Some of Simone Longoria's Mentoring Resources and Techniques for Girls 12-20

University of Massachusetts Boston's Therapeutic Mentoring Certification Course

Find your cinematography resources based upon topics with which the girls are struggling. Either the girls confide in Longoria, or the therapist informs her of their struggles. Use clips or entire videos or movies. Simone also uses spoken word poems, often performed by young poets. She also finds some fun and inspirational videos. The chat feature in Zoom is helpful for the girls' private communication if the family is around at home. Simone also gives her mentees breaks. *Caveat*: Kids are always on their cellphones or electronics doing what they want to do or not do. Mentees must be engaged and entertained but also learning. Therapeutic mentoring is always *one-on-one*.

Body Image

I Am Fat – How to Be Confident and Love Your Body at Any Size (14.24)

https://youtu.be/w Ml3yr32bU

Looks aren't everything. Believe me, I'm a Model (9:37) https://youtu.be/KM4Xe6Dlp0Y

Love

Overcoming the Fear of Love (19:20) https://youtu.be/39Zcwc4lr08

How to Tell If Somebody Truly Loves You (14:00) https://youtu.be/44J3FGYKltl

Being Yourself

The gentle power of highly sensitive people (15.53) https://youtu.be/pi4JOIMSWjo

Are you too sensitive? Should you change? (12:12) https://youtu.be/qyk_nlkPM7E

How To Figure Out What You Really Want (19:00) https://youtu.be/bRtBHF-WPpM

Being Honest with Emotions

Listening to shame (20:38) https://youtu.be/psN1DORYYV0

The power of vulnerability (20:49) https://youtu.be/iCvmsMzIF70

Don't Believe Everything You Think (21:55) https://youtu.be/Xdhmgp4IUL0

Changing Behavior

How to motivate yourself to change your behavior (16:48) https://youtu.be/xp002vi8DX4

How to stop screwing yourself over (21:39) https://youtu.be/Lp7E973zozc

Getting stuck in the negatives (and how to get unstuck) (9:59) https://youtu.be/7XFLTDQ4JMk

The Magic of Not Giving a F*** (12:36) https://youtu.be/GwRzjFQa Og (uses the F word)

3 reasons you aren't doing what you say you will do (16:50) https://youtu.be/sWp87GXDvEk

The Secret of Becoming Mentally Strong (15:01) https://youtu.be/TFbv757kup4

Depression

"I'm Fine" - Learning to Live with Depression (16:04) https://youtu.be/IDPDEKtd2yM

Anxiety

The power of introverts (19:04) (about how it's OK to be an introvert) https://youtu.be/c0KYU2j0TM4

Trauma & PTSD

Understanding PTSD's Effects on Brain, Body, and Emotions (15:58) https://youtu.be/BEHDQeIRTgs

The effect of trauma on the brain and how it affects behaviors (28:01) https://youtu.be/m9Pg4K1ZKws

Breaking the Silence about Childhood Trauma (12:15) [No idea what this is "(show TH dad)."] https://youtu.be/8NkZO3 h7vl

(triggering "sexual abuse" – Understanding childhood trauma and abuse (7:09)

https://youtu.be/y2LMPCnZhtY

Happiness

The 5 people you need to be Happy (18:20) https://youtu.be/yZRCFK1n-NM

For Parents to Understand Their Child

Dear Grown-ups, Sincerely Gen Z (17:58) https://youtu.be/P0xloUhzpvA

Feelings: Handle them before they handle you (18:00) https://youtu.be/JD4O7ama308

Friendship

8 Signs of a Toxic Friendship (11:02) https://youtu.be/-94Ql0UphdA

Being Black

No. You cannot touch my hair! (16:02) https://youtu.be/OLQzz75yE5A

The Black Girls who are Not "Black Enough" (10:43) https://youtu.be/owR 4k1Hfzc

Losing Weight

Lose Weight AND Keep It Off – Emotional Eating (11:10) https://youtu.be/8bE5XLGNPF0 (marked out for us; review)

What is a healthy relationship with food? (12:37) https://youtu.be/6CQyaeZWAXE

One Meal at a Time (12:45) https://youtu.be/w8u3q8hZtfo (marked out for us; review)

The Ideal Diet for Humans (16.21) https://youtu.be/2wG3b3ql34A

Food and Emotions (12:24) https://youtu.be/wKSUZrLZrdY (marked out for us; review)

Food for thought: How your belly controls your brain (14:30) https://youtu.be/awtmTJW9ic8

(marked out for us; review)

Simone looks up spoken word poems by girls often, e.g., button or slam poetry.

