Island Harbor Mentor Meeting

JESSICA SPAHR, LCSW – FOSTER CARE LIAISON
ISLAND HARBOR ADVISOR

DR. RACHEL KIRK – ANCHOR COORDINATOR
What is Island Harbor?

- Students at least 18 years old who aged out of the Foster Care System
- Students at TAMUCC
- Living on Campus
Attributes of Island Harbor Students

- Young Adult College Student
- Smart
- Compassionate
- Resilient
Trauma Informed Care

- Trust is KEY
- Be consistent and stable – follow through on any promises
- Expect disproportional emotional responses
- Have realistic expectations
- Keep good boundaries
- Be compassionate
- Remember, YOU are the role model!
Boundaries For Island Harbor Mentors

- NO overnight visits
- NO giving money or gifts other than typical gifts (Birthday, Christmas, Graduation, Paying for Lunch, etc.)
- NO Alcohol or Drugs with Students
- Watch with physical contact (hugs, patting shoulder, etc).
- Contact me if you notice a pattern of issues with the student
Expectations of Island Harbor Mentors

- Attend group functions with students. Let me know if you are unable to attend any events.
- Reach out to your student at least 1x per week (text, call, face to face) – Be Persistent!!
- Invite your student to events, meals, coffee, take a walk, etc. Please try to have a face to face meeting 1x per month.
- Be open minded!
- If issues arise, talk about it with the student, if they want to (don’t force them). Then reach out to me.
- Document times/type of contact made and date. Please note any concerns in the comments section.
- Meetings and events will be adult only, unless otherwise noted, so plan for childcare accordingly!
- Have Fun!
Feedback from Last Semester

- Thank you!
- Tell Us What You Think!
Schedule and Locations for Student Events

- September 26 – 6p – Potluck at Momentum Village
- October 24 – 6p – Game Night at the Faculty Center
- November 27 – 8:30a – Pie Making at Momentum Village
- December 12 – 6p – Winter Gathering at Anchor Ballroom C – University Center
Know anyone who wants to join us?

- If you know someone who is interested in joining us as an Island Harbor Mentor, please have them contact me!
Questions??
Jessica Spahr, LCSW

CONTACT ME:
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