

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/44J3FGYKltI>

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/iCvmsMzIF7o>

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/xp0O2vi8DX4>

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/P0xIoUhzpvA>

Feelings: Handle them before they handle you (18:00) <https://youtu.be/JD4O7ama3o8>

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/QnrMeym4i5s>

Dear Daddy (3:03) https://youtu.be/hl_C7Oyb7ZM

Contradictions Taught by My Mother (2:30) <https://youtu.be/o9JR5Yol1RM>

Self-Help

“Mental Health Barz” (5:48) <https://youtu.be/clGWWPwJlNY>

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/jzcwWMqRjI8>

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/8YzIGoonlrE>

Being “Fat”

Too Big (3:12) <https://youtu.be/oO50a7cbZRE>

“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.

ns Help Last edit was on March 25, 2020

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Meal tracker: This is a tool to help you track what you are eating, and what time you are eating it. If you end up skipping a meal, that's fine. Just remember to document it. Make sure to be as honest as possible with yourself and me as I will be checking in with others about your progress as well.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						

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.

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A	B	C	D
	Monday	Tuesday	Wednesday
10:30	wake up	wake up	wake up
11	Breakfast	Breakfast	Breakfast
12:00	School work	School work	School work
12:15	Lunch or Mind Break	Lunch or Mind Break	Lunch or Mind Break
1:00	School work	School work	School work
1:15	Mind Break, Stretch or Snack	Mind Break, Stretch or Snack	Mind Break, Stretch or Snack
2:00	School work	School work	School work
2:15	Mind Break or Stretch	Mind Break or Stretch	Mind Break or Stretch
3:00	School work	School work	School work

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.
2. Have client use chat feature with this TM for 20 minutes a session to practice her typing skills when it comes to talking
3. 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

The screenshot shows a web browser window with multiple tabs open. The active tab is the Trigger Warnings Wiki page for the movie 'Girl, Interrupted (1999)'. The page has a dark theme with a purple header. A large banner for the Amazon Original 'Invincible' is at the top, featuring the character Invincible and the text 'Join the Conversation!'. Below the banner, the page title is 'Film: Girl, Interrupted (1999)'. There are buttons for 'EDIT', 'COMMENTS (0)', and 'SHARE'. The page also shows '42 PAGES' and an 'ADD NEW PAGE' button. A video feed of Simone Longoria is visible in the top right corner.

Girl, Interrupted Directed by James Mangold . Starring Winona Ryder , Angelina Jolie , Brittany Murphy IMDB : http://www.imdb.com/title/tt0172493/	
Warnings edit edit source	
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
Rape jokes	Y

4. Preparing for the workforce, Longoria also uses the [U.S. Bureau of Labor Statistics' Occupational Outlook Handbook](#) in exploring futures with the girls. Explore the site, but also see the [Occupation Finder](#), listed alphabetically.

Longoria shares [Preparing Adolescents for Young Adulthood \(PAYA\)](#) 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 [Children's Behavioral Health Initiative \(CBHI\)](#). One of its innovations for children and families is [Therapeutic Mentoring](#), requiring training and certification. Therapeutic Mentoring falls under the [Community Health Worker Certification](#) 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.