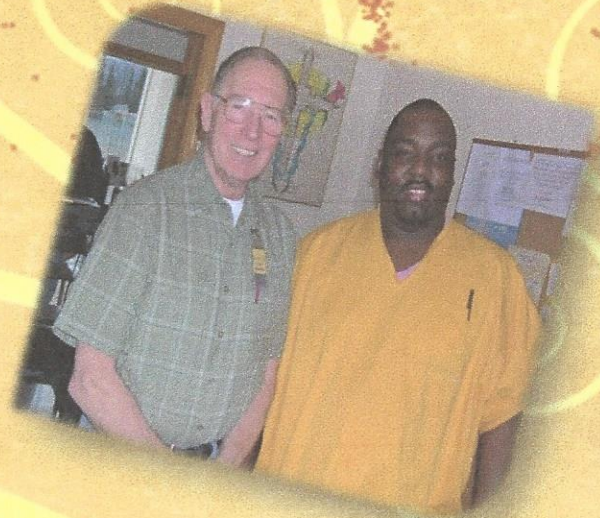
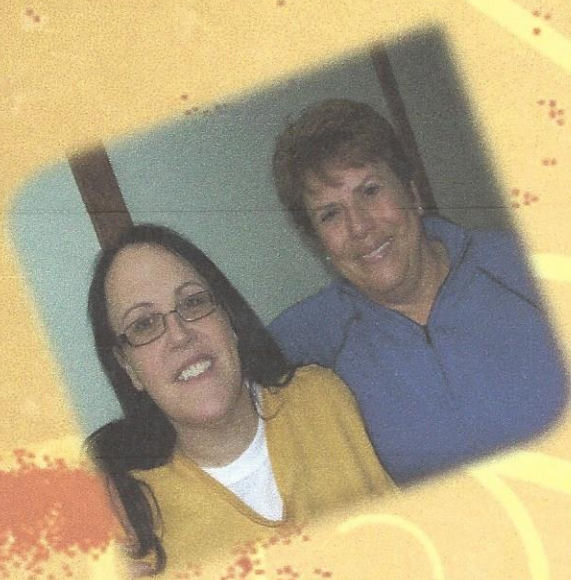


TLC MENTORNET

PROVIDING SPIRITUAL CARE FOR PRISONERS



**INTENTIONALLY COMING ALONG
SIDE OF ANOTHER TO HONOR GOD**

April 15, 2017

Welcome To The MentorNet

The Alaska Correctional Ministries and the Transformational Living Community would like to take this time to extend a warm welcome to the MentorNet program. You have entered into a ministry that few venture into. Jesus Christ said *"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you? The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'"* ^{NIV} **Matthew 25:35-40.**

You are fulfilling the command of Christ to go to the prisons and give of yourself to those who are in need of His love, mercy and grace. The men and woman of our prisons have been a long neglected mission field, but the field is ripe unto harvest and you have been called by God to help glean that harvest for the Kingdom.

As a Mentor Net volunteer and a brother in Christ, your main purpose is to become a friend and true brother in Christ to men in the Transformational Living Community. Your goal is to be a godly role model, and to develop a strong, close and trusting relationship, one in which over time your resident will be able and willing to share some of his most intimate and personal thoughts, struggles, and secrets. Your goal is to always be a mentor and friend, providing encouragement and accountability.

Along with the residents' program manual, we have provided some additional tools and helps that will give you areas to look at and discuss with your resident(s). These tools will help develop your relationship and will help them to begin to develop the skills, knowledge and confidence they need to be able to successfully complete the TLC program and re-enter society successfully.

You will be a key support person in this process. So your faithfulness and commitment to your resident(s) will help to establish his trust in you, knowing that you are going to be there for him when he has a need to turn to someone for help.

Our vision and mission for the MentorNet Program is to be a unified support team that will encourage and support our residents and to be effective and successful in the restoration and transformation process that God is doing in their lives. Our hope is that each resident, upon his release back into the community, will be equipped and thoroughly prepared to tackle the many tests and trials he will face as he transitions back into daily life, becoming a productive and viable community member in society once again.

It is with these thoughts in mind that we thank you for your commitment to the answer to God's call. Your service and faithfulness to this will have lasting and eternal rewards to come.

"Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering." **Hebrews 13:1-3**

Thank You and God's Speed!

Your Role and Expectations As Mentor

It will be to fulfill Ecclesiastes 4.

