

# The Cole Center

Winter/Spring 2005

# Mentor Monitor

## Lasting bonds form through Cole-to-Teen mentoring

Enjoying time with friends, eating pizza, playing games and “just hanging out,” is something many teens take for granted. For the teens at the McLean Hospital Child and Adolescent Psychiatry Program (CAP), however, these events are ones to cherish and look forward to.

“We realize that these kids don’t always have a lot of opportunity to interact with adults outside of the unit, so they really look forward to the events the mentors host for them,” says Carol Brown, director of Volunteer Services for the Jonathan O. Cole, MD, Mental Health Consumer Resource Center. “We started this program with the intention of helping these teens build healthy relationships with their peers and adults. We do this by creating fun activities that help everyone bond”

Recently, three teens from Belmont High School, Rachel Coburn, Maeghan Kleinerman and Abigail Neel, began volunteering as mentors. Brown says their enthusiasm and drive has really made a difference in the program.

“These girls are amazing,” says Brown. “They’ve made a number of our events more fun and successful.”

Among recent events planned by the mentors were a Halloween bash, at which mentors and teens alike painted pumpkins, dressed in costumes and gorged on candy and a Thanksgiving feast, where traditional fixings were served. In December, the mentors planned a festive holiday party, complete with pizza and ice cream, as well as gifts for each teen.

“This is something we enjoy doing for the kids,” said Terry Mancini, a mentor. “I know by giving a few hours of my time, I’m making a difference in their lives, and that is rewarding.”

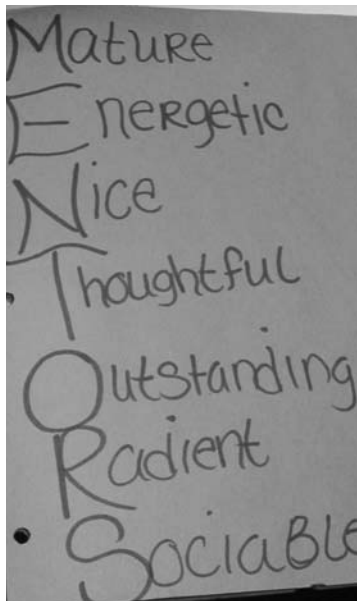


Mentors and a CAP staffer pose together during the Cole-to-Teen Halloween party.

### A note of appreciation

The following note was sent in a card, pictured left, from a grateful teen.

“Thank you, Mentors for everything. You guys are something else. I value you guys very much. I really hope you guys never forget us. We look forward to having lunch every Thursday.”



### Mentor program ‘thank you’s

Without the generous support, many of the activities of the mentor program would not be possible. The mentors would like to thank:

- ★ The Hunt Foundation
- ★ Abbott Laboratories
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