth by helping them reach their full potential through the support of caring adults.**

**Reach & Rise®** group mentoring supports school age youth ages 6 to 17 who are challenged by numerous obstacles they may face on a daily basis. Our group mentoring program matches up to six youth of similar age with two trained adult volunteers. These volunteer mentors create safe, healthy and meaningful relationships with youth utilizing therapeutically-based activities developed by **Reach & Rise®** to help the youth achieve their personal goals for growth.



## PROVEN OUTCOMES

Butler County youth participants and families were surveyed regarding their experience in our **Reach & Rise®** program:

- 100% of youth surveyed say they enjoy **Reach & Rise®**
- 100% of youth surveyed report that the group helped them reach their goals
- In 2020, 100% of youth surveyed were comfortable talking and participating in groups

Group mentors provide a positive and consistent relationship with a group of young people. They help to improve each mentee's self-esteem, decision-making skills, school performance and relationships.

### **Mentors must:**

- Be at least 21 years old
- Obtain background clearances
- Complete the 15 hour training
- Spend 2 hours a week co-facilitating a mentoring group
- Check in weekly with Coordinator

## IMPACT OF GROUP MENTORING

*"Reach & Rise® helps me to not get so mad."*

*"I'm learning about emotions and feelings. I'm learning what to do with them and how to explain them."*

*"At first, I didn't know anyone, but now I am making friends."*

*"Reach & Rise® helped me learn about managing my anger and I'm making friends."*

... These quotes from participating youth who have joined the **Reach & Rise®** program are a small representation of the three highest reported reasons for program participation - Reducing Anger, Communicating Feelings and Developing Friendship Skills. Other goals have included Managing Anxiety and Depression, Improving Self-Esteem, Building Healthy Relationships and trying things outside of their comfort zone.

Youth & caregivers both report a 95% satisfaction rate with their **Reach & Rise®** experience.

## INSPIRE A FUTURE: BECOME A MENTOR

As a mentor, you will gain personal satisfaction from making a difference in the life of young people. By sharing your time and guidance, you can help your mentees express feelings, have a positive outlook on the future, become more confident and improve at school. You'll learn how to be a positive role-model and gain a better perspective of the pressures and challenges that youth face. Together, you can share diverse experiences, develop a stronger sense of belonging, create lasting memories and have fun!

## Meet the Reach & Rise® Team!

### **Kathryn Eberle Cotter, MMT, MT-BC, MFT** **Reach & Rise® Clinical Director**

Kate is a board certified music therapist and a marriage and family therapist with roughly a decade of experience working with youth and families in variety of circumstances including autism, incarceration, addiction, chronic illness, grief and loss, and trauma. She is passionate about creating opportunities for people to have new and different experiences to explore healthier and more effective way of navigating their journey. "Accessibility is key, which is why **Reach & Rise®** is such a critical community resource."



### **Kylie Negley** **Social Work Intern**

Kylie is a social work student completing her internship in **Reach & Rise®** and is one of the original mentors in the program. Since its inception in 2018, Kylie has mentored every cycle. She has an incredible gift for art and writing and has incorporated these talents into her groups and beyond. She has also volunteered at our fundraisers and just about any other event we had.



### **Melanie Holzwarth** **Reach & Rise® Administrative Assistant**

Melanie has a decade of experience as a court house secretary with a keen understanding of confidentiality, meticulous record keeping skills, and an eye for detail. She is also a highly skilled homeschool educator, has raised two children with autism, and is an active community advocate for support services for youth and families. She is a talented crafter and a willing volunteer.

For more information about our Group Youth Mentoring Program, contact:  
Melanie Holzwarth  
**Reach & Rise®** Administrative Assistant

Butler YMCA  
339 North Washington Street  
Butler, PA 16001  
724.287.4733  
[mholzwarth@bcfymca.org](mailto:mholzwarth@bcfymca.org)

