



FAQ's for CASE Companion Mentor Families

Q: What are the qualities of a good parent mentor?

A: Good mentors are active listeners, empathetic, supportive, respectful, helpful and understanding.

Q: What does CASE expect of me as a parent mentor?

A: CASE Companions is designed to offer peer to peer support to other families. This is an informal program where families can decide what works best for them. At the minimum, we expect mentor families to check in with their new families 1-2x/month, and check in with CASE 1-2x/month.

Q: What is not included in being a parent mentor?

A: Mentor families are **NOT** advocates, attorneys, social workers, therapists, etc. They are not expected to attend any meetings with families or advocate for their new family in any way. They are not responsible for resolving disputes with schools, or handling those in psychological crisis.

Q: What types of things should a parent mentor families be able to offer?

A: One of the great things about mentor families is their learned experiences from raising their own children with disabilities. These families can be a trusted resource for new families feeling overwhelmed.

Q: What training is provided to the parent mentor families?

A: CASE will be hosting a Zoom orientation meeting for all veteran families. We will also provide each family with resource packets full of additional information.

Q: How does the pairing process of families work?

A. First new families submit an application and then we hold interviews with each family to see what family would be the best fit. Once we have gotten to know all the families, we will pair them up by the things they have the most in common (i.e. disability, IEP/504, school, grade, etc.)

Q: How long will the Companion pairing last?

A: Your pairing will be for the 2021-22 school year.



Q: How should I communicate with my family?

A: However you would like! Initially we suggest setting up a phone call to get to know your family. After that, it is up to you. Emails, facebook messages, Zoom calls, etc. Whatever mode of communication you and your family decide works best.

Q: How often should mentor families check in with their families?

A: Ideally 1-2x/month. Both families should decide together what level of support is best for them

Q: How will CASE support the mentor families?

A: We will hold weekly check-ins with mentor families. Additionally, anyone who feels they need additional support can always reach out to CASE.

Q: What if I do not get along with my assigned family?

A: We understand that not all people will get along. CASE will do its best to pair families up with similar situations (ie. disability, IEP or 504, school, grade, etc). If it is not a good fit, we will do our best to pair the families up with new families.

Q: Do parent mentor families get paid?

A: No, this is a volunteer opportunity.

A Family Mentor Is A...	A Family Mentor Is <u>Not</u> A...
<ul style="list-style-type: none">• Friend• Coach• Companion• Supporter• Resource for new ideas and opportunities• Person to talk to	<ul style="list-style-type: none">• Advocate• Social Worker• Therapist• Attorney• Source of funding• Solution to all problems