



March 16th, 2020

Dear Mentoring Community,

We are so grateful that each of you are a part of our mentoring community and hope you all are staying healthy as we see the spread of COVID-19. In discussions with Spectrum's Leadership, MENTOR Vermont and our mentoring colleagues, we've made the difficult decision to suspend in-person mentoring at this time. In an effort to do our part to "[Flatten the Curve](#)", we are encouraging our mentors to find other ways to connect with their mentees at this time and to practice social distancing. We realize that the dismissal of schools until April 6th, has had various impacts on our mentors, mentees and their families and we've listed a number of resources for our mentoring community below.

What this means for our mentors, mentees and families:

- Spectrum's Mentoring Program has cancelled all mentoring events for the remainder of March and will be in touch with you via email in the coming weeks to offer resources, support and to offer virtual meetings to those who may need them.
- Our mentors and mentees are asked to **suspend in-person contact** with mentees but remain connected in other ways such as:
 - Call, text or email
 - Video Calling: UberConference.com, ConferenceCalling.com, zoom.com, FaceTime, or Google Hangouts
 - Physical letters
 - Other methods such as apps like Words with Friends or apps where you can connect in other ways virtually
 - We'll continue to share other suggestions and resources to mentors via email in the coming weeks
- Mentoring staff will be working remotely and will be available to you via phone, email, and online conferencing during our regularly scheduled hours
- Please reach out if your mentee or their family is in need of additional support at this time and mentoring staff will connect with them directly

We want to acknowledge that many mentees in our mentoring community already experience a level of social isolation and that this will be exacerbated by the closures due to COVID-19. Please bear this in mind and check in with your mentee frequently. Below, you'll find additional resources for yourself and your mentees. We will be sure to let you know as soon as we feel it is safe for you to resume meeting with your mentee in person. We are so grateful for the time you spend mentoring and hope that you and yours remain healthy during this time. Please do not hesitate to reach out to us, if you need support.

Be well,

Stephanie and Rebecca

Spectrum Mentoring



Resources for our Mentoring Community

Information About COVID-19 (Coronavirus)

- Vermont Department of Health: <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>
- CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>

Talking With Youth About COVID-19 (Coronavirus)

- Review this [guide on trauma](#)
- Read this [Talking to Children About COVID-19](#) resource
- Share this [Comic Exploring The New Coronavirus](#) with youth
- Mental Health and COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>
- Stigma and COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>

Resources for the Families of Mentees

- Dial 2-1-1 or visit: <https://vermont211.org/> for help connecting with resources
- Contact your local school district about how they will support free and reduced meals during this time of school closure. (We will update this as information becomes available.)

Embracing an Antiracist Approach to Inaccurate Information About COVID-19 (Coronavirus)

As our Vermont mentoring community works together to disrupt racist, inaccurate information about the coronavirus (information that is harmful to our mentees and mentors), below are three articles that offer helpful strategies and information.

- Search Institute: [Resisting the Pandemic of Prejudice, Reclaiming the Power of Relationships](#)
- Teaching Tolerance: [Speaking Up Against Racism Around the New Coronavirus](#)
- From Facing History: [Protect Yourself and Stand Against Racism](#)