Ecclesiastes 4:9-12 – *“Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”*

- Pray for the Holy Spirit's leading with your resident.
- Listen to what the Holy Spirit is telling you.
- Prepare your heart and mind for Monday evening.
- Pray for your resident – Pray with your resident.
- Listen to what the Holy Spirit is telling you.
- Always strive to be an active listener when your resident speaks.
(See “Guidelines for Effective Listening” on next page.)
- Take time to listen when your resident speaks.
- Be real. Share honestly with him. Do not pretend to be something you are not.
- Do not preach to him, rather teach.
- Do not use prescribed counseling techniques or see your role as a therapist.
(This is a time to preserve a relaxed, productive time with your friend(s).)
- Strive to be a Godly role model.
- Find out how his day and week went.
- Ask him how he is doing right now.
- Do not be judgmental, but hold him accountable.
- Do not be afraid to ask tough questions.
- Be respectful.
- Be accountable to your resident.
- Be true to your word – **Show up on Monday evenings!**
- Do not make empty promises.
- Show Christ-like attitudes and behaviors.
- Be a spiritual guide and discipler.
- Gently show him other ways to approach problems.
- Broaden his view of himself – more than just an inmate.
- Encourage and empower him.
- Use the TLC Mentor Questions on a regular basis.
(Keep in mind these are accountability questions.)
- Use other materials in this manual regularly.
- Complete Quarterly Evaluation Sheets and hand in at the proper time.
- Within the scope of your time commitment, attend meetings & training sessions apart from Mentor night.
- Upon release from prison, and if possible, we ask that you will commit to staying in close contact with him for one year, fulfilling the role of a mentor.

Guidelines for Effective Listening

1. Concentrate – listening requires discipline.
2. Listen with acceptance.
3. Listen perceptively for feelings as well as facts.
4. Listen empathetically.
5. Listen patiently.
6. Listen accurately – clarify and paraphrase.
7. Listen actively – respond to both verbal and non-verbal.
8. Listen between the lines
9. Listen carefully for themes
10. Listen with warmth.
11. Listen with the body – physically attend.
12. Avoid distractions.
13. Avoid judgement and evaluation.
14. Avoid rehearsing a response.
15. Avoid thinking ahead of the speaker.
16. Avoid listening selectively.
17. Avoid breaking a confidence – zipper your lip.
18. Avoid interrupting.
19. Avoid arguing.
20. Avoid preaching.
21. Avoid dispensing advice.
22. Realize – listening communicates concern; lack of listening communicates indifference.

TLC Mentor Questions

These are questions to help you get to know your resident. The questions help direct the conversation toward a mutual accountability relationship. This format, while effective in the program, will also be a good format when they get out of the DOC prison system. Having practiced this format, your resident will come to expect these types of questions and relationship on the outside to help hold them accountable.

PERSONAL RELATIONSHIP WITH CHRIST

- How is your personal quiet time?
- What are you reading in your quiet time (Book of Bible or study)?
- During this past week, have you heard God personally speak to you? If so, please tell me about it.
- How's your prayer life going?
- What are the gifts and talents that God has given you?
- What will you do to develop these gifts and talents?
- What are the gifts the family is recognizing in you?
- Because the Holy Spirit gives us the gifts and talents to build up the Body of Christ, how have you utilized your gifts and talents to build up the Body this week?

TLC FAMILY

- Did you get any LE's this week? If so, tell me about it.
- Did you personally go through Care-fronting and/or Coordinator Support Group this week? If so, tell me about it.
- Did you personally go through Confrontation Group this week? If so, tell me about it.
- Have you had any conflicts with another TLC family member or TLC staff person this week? If so, tell me about it.
- Are you holding down an Institutional job? How is it going? Tell me about the positives and the negatives.
- What have you been doing with your free time?
- How is your relationship with the General Population inmates and the Institutional Staff?

CLASSES

- What program classes are you currently taking?
- What program class has been the hardest? The easiest?
- What program class that you are currently taking is making the most impact in your life? Why do you think that is?
- What specific insights are you receiving from your classes this week?
- Of all the program classes that you have taken, which one has made the most impact in your life? Why do you think that is?
- Are you working on your GED? How's that going? How many hours per week are you working on that? Are you still on target for finishing it by TLC graduation time? Why or why not?
- Are you taking classes outside of the program (Emmaus, counseling classes, college or master's level classes)? How is that going?