

The Co-Occurring Collaborative Serving Maine (CCSME) in collaboration with My Sister's Keeper (MSK), Goodwill Industries of Northern New England, Cumberland County Sheriff's Office and St. Joseph's College of Maine has received a Second Chance Act Mentoring grant from the Bureau of Justice Assistance of the U.S. Department of Justice to expand and enhance MSK's mentoring ministry and to offer vocational services to women offenders at the Cumberland County Jail in Portland, Maine. The two-year grant will support the Mentor ME program and will serve 40 adult female offenders.

Mentor ME

- Expands the number of mentors available to mentees
- Provides mentoring and vocational services to mentees
- Reduces recidivism rates of women offenders and increases public safety

To learn more about the Mentor ME program or how to become a mentor, please contact either Catherine Chichester at 207-878-6170 or Kelly Dell'Aquila at 207-799-8396

Mentor ME

*Hope
Guidance
Support*

My Sister's Keeper

**Goodwill Industries of
Northern New England**

Cumberland County Sheriff's Office

**The Co-Occurring Collaborative
Serving Maine**

St. Joseph's College of Maine

Serving Women Offenders in Cumberland County, Maine

A mentor can...

- Help to connect to appropriate community services for provision of basic needs
- Encourage self-care and development of healthy support systems
- Support maintenance of necessary rehabilitation and medical programs
- Assist with new opportunities such as education, job training, employment and personal growth
- Provide guidance and support for self and child care
- Be a friend and advocate who can help with decision-making and who will listen to concerns

WHY MENTORING IS IMPORTANT

Women who are making the transition from prison or jail to the community must achieve stability in many areas of their lives: reunifying with family members, establishing and maintaining a home, gaining employment, maintaining sobriety, and criminal justice compliance. Receiving support from healthy relationships with other adults can be helpful as women navigate these challenges. A mentoring relationship with another woman can provide a place of safety and encouragement—and this can be especially meaningful for women who have a history of negative relationships.

A mentor is a woman interested in the welfare of incarcerated women transitioning into the community.

She is a friend and advocate, trained to provide support and guidance in a positive and respectful way.

For a formerly incarcerated woman in reentry, a mentoring relationship can provide new tools to approach everyday activities such as sorting out public transportation, asking for help in a department store, or trying to reschedule an appointment. A mentor's support can help a woman develop confidence as she meets the many challenges, large and small, that come with returning to the community after incarceration.

GOALS

The goal of Mentor ME is to promote confidence and competence in women as they transition to the community after incarceration. This is achieved by connecting women in reentry with a person in the community who is concerned about her well-being and who can model a healthy lifestyle. By choosing to take advantage of connecting with a mentor, a woman can take a powerful step in directing her own life.