

MentorCONNECT

Cooperation with Professionals Overview

For questions about *MentorCONNECT*:

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MentorCONNECT: Where Relationships Replace Eating Disorders

...exists to provide recovery help and hope through mentoring for all who desire recovery from eating disorders.

MentorCONNECT offers one-on-one and group mentoring opportunities between lay mentors who are in sustained recovery from eating disorders and individuals who are seeking recovery support.

All individuals who sincerely desire to recover from eating disorders and are over the age of 14 are welcome to join and participate in *MentorCONNECT*.

MentorCONNECT is not affiliated with any other eating disorders recovery service or organization. All services provided to members are always free of charge. Membership is required to assess the level of support desired and to maintain the privacy and confidentiality of each member and the community.

Participation in *MentorCONNECT* is never a substitute for the professional medical care needed for the treatment of eating disorders.

Our primary purpose is to sustain our own recovery and assist others to achieve sustained recovery from eating disorders.

To the Treatment Professional: *MentorCONNECT* as a Resource, not a Replacement

MentorCONNECT shares your commitment to doing whatever we can to help those who struggle with eating disorders to find the quality of recovery support both on- and offline that can translate into sustained recovery.

MentorCONNECT is one more supplemental resource that can provide your valued clients with quality relationships that can begin to replace the need for the “relationship” with the disordered thoughts and coping behaviors.

95% of our members come to us with partial or full professional treatment teams already in place. 86% have experienced inpatient treatment one or more times. Our members are not seeking therapy but rather a transitional and ongoing source of connection with others to share the recovery journey with.

A mentor’s function is to share their personal recovery strength, experience, and hope – in other words, to provide living proof that recovery IS possible. While many of our volunteer mentors do hold professional credentials in their outside activities, they function as lay volunteers only while serving as a *MentorCONNECT* mentor.

MentorCONNECT will not hesitate to redirect a member who needs a higher level of care to the appropriate informational resources for locating professional medical care. *MentorCONNECT* does not provide endorsements of individual providers or referrals.

How *MentorCONNECT* Works

Three Levels of Membership

MentorCONNECT offers three levels of membership: General Support, Mentee, and Mentor. Each level has different requirements for membership. General Support members join to access group mentoring opportunities only. Mentee level members join seeking to match one-on-one with a caring volunteer recovery mentor. Mentor level members join to “pay it forward” by sharing their personal recovery strength, experience, and hope with a mentee.

Mentor Matching

Mentor members are asked to volunteer for a minimum of one hour per week per mentee, and may choose to take on between one and three mentees as their individual schedule permits. Mentee members are allowed one mentor only. General support members may not match with a mentor. *MentorCONNECT* encourages self-matching for the strongest match but provides assistance with matching upon request.

Mentoring Program

Mentoring can be done via email, phone, in-person (when available) or via chat-based applications. Each mentoring team determines the boundaries, methods, and level of contact that they prefer. Each active Mentor member participates in *MentorCONNECT*'s Mentor2Mentor Program which matches new mentors with an experienced *MentorCONNECT* volunteer mentor for extra support and encouragement. Each member of an active mentoring team must complete a short survey once per month to report questions, ideas, or requests.

Group Mentoring Activities

MentorCONNECT maintains a private, password-protected and heavily moderated PRO-recovery online community through the MC Community Forums. Within the Forums, members at all membership levels may participate in twice weekly live chat-based moderated support groups, recovery blogs, online themed support groups, teleconferences, and special members-only events.