

Table of Youth in Transition

University	Program Title	Synopsis/Targeted skills and/or Accomplishments	Age	Participants
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	The Alabama 4-H LIFE Mentoring Program is designed to provide mentoring opportunities to enhance parental caregiver engagement and support to the Youth at Camp Lewis Academy (Calhoun County), Attention Home (Calhoun County) and Sequel Youth and Family Services (Madison County, expansion site in Year 4) implementing and utilizing three components weekly workshops, Family Reunification Quarterly Meetings and the Mentor/E-Mentor Component.	12-18 years of Age	Incarcerated Males (Before fall 2012, Camp Lewis Academy was a facility that housed both males and females)
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	The weekly workshops consist of three components including presentation, activities and evaluation. Some targeted skills that have been enhanced include communication skills focusing on verbal and non-verbal communication, self-reflection designed to allow the Youth to examine themselves, stress management was another technique designed to help the Youth understand how to handle stress more effectively and utilize techniques that will help control their stress levels. Family Workshops is another targeted skill for both the parents and the youth to assist in strengthening family relationships.	12-18 years of Age	Incarcerated Youth
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	Themes of Weekly Workshops Presented to the Youth at Camp Lewis Academy and or Sequel Youth & Family Services: <ol style="list-style-type: none"> 1. Why Open Communication is Important 2. Enhancing your Communication Skills 3. Enhancing your Listening Skills 4. Managing Stress 5. Money Management 6. Healthy Home 7. Attitude is everything 8. Family Strengths 9. Fitness & Nutrition 10. Nutrition and Reflection 11. Self-Reflection Activity 12. Team Building Skills 13. My Family and I 14. Journaling Activity 	12-18 years of Age	Incarcerated Males

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Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	Worked with over 200 Youth since 2011 implementing the 4-H LIFE Mentoring Program at two sites Camp Lewis Academy and Attention Home.	12-18 years of Age	Incarcerated Youth
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	<p>A focus area of our engagement with the parents and Youth during our Family Reunification Quarterly Meeting to reaffirm the mentoring role of the Parents in the Youths life. We have presented modules from the Program "FACES" Family Advocacy through Caring Engagement Strategies" which seeks to build strong family relationships through program activities that promote quality time and encouragement and increase positive family interaction developed by the Alabama Cooperative Extension System/Urban Affairs and New Nontraditional Programs (UANNP) Unit at Alabama A&M University.</p> <p>We have assessed their understanding of the source, causes and resolutions of conflict and stress. Based on the post assessments new ways of viewing and dealing with conflict and stress have been reported by both the Parents and the Youth.</p>	12-18 years of Age Incarcerated Males (Before fall 2012, Camp Lewis Academy was a facility that housed both males and females)	Incarcerated Males
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	<p>Family Reunification Quarterly Meetings (Held Quarterly)</p> <p>Hats off to Strong Families</p> <p>Mentoring at Mealtime (Importance of Mealtime and Families)</p> <p>FACES Curriculum (Stress & Conflict)</p> <p>Resolving Family Conflicts</p> <p>Managing Stress</p> <p>Legal Ease Curriculum</p> <p>Holiday Newsletter</p> <p>Etc.</p>	12-18 years of Age	Incarcerated Youth (Males)
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education)	<p>Mentoring is a key component of the 4-H LIFE Program.</p> <ul style="list-style-type: none"> Therefore engaging the Youth with individuals who listen, discuss and provide insight on life choices that have produced positive influences on the Youth we are working with. 	12-18 years of Age	Incarcerated Youth (Males)

