Therapeutic Mentoring is a one-on-one service for youth with significant behavioral, emotional and mental health needs. With the help and support of specially trained mentors, youth (under 21 years old) begin to work on and practice specific, identified skills such as anger management, social interactions, listening abilities, frustration tolerance and daily living skills.

Contact us:
Cape Ann: 978-998-3680
Lawrence/Lowell: 978-620-1796
Haverhill: 978-373-1126 ext. 2054

Northeast Behavioral Health (NBH) is a private, nonprofit human service agency that provides mental health, substance use and community education and prevention services to residents in greater Boston, the North Shore and the Merrimack Valley, Massachusetts.

Northeast Behavioral Health serves adults, teens, families, and children. Services include outpatient mental health clinics; inpatient and outpatient treatment and prevention for drug and alcohol problems; school-based programs; and community education and prevention.

Scan with smart phone to access NBH website.
www.nebhealth.org
Who We Serve
To be eligible for services, the child or adolescent (under 21 years old) must be actively participating in Outpatient Therapy, In-Home Therapy or Intensive Care Coordination through a Community Service Agency (CSA). The family must be an enrolled member of MassHealth.

Who Are Our Mentors?
Mentors are trained to provide high-quality, one-on-one services that build on a child’s strengths and help him or her to work toward clearly defined behavioral goals.

Mentors work on these skills:
- Daily living strategies
- Social skills
- Effective communication
- Problem-solving abilities
- Conflict resolution
- Strengths and interests
- Independent living skills

How to Refer Someone to the Therapeutic Mentoring Program
Referrals for Therapeutic Mentoring must come from an Outpatient Therapist, In-Home Family Therapist, or Intensive Care Coordinator working with a youth. Following the initial referral, the mentor will confirm the assignment and schedule a meeting with the family to discuss the youth and family’s ideas about what types of community activities would be a good fit for the child and assist in working toward the identified goals. Once a child is enrolled in Therapeutic Mentoring, the mentor establishes a schedule and meets regularly with the youth, while also collaborating and communicating with the other providers on the youth’s treatment team.