"Bad" Parents

5 things I've learned from my mother (12:30) https://youtu.be/QnrMeym4j5s

Dear Daddy (3:03) https://youtu.be/hl C7Oyb7ZM

Contradictions Taught by My Mother (2:30) https://youtu.be/o9JR5YoI1RM

Self-Help

"Mental Health Barz" (5:48) https://youtu.be/cIGWWPwJINY

Be Yourself

"Box" (about being LGBTQ+ friendly) (3:44) https://youtu.be/PF0Q5auDODU

Transparent (3:35) https://youtu.be/3FbwwwqC3ml

9 Things I Would Like to Tell to Every Teenage Girl (3:09) https://youtu.be/ELvVZ6sm-88 (F words)

Being Black

Hide Your Shea Butter! (3:08) https://youtu.be/jzcwWMqRjl8

To Be Black and Woman and Alive (3:34) https://youtu.be/5mBnM2EUp0Q

The Average Black Girl (4:36) https://youtu.be/2tN4Zulagb8

For The Blond Girl and the Classroom of Ghosts (3:17) https://youtu.be/vKw3F46WTUs

Being a Woman

How to Translate a Joke (3:45) https://youtu.be/Tq-W GLxsUs

Girl Code 101 (2:55) "surviving being a woman, about body shame, cat calls" https://youtu.be/B-8v54uji3k

When I Say That We Are All Teen Girls (3:55) https://youtu.be/MHaCKwYCFZs (Caution! Marked out for us; review or omit)

Love

No One Tells You How Easy it is to Fall in Love or How Hard it is to Stay There (3:32) https://youtu.be/ao6jHx27gB8

The Difference Between a Girlfriend and a Woman (2:53) https://youtu.be/OkLipZE9wLs

"Healing" (2:57) "sad, for those who feel they are not enough" https://youtu.be/8YzlGoonIrE

Being "Fat"

Too Big (3:12) https://youtu.be/o050a7cbZRE

"Belly Kisses" (3:19) Age 18+ https://youtu.be/d997st27VMw

Dear Ursula (3:31) https://youtu.be/xLSnNSqs CQ

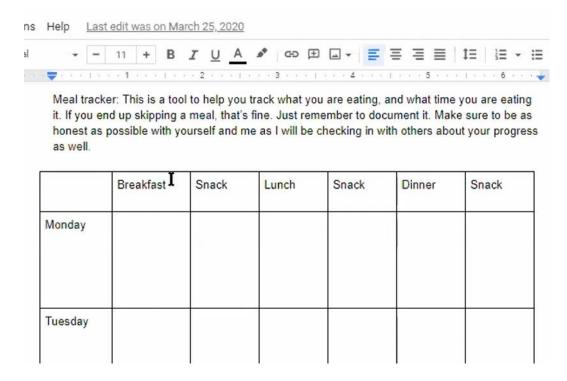
Mental Health

For Fat Girls Who Considered Starvation When Bulimia Wasn't Enough (3:25) https://youtu.be/jw NRdAdlio

Explaining My Depression to My Mother (3.5) https://youtu.be/aqu4ezLQEUA

Note: We watched all or parts of these resources. Always preview before sharing.

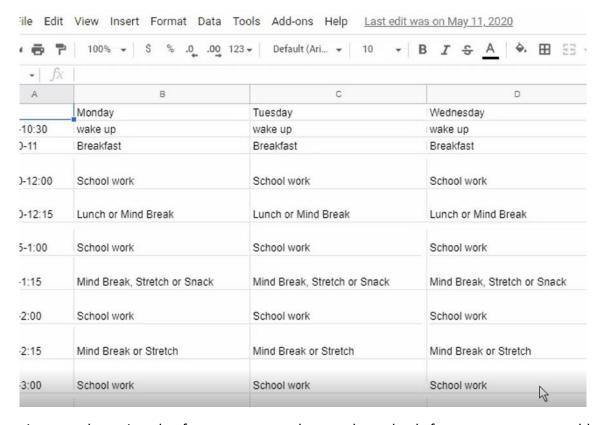
2. Longoria uses **Google Docs**, **Google calendar**, etc., so the mentees develop workforce skills. Here is one she created for a mentee trying to lose weight. Longoria can see it in real-time and discuss or nudge the mentee. The "last edited" feature shows when the mentee uses it.



Meal Planner: plan out what you are going to eat for the whole week so there is no surprise! Make sure to fill it with nutritious foods you actually enjoy eating and have in your house. This means taking the time out to go through your cabinets, making a list, and filling this chart out. Get creative! Use pinterest to come up with meal ideas. If you need to, use google to figure out what to make with the ingredients in your fridge.

