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# news CONNECTION

## Best Point Behavioral Health shares the importance of client mentoring

By: Steven Wilson, Ed.D., Communications Director

As National Mentoring Month comes to a close, the specialists and providers at Best Point Behavioral Health share their insights on a subject near and dear to their hearts and maybe not so well known by others – client mentorship.

Counselors and therapists at Best Point provide mentoring as a treatment tool to further their clients' goals and maintain forward movement towards reaching the best point in their lives.

"Client mentoring is a different vehicle than what comes to mind when most hear the word 'mentorship,'" says Pam McKie, chief operating officer of The Children's Home.

McKie shared that, "Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter." Further, mentoring involves personal growth



**National Mentoring Month is an annual designated month aimed at showing and stressing the importance of mentoring and the positive benefits it can have on people of all ages.**

and development and advances self-advocacy, empowerment, social and economic development.

This sometimes involves imparting basic life skills to young patients who have never been given these tools. This challenge is compounded when someone is navigating obstacles like poverty, behavioral health conditions and/or educational interruptions. Nearly 80 percent of youth served by Best Point live at or below the federal poverty level, have experienced trauma and struggle to meet basic needs.



**Infant and early childhood mental health care coordinator at Best Point Behavioral Health, Taylor Urevick, feels that mentorship is important to The Children's Home and all of the agency work that they do involving mental and behavioral health services.**

"Some days therapy or behavioral health work can move very slowly and feel like you are not accomplishing anything at all, especially when a child's basic needs get in the way of social and emotional treatment," said Karen Brownlee, clinical training and development manager at Best Point. "Understanding we are modeling as consistent, positive, adult role models in a child's life may be the most important work we can do on any particular day."

Taylor Urevick, infant and early childhood mental health care coordinator at Best Point, said she feels mentorship is incredibly important to the agency's work in providing mental and behavioral health services for children.

"Mentorship has the capability of allowing a child a safe space to practice the skills they're learning in treatment, and an additional trusted, stable and positive adult in a child's life," she said. "Unfortunately, accessing mentor-

ship isn't as easy as you'd think for our clients."

Most of the clients served under the Best Point umbrella struggle with challenges that any adult would find staggering. Issues like food insecurity, neglect, abuse, poverty and other traumas are common occurrences for children served by the agency.

"Many adults are experienced enough to know where to begin to look for help for life's challenges," said McKie. "But can you imagine how these obstacles feel to a child who is also navigating their own growth development, academic journey, and the usual challenges that come with the journey to adulthood? Client mentorship is one of the many things our talented providers do, and its impact can't be overstated."



**The goal of youth mentoring stems around providing youth with someone that they can look up to. Having a role model can encourage youth to perform better in school, communication, activities, and other aspects of life.**