

Trails Carolina Launches Summer Mentor Program for Alumni Students

This new, unique initiative pairs alumni with new students to serve as peer mentors