Times are suggestions only.	Breakfast (10-11:30:)	Snack (1:30-1:45)	Lunch (2:30-3:30)	Snack (4-4:15)	Dinner (between 5p and 7:30pm)	Snack (8:30-9:15 p)
Monday	I					

For a mentee with organizational issues, Longoria developed a schedule. From 5-9 p.m., the mentee could choose her own activity. The mentee's mother wanted chores included.



Longoria created a typing plan for one mentee who typed too slowly for a seventeen-year-old.

Guide for how fast client should type at her grade level:

http://teacherstuff4u.blogspot.com/2019/03/how-fast-should-student-be-able-to-type.html

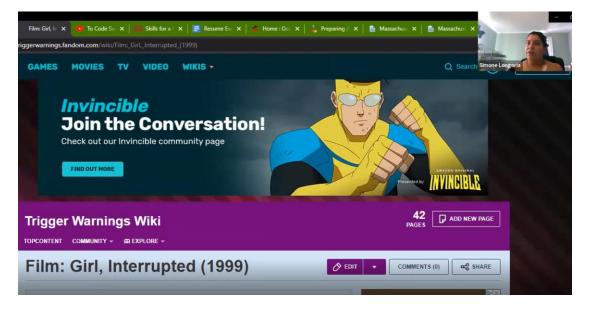
Typing plan for client:

- 1. have client memorize keyboard and be able to configure hands properly
 - Ask mom if the client has access to computer
 - Have client play games for 30 minutes a day (whatever games she wants) and have mom check to see if she is finger pecking the keys or using two hands
 - Check-in every other day to see clients progress with using two hands to type. Adjust plan as needed.

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- Have client use chat feature with this [™] for 20 minutes a session to practice her typing skills when it comes to talking
- Have client reach 20wpm by April 15th. Test with an online typing test client used a few weeks ago when she found out her wpm was between 11 and 13.
- 4. Have client reach 30wpm by May 13th.
- **3**. Using **movie therapy** for some older mentees, Longoria suggested this was a movie one mentee might like, but it might have triggers. Then they reviewed and discussed the trigger list. The two had conversations before, during, and after the movie. Sample topics included warning signs, the mentee's requesting a pause, and the mentee's coping with her triggers. This mentee was able to see how she reacted and envision how she wanted to behave in the future, so the mentee formed a better relationship with her diagnosis.

https://triggerwarnings.fandom.com/wiki/Trigger warnings wiki



IMDB : http://www.imdb.c	, Angelina Jolie명 , Brittany Murphy© om/title/tt0172493/명		
Warnings edit ♦ edit sourc	е		
Homophobia	Y		
Homophobic violence	N		
Transphobia	Y		
Transphobic violence	N		
Antisemitism	N		
Antisemitic violence	N		
Sexism	Y		
Racism	Y		
Classism	N		
Eliminationist language	N		
Rape apology	N		

4. Preparing for the workforce, Longoria also uses the <u>U.S. Bureau of Labor Statistics'</u>
<u>Occupational Outlook Handbook</u> in exploring futures with the girls. Explore the site, but also see the <u>Occupation Finder</u>, listed alphabetically.

Longoria shares <u>Preparing Adolescents for Young Adulthood (PAYA)</u> with *all* her mentees. These curriculum modules are listed on multiple websites. In addition, she covers many modules, including the one on sex and STDs; housing applications; rental applications; finding a job, money, home, and food management; how to use public transportation; how to find a job; and more.

Conversations about everything she shares make this mentoring succeed. What did you gain from this? What do you not understand? Do you have questions? Through listening, she can correct misunderstandings. Selective self-disclosure by the mentor is also a part. At sixteen or seventeen, the mentees think they know everything and that adults know nothing. Therapeutic mentors must be able to connect with the mentees and show that the mentor knows what he or she is talking about.

Background

A lawsuit in Massachusetts resulted in the creation of the <u>Children's Behavioral Health Initiative (CBHI)</u>. One of its innovations for children and families is <u>Therapeutic Mentoring</u>, requiring training and certification. Therapeutic Mentoring falls under the <u>Community Health Worker Certification</u> program of the Commonwealth of Massachusetts. In therapeutic mentoring, a team of professionals prescribes mentoring goals, e.g., conflict management, anger issues, ADHD, social skills, coping, and more. Almost everything is measurable at different intervals. Responses are scanned and saved to review for progress. The University of Massachusetts led by Jean Rhodes, Ph.D., and a team of outstanding mentoring researchers developed and led the course.