

Match of the Month

*Meet Joe, Amanda, and Dan!*

Joe has been matched with Amanda and Dan since July 2018. This was a pre-made match: Amanda was Joe's 8th grade English teacher.

This match has done a lot of fun activities together over the years. They like to go out to eat, go for walks at parks, and go to the beach for picnics. This match has also enjoyed visits to Enger Tower, Sweden Sweets, Adventure Zone, World of Wheels, and Captain J's Mini Golf. In the summer, they enjoy the occasional scenic ride up the Northshore or a road trip to Bayfield to check out the Apostle Islands. Last year, they went to UMD hockey and basketball games, and went bowling. In the winter, Amanda and Dan taught Joe how to snowmobile. Amanda and Joe share the same birthday in December and make time annually to celebrate together. Joe just turned 17!

Joe has been to Amanda and Dan's house to meet their entire family. At the house, they have enjoyed playing Wii and computer games, and having picnics outside. Joe has also cooked for them while at their house. Last summer,



Amanda and Dan helped Joe apply for jobs. When one came up at Subway, they helped Joe practice interviewing. Joe got the job and is still working there. Way to go, Joe!

When they are not meeting in person, this match makes time to connect virtually and through phone calls and texts. They have also found ways to play online games. Amanda also helps Joe with his homework and texts Joe in the mornings to make sure he is up and ready for school.

It's wonderful to see how this mentoring relationship has created a long-term friendship.

We can't wait to hear about all that this match does together in the coming months and beyond.

*Matchiversaries*

<b>Mentee</b>	<b>Mentor</b>	<b>Match Date</b>	<b>Mentee</b>	<b>Mentor</b>	<b>Match Date</b>
Sara	Katelyn Baumann	3/07/2014	Mariah	Nicole Manion	3/25/2016
Lee	Leah Stevenson	3/11/2019	Sincere	Serrano Robinson	3/26/2019
Qumaria	Amanda Buskohl	3/21/2019			

## When to Ask for Help

By Sonja Wildwood, MA, LPCC clinical therapist  
with The Hills Youth & Family Services

This month marks one year of living in the time of COVID-19. It has been an unprecedented time of disappointment, confusion, fear, stress, and continued transition (and more) in all of our lives. I've been hearing mental health practitioners in the news predicting a peak in trauma and stressor related mental health challenges nation-wide to follow the end of the pandemic as we've known it (toward the end because many times during a stressor event we go into survival-mode to cope and then symptoms hit harder after the end of the event). Many of us are experiencing these challenges now. All of us are doing our best. In the past, I have shared resources to help minimize the impact and improve self-care (see MDH's "find your happy place" here: <https://www.health.state.mn.us/communities/mentalhealth/support.html>). This month, I want to share some indicators to when it may be helpful to look for mental support for your youth.

### **Young children may benefit from an evaluation and treatment if they:**

- Have frequent tantrums or are intensely irritable much of the time
- Often talk about fears or worries
- Complain about frequent stomachaches or headaches with no known medical cause
- Are in constant motion and cannot sit quietly (except with a screen)
- Sleep too much or too little, have frequent nightmares, or seem sleepy during the day
- Are not interested in playing with other children or have difficulty making friends
- Struggle academically or have experienced a recent decline in grades
- Repeat actions or check things many times out of fear that something bad may happen.

### **Older children and adolescents may benefit from an evaluation and treatment if they:**

- Have lost interest in things that they used to enjoy
- Have low energy for no known reason
- Sleep too much or too little, or seem sleepy throughout the day
- Are spending more and more time alone, and avoid social activities with friends or family
- Fear gaining weight, diet or exercise excessively
- Engage in self-harm behaviors (e.g., cutting or burning their skin) – smoke, drink, use drugs
- Engage in risky or destructive behavior alone or with friends
- Have thoughts of suicide
- Have periods of highly elevated energy and activity, and require much less sleep than usual
- Say that they think someone is trying to control their mind or that they hear things that other people cannot hear (*adapted from National Institute of Mental Health [nimh.nih.gov](http://nimh.nih.gov)*)



I also want to stress that you can seek out mental health services and support without these symptoms present as well. You know your child. The provider will assess and share recommendations specific to your situation. Finding mental health services that are a fit for you and your family is important. Some recommendations to start the search are the Psychology Today "find a therapist" search (<https://www.psychologytoday.com/us/therapists>). You can also ask your pediatrician or other formal support for recommendations. I am also available to support that process for you, your youth, and your family.

