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# The Best News

Volume 10 Issue 4  
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*Making a difference in children and families, one at a time!*

## Best Friends Mentoring begins outreach to southwest ND



Kerry Duff

The Best Friends Mentoring Program announces that Kerry Duff is the new part-time outreach coordinator.

In her new position, Duff will be responsible for recruiting and training mentors in areas outside of Dickinson, such as Killdeer, South Heart, Richardton and others. Duff will also assist with mentor training and fundraising events.

Duff recently moved to Dickinson with her family from Missoula, Mont. She has an extensive background in fundraising and operating a foundation. In her spare time, Duff enjoys volunteering and teaching her three kids the importance of helping others.

The purpose of the Amachi project is to create state-based coalitions of mentoring agencies that can share best practices and address the complex needs of families, mentors, and communities.

Duff's position was created through a national mentoring coalition funded by the Department of Justice and is administered by a non-profit agency that developed the Amachi Mentoring Model, designed to match caring adults with children affected in some way by incarceration. RSVP+ North Dakota is in charge of the project and offered the position to the BFMP.

## Same interests make match magic

Kade has been matched with Del for over three years, and their bond remain strong.

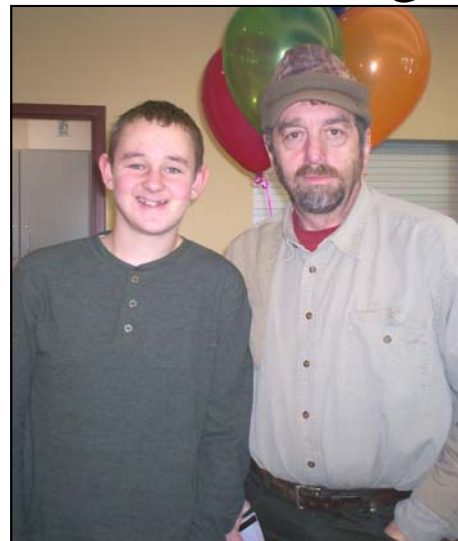
When Kade and Del spend time together they do a variety of activities, such as four-wheeling, bowling, volunteering, hunting, and playing basketball.



"Kade loves everything they do together," Kade's mom, Mary, said.

Kade also said that he likes the talks that he and Del have when they meet. Del agreed that it doesn't matter what they do together, they have fun and enjoy each other's company.

Del became a mentor for several reasons.



Del and Kade together two years ago.

"First, the companionship has grown into a friendship. Secondly, giving of myself is much more valuable than a dollar donation," Del said. "I felt Kade and I would be a good match since we have many of the same interests."

## 12x12: Become a 'Pal' of Best Friends

Subscribe to Best Friends Mentoring's 12x12 Campaign through PayPal and become a "Pal" of our program! Donate \$12 a month for 12 months! Sign up on 12-12-2010 (December 12th) at [www.westernwellness.org](http://www.westernwellness.org) to make a secure, recurring or one time

online contribution. Your generous support is an investment in the life of a young person! For as little as the cost of a cup of coffee each week, you can make a difference in the lives of youth in our community!

# Thank your mentor during Mentoring Month

January is National Mentoring Month and what better way to spend it than to say a great big “Thanks!” to your Senior Friend! Here are some ways that you can say thank you to your Senior Friend:



- Draw a picture of your favorite activity that you do with your Senior Friend
- Write your Senior Friend a letter telling them how much you like spending time with them
- Give your Senior Friend a high five
- Say it in a different language; French = *Merci*, Spanish = *Gracias*, German = *Danke*
- Write a poem or story about you and your Senior Friend
- Give them something homemade, like a friendship bracelet

# Santa arrives in Dickinson

Santa has arrived at Prairie Hills Mall for another season! Santa is visiting and taking pictures with children every weekend until December 23. Best Friends is in need of volunteers to assist Santa by taking pictures, handing out candy canes and counting money.



Be sure to visit Santa and support Best Friends Mentoring. Pictures with Santa cost \$7 for one photo or \$10 for two photos. Best Friends Mentoring will receive a donation from White Drug for each photo!