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	Mentoring Program			
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	<p>Developed an E-Mentor component designed to mentor incarcerated Youth from a distance utilizing Adobe Connect.</p> <p>This technique (E-Mentoring) was developed due to several reasons including scheduling conflicts, confidentiality reasons, gaining access to the facility etc. all enforced why we used a different mentoring technique.</p>	12-18 years of Age	Incarcerated Youth (Males)
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	<p>The Mentor component consist of recruitment, orientation and training and implementation, thus far 22 E-mentors have been recruited and trained to support the Youth at Camp Lewis Academy and Sequel Youth and Family Services.</p> <p>All potential mentors must attend the orientation and training and meet all requirements and fill out all documentation including background checks, photo release form, policies and procedures forms and other documentation necessary provided by the Youth facilities.</p> <p>The E-mentoring sessions have been presented to the Youth at Camp Lewis Academy on a variety of themes to enhance and support the Youth through the sharing of knowledge, guidance and support.</p>	12-18 years of Age	Incarcerated Youth (Males)
Alabama A&M University	Alabama 4-H LIFE (Living Interactive Family Education) Mentoring Program	<p>The following E-Mentor themes have been discussed with the Youth at Camp Lewis Academy</p> <ul style="list-style-type: none"> • Mentoring/E-Mentoring Component <ul style="list-style-type: none"> ○ Life Choices and Challenges ○ Bullying ○ Accountability and Motivation ○ Aspiration and Inspiration ○ Leadership ○ Dynamics of Leadership ○ Respect ○ ETC. 	12-18 years of Age	Incarcerated Youth (Males)
Auburn University	Alabama 4-H LIFE (Living Interactive Family Education)	<p>Held weekly workshops with the Youth at the Attention Home on a variety of topics:</p> <ul style="list-style-type: none"> • Introduction and Leadership Lessons • Intro to Recycling 	12-18 years of Age	Incarcerated Youth (Females)

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	Mentoring Program	<ul style="list-style-type: none"> • Recycled Valentines • North East Alabama Recycling & Recycling Videos • What is 4-H? What is Parliamentary Procedure? • My Money Personality • Checking Accounts • Table manners and etiquette • Savings & Savings Accounts • Ecological Footprints • Credit & Credit Cards • COLORS - Personality Assessment • Resumes • Job Application • Job Interviews • Mother's Day Plants @ Rusty Rock Greenhouse • Kayak Trip on Terrapin Creek • Mentoring Kayak trip (Pleasant Valley Elementary) • Recycling & Decomposition • Camp Cane Creek Volunteer Training • Camp Cane Creek - Recycling & Creek Walk • Water Cycle Bracelets • Camp Cane Creek - Water Cycle Bracelets & help Mrs. Amanda w/ nutrition • Compost Capsules • Camp Cane Creek - Compost Capsules • Fairy Houses • Camp Cane Creek - Fairy Houses • Communication - Introduction, Barriers & Bridges, Choosing Words Carefully • Mulching • Camp Wrap Up 		

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University	Program Title	Synopsis/Targeted skills and/or Accomplishments	Age	Participants
		<ul style="list-style-type: none"> • Tech or not Tech - Spaghetti Towers • Communication - Body Language Charades • Communication - Communicating Assertively, Surveying your Assertiveness • Clean up @ Cane Creek Community Gardens • Pass Right/Pass Left, Zoom • Wilderness Survival and Prisoner's Dilemma • Cookie Mining • Landfills & Recycling • Communication - Illusions • What is 4-H? What is Parliamentary Procedure? • Parliamentary Procedure review and wrap up • Kayak Trip on Terrapin Creek • Stress - what is stress? • Mentoring Kayak trip (Wellborn) • Stress Management • My Money Personality • Manners for the Real World • History of Money • Fairy Houses • Halloween Trivia and Games • Recycled Ornaments • Checking Accounts • Savings & Savings Accounts • Thanksgiving Games and Crafts • Rolling Down the River • Credit & Credit Cards • Resumes • Job Application • Job Interviews 		

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University	Program Title	Synopsis/Targeted skills and/or Accomplishments	Age	Participants
		<ul style="list-style-type: none"> • Parents Day - Katalin Herbaly talks about Hungary • Career Day • McWane Science Center Trip • Thank you notes • Budget • Spaghetti Towers • Decision Making • Communication • COLORS - Personality Assessment • Volunteer at Special Kids Fishing Classic • Cookie Mining • Mentoring Kayak Trip (helping with Pleasant Valley Elementary kayak trip) • Water Cycle Bracelets • Camp Cane Creek • Leadership • International Food <p>There were several successful volunteer outings with the Youth and guest speakers came to speak to the youth on a variety of topics.</p>		