

# WHAT IS MENTORING?

Becoming a foster or kinship parent requires careful thought, preparation, and patience, especially as families navigate uncertainty and changes when a child enters their home.

Utah Foster Care supports new families by pairing them with experienced foster parents through our Mentoring Program.

## WHAT IS THE MENTORING PROGRAM?

The Mentoring Program surrounds new and existing foster or kinship families with guidance, support, resources, friendship, and knowledge from a seasoned foster parent. Mentors are available throughout a family's first placement and beyond.

## HOW TO BECOME A MENTOR

Apply at - [utahfostercare.org/mentors](http://utahfostercare.org/mentors)

### MENTOR REQUIREMENTS:



- Mentors must have experience working with biological families towards reunification
- Commit to mentoring at least two families throughout the first year of their placement
- Mentors will be required to submit weekly reports and attend quarterly trainings

## HOW TO REQUEST A MENTOR

You can request a mentor through your RFC or by going to [utahfostercare.org/mentors](http://utahfostercare.org/mentors) and completing the form "Request a Mentor" once the form is received a mentor will be in contact within a few days.

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*We were surrounded by so many different people that could help answer questions, but the only person that had stood in our shoes and had gone through what we were going through was our mentor. She was the one who listened as I cried with a broken heart because we had to say goodbye to "our baby".*

-Foster Parent



### GET TO KNOW OUR MENTORS:

- Regular communication by phone, text, or email
- Goal-setting and guidance for new placements
- Navigating behavioral, family, and system-related challenges
- Attending court or CFTM meetings as needed
- Teaching self-regulation strategies
- Supporting school-related needs and family crises
- Ensuring confidentiality and respectful advocacy
- Helping families manage disruptions, reunification, permanency, allegations, grief, and loss

### HOW CAN A MENTOR HELP YOU:



- Support from someone who understands foster life firsthand
- Personal and professional growth opportunities
- Feedback on communication and relationships
- Guidance on DCFS policies and shared parenting
- A safe space to share struggles and successes

### EXPECTED OUTCOMES:

- Improved retention of licensed foster homes
- Greater placement stability
- Stronger collaboration across the system
- Inspiring new families to become mentors
- Providing tools and resources for parenting success



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*A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you. - Bob Proctor*  
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Michelle.ostmark@utahfostercare.org  
utahfostercare.org/mentors