Santa Picture Schedule for the rest of the month:

- **Friday, December 10, 4 p.m.-8 p.m.**
  - **Saturday, December 11, 11 a.m.-4 p.m., 5 p.m.-7 p.m.**
  - **Sunday, December 12, 1 p.m.-4 p.m.**
  - **Friday, December 17, 4 p.m.-8 p.m.**
  - **Saturday, December 18, 10 a.m.-1 p.m., 2 p.m.-4 p.m., 5 p.m.-8 p.m.**
  - **Sunday, December 19, 1 p.m.-4 p.m., 5 p.m.-7 p.m.**
  - **Monday, December 20, 10 a.m.-noon, 2 p.m.-4 p.m., 5 p.m.-8 p.m.**
  - **Tuesday, December 21, 10 a.m.-noon, 2 p.m.-4 p.m., 5 p.m.-8 p.m.**
    - **Wednesday, December 22, 10 a.m.-noon, 2 p.m.-4 p.m., 5 p.m.-8 p.m.**
    - **Thursday, December 23, 10 a.m.-noon, 2 p.m.-4 p.m., 5 p.m.-8 p.m.**
- If you're interested in helping BFMP with Santa pictures, please call our office at 701-483-8615 or email [outreach@ndsupernet.com](mailto:outreach@ndsupernet.com).



# Why mentoring matters

A mentor doesn't need special skills. A mentor is just someone who is willing to listen to a child and offer them friendship, guidance and encouragement. Senior Friends can provide many things to a Junior Friend, such as...

- An experienced friend to help in a number of situations
- Help with schoolwork (mentors help improve grades!)
- Self-esteem improvement
- Improved social skills
- Better behavior and attitude at home and school
- The ability to reach his/her potential

# The data results are in!

At the end of every school year, Best Friends Mentoring Program begins its data collection process. After several months of compilation, the results are in!

In 2009-2010, youth involved with the Best Friends Mentoring Program showed improvement in social skills, attitude, behavior, and academic competencies.



- 47 percent of youth are male and 53 percent are female
- 88 percent of youth enrolled in BFMP showed improved social skills
- 88 percent of youth enrolled in BFMP showed an improvement in attitude
- 94 percent of youth enrolled in BFMP showed improved behavior
- 90 percent of youth enrolled in BFMP showed an improvement in academics
- In calendar year 2010, there were 208 matches (the most matches ever!) and 132 in calendar year 2009

In the 2009-2010 school year, mentoring made a difference!

## The Friendship Drive continues

Best Friends Mentoring Program is in the middle of its annual Friendship Drive that began October 1, and we are asking for your support. This year, to reach our financial goals and ensure mentoring continues in southwest North Dakota, \$20,000 needs to be raised through community donations. You may donate securely online at [www.westernwellness.org](http://www.westernwellness.org) or mail to PO Box 542, Dickinson, N.D. 58602-0542.

Those involved with Best Friends Mentoring, whether a mentor, volunteer, or financial contributor, will have received a detailed letter about the Best Friends Mentoring Program. Your donation will provide the children in our area the life-long benefits of having a mentor. We would also like to thank all of our mentors, volunteers and financial contributions – Our program is successful because of you!

## Donate a great review to Best Friends Mentoring by going

to <http://www.greatnonprofits.org/organizations/reviews/western-wellness-foundation-inc>



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It keeps our office  
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Email outreach@ndsupernet.com



**Best Friends  
Mentoring Program**

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## Upcoming Events and Activities

Ongoing: FREE Racquetball lessons for youth and mentors in the Best Friends Program. Sign up by calling Best Friends at 701-483-8615.

Ongoing: Got a new cell phone? Donate your old one to Best Friends Mentoring for secure recycling.



Dec. 21: "Messiah" presentation, 3:30 p.m., DSU Stickney Auditorium.

Dec. 31: FREE New Years Eve Party for all ages, 8 p.m.-12:30 a.m., Dickinson Rec Center.

Jan. 17: Martin Luther King Jr. Day & National Day of Service.

Jan. 28-30: Trinity High School annual Mardi Gras.

Feb. 21: President's Day: No School.