



National Media Release: For Immediate Release

Raise Foundation to Recruit 2,000 Mentors for Young People in 2020

National Youth Mentoring Foundation **Raise** today announced it will recruit 2,000 mentors for its 100 in school mentoring programs across Australia next year. This commitment aligns with **Raise's** strategic impact plan to ensure early intervention, best practice mentoring programs are available in every school across the country by 2024.

Independent evidence suggests that the presence of a single caring adult, not necessarily a parent, is the biggest predictor of positive mental health outcomes for young people*.

Raise understands the difference a mentor (in the form of a neutral positive role model) makes in a young person's life, by ensuring young people feel heard, valued and supported. Statistically significant outcomes identified in young people graduating from **Raise's** programs include increased confidence and coping skills, plus the ability to set goals and ask trusted adults for help.

In order to provide these vital programs, **Raise** requires volunteers from communities and corporations around Australia to become mentors. To be eligible, volunteers need to be over 21 years, hold full working with children and National Crime Check plus undertake **Raise's** highly accredited mentor training (comprised of 6 hours online and 6 hours face to face free training). Mentors are then required to commit to a program in a local secondary school for 2 hours per week for the duration of six months.

Vicki Condon AM, Founder and CEO of **Raise** spoke of this latest recruitment drive, stating:

"We believe it is a social imperative to support our young people. Now is the time to unite and create a mentoring movement. We are asking individuals around the country to come and mentor with us, to empower young people and create thriving communities."

Anyone interested in becoming a mentor for **Raise** should check out www.letterstomymentor.com.au where they can watch **Raise's** Ambassadors talk about the importance of mentoring and reading out the letters to their own mentors and then sign up.

* Spencer R.A. (2002). Hanging out and growing strong: A Qualitative Study of relationships with adults that foster resilience in adolescence. Harvard University

About Raise: Raise is a powerful youth mentoring movement that creates thriving communities over Australia by empowering young people to become resilient, capable and connected.

Over the past decade Raise has delivered best practice youth mentoring programs for **5,424** young people across Australia. Raise has trained *3,949* volunteer mentors to support young people. Raise undertakes comprehensive evaluation each year to prove and improve the impact of their mentoring programs.

At Raise, the young people always come first. Raise conducts youth safety checks and trains all volunteers for free before on boarding them into a specific school program. Mentors are matched by a Raise-employed, highly qualified, Program Counsellor with a young person in the program. The mentor then spends one hour per week with their match listening and supporting them. The mentors are supported in turn by the Program Counsellor after every session with the young person. Raise has a bold strategic impact plan to offer their mentoring program to every secondary public school student in the country by 2024. This requires recruiting over 15,000 volunteers from the community.

About Letters to My Mentor: The brainchild of creative agency Channelzero, *Letters to My Mentor* is a brand awareness and recruitment campaign empowering Australians to consider the difference a mentor can make. Featuring Raise's Ambassadors reading a letter they've written to their own mentor, the content engages individuals on an emotional level and asks that they raise their hand to mentor.

For more information about **Raise** or *Letters to My Mentor*, or to arrange an interview visit www.raise.org.au or contact:



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THE YOUTH MENTORING FOUNDATION