\*Please note that this article is directed toward caregivers and families of mentees. Mentors, if you have concerns about your mentee's mental health please contact your program advocate or myself.

Do you have questions or want to share an experience? Contact Sonja at 218-623-6476 or at [swildwood@thehillsyfs.org](mailto:swildwood@thehillsyfs.org).

Mentor North partners with Cambria Hills, a program of The Hills Youth and Family Services, to offer mental health consultation, education, and support. Check out their website at [www.thehillsyfs.org](http://www.thehillsyfs.org).

## Mentorship, friendship, and business partners

**B**ill Scott and James Knight first met through Mentor Duluth in 2003 at the Old Valley Youth Center in West Duluth and have remained close friends to this day. On two separate occasions, Mentor Duluth honored this active duo with the Mentor/Mentee of the Year Award. Over the years, they formed a truly special relationship and in 2009 when Bill married his wife Leah, Bill asked James to be his best man. Bill has truly exceeded expectations in his role as a mentor and has made a long lasting impact in the life of his mentee, James.

Bill has always been a true outdoors man and naturally spent a lot of time fishing with James. Throughout the last 17 years, they've formed a true bond around countless fishing trips, from ice fishing on Red Lake, MN to deep sea fishing in Alaska. On many occasions when the fish weren't biting, their time was spent brainstorming ideas for new products and inventions. Many of which were silly and underdeveloped. Sometimes a captivating thought for an invention would carry their conversations for hours, but almost always they were short lived and fizzled out once back on dry land. But the time they spent on the boat would prove to be the foundation for their company years later, owing to one of Bill's testaments that, "If you keep your line in the water long enough, eventually you will get a bite." In 2018, Bill got a nibble of an idea for a quick, easy, and affordable boat launching and retrieving product. He was compelled to take action and teamed up with his mentee James to create what is now "Boat-Load-Mate."

The Boat-Load-Mate is now a



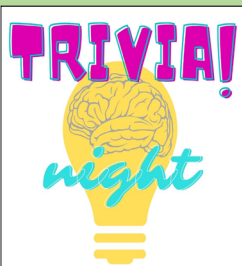
*Bill and James present day*

patented product ready to hit the retail market. Currently their company is doing a soft-launch on Indiegogo, a crowdfunding website, this March. Bill and James both recognize the impact that mentoring can create in the lives of others. With their own experience fresh in mind, they made a point to create a culture of giving back within their new company. Boat-Load-Mate's mission and vision is centered in the spirit of mentorship, and the company has decided to dedicate a portion of their

proceeds to support mentoring in the Twin Ports. To honor the role that Mentor North has played in their story, they've pledged \$5,000 of their \$32,000 crowdfunding goal and 25% of any profit that exceeds their goal to Mentor North. They've also committed to giving a percentage of their first year's profits to the organization. To learn more about Boat-Load-Mate, you can visit their Indiegogo page at <https://www.indiegogo.com/projects/boat-load-mate/>.



*Bill and James at Bill's wedding in 2009*



We host virtual trivia the first Tuesday of each month. Tune in through Facebook live at 5:00pm. All are welcome to play, and it's always a good time.



For the latest events and updates, be sure to check us out on social media. Find us @mentornorth on Instagram and Twitter and @mentorduluth and @mentorsuperior on Facebook.



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## *Contact Us*



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