

To access services from the Helen Farabee Centers, for someone with behavioral health issues, substance abuse, intellectual/developmental disabilities or other related disabilities, please call

**Intake Department:
1-800-669-4166**

We will be happy to discuss available services and arrange an initial appointment to begin the evaluation process, if appropriate.

Crisis Intervention Services

are available 24 hours a day
by calling, toll free

1-800-621-8504

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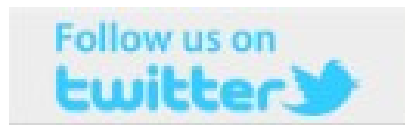
Proudly serving these
north Texas Counties:

Archer, Baylor, Childress, Clay,
Cottle, Dickens, Foard, Hardeman,
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www.helenfarabee.org



**Helen Farabee
CENTERS**
— a commitment to caring —



PACK
*(Pursuing Alternative Choices
through Knowledge)*
Mentor Program

PACK Mentor Program

*Pursuing Alternative Choices through
Knowledge*

High School students who drop out of school before graduation not only earn less income and have significantly higher unemployment rates than graduates, they are more likely to have health problems, become welfare dependent, use drugs or engage in other high-risk behaviors.

Mentor programs can provide these students with emotional support, encourage them to be more involved in their schooling and help as they transition from school to work. The impact of mentoring programs designed to encourage students to complete high school has been well documented. Mentors offer friendship, guidance and positive role models while instilling the social skills needed in the workplace.

This program is a collaborative effort between Wichita Falls High School, Helen Farabee Centers and Midwestern State University.

The PACK Mentor Program is designed to link students who are attending Wichita Falls High School and are involved with the Communities in Schools (CIS) program with selected mentors who are students enrolled in Midwestern State University. Behavioral health care classes These will be one-on-one mentoring relationships , conducted on the campus of Wichita Falls High School. Mentoring sessions will ideally be held after school but there is also the opportunity to have sessions during one of the WFHS students elective classes. Sessions will be held at least once a week.

To learn more about this program or to inquire about involvement in the program you may contact

Monique Harris, MA, LPC-I
Supervised by: Andrew Martin,
LPC-S
at (940) 397-3358,
or you can reach him at
HarrisM@helenfarabee.org.

Mentors need to complete a Student Volunteer Application Packet , submit it to the Volunteer Coordinator (Kiersten Mastalsz, (940) 397-3363) at Helen Farabee Regional Centers, and go through a short series of training modules prior to being assigned a high school student.

Although we will try as hard as we can, we cannot guarantee a match for every mentor. Our priority is to make sure every high school student is given a mentor that is right for them.