



Building Character Through Relationships, Sports & Academics



Sheriff Michael J. Bouchard



**The Sheriff PAL Mentoring Program**, in association with National PAL, helps to empower youth in our community to make positive life choices that enable them to maximize their potential. The mentoring program uses adult volunteers to commit to supporting, guiding, and being a friend to a young person for a period of at least one year. (If you are a college student, we will try and work with you to be flexible about your time commitment.)

By becoming part of the social network of adults and community members who care about the youth, the mentor can help youth develop and reach positive academic, career, and personal goals.

#### **Mentor Role**

- Take the lead in supporting a young person through an ongoing, four-to-one mentee/mentor relationship
- Serve as a positive role model and friend
- Build the relationship by participating in activities together
- Strive for mutual respect
- Build self-esteem and motivation
- Help set goals and work toward accomplishing them

#### **Time Commitment**

- Make a one-year commitment
- Attend monthly scheduled sessions with mentees
- Attend an initial training session and additional training sessions during each year of participation in the program
- Attend mentor/mentee group events, mentor support groups, and program recognition events

#### **Benefits**

- Personal fulfillment through contribution to community and individual
- Satisfaction in helping someone mature, progress, and achieve goals
- Training sessions and group activities
- Mileage and expenses are tax deductible
- Personal ongoing support and supervision to help the match succeed
- Mentee/mentor group activities, complimentary tickets to community events, participant recognition events

#### **Participation Requirements**

- Be at least 21 years old
- Adhere to all program policies and procedures
- Complete the application and screening process

- Be dependable and consistent in meeting the time commitments
- Attend mentor training sessions as prescribed
- Be willing to communicate regularly with program staff, submit activity information, and take constructive feedback regarding mentoring activities
- Clean criminal history
- Not use illicit drugs
- Not use alcohol or controlled substances in an inappropriate manner
- Not be currently in treatment for substance abuse and have a non-addictive period of at least five years
- Not be currently in treatment for a mental disorder or hospitalized for such in the past three years

#### **Desirable Qualities**

- Willing and reflective listener
- Encouraging and supportive
- Patient and flexible
- Tolerant and respectful of individual and cultural differences

#### **Application and Screening Process**

- Written application
- Copy of valid driver's license
- Criminal history check: state, child abuse and neglect registry, sex offender registry
- Personal interview
- Provide three personal references
- Attend mentor training

To apply to be a mentor or ask for more information, please call the Sheriff PAL Program, 1200 N. Telegraph Road, Building 38 East, Pontiac, MI 48341; Tel. (248) 858-0775; or download an application online at SheriffPAL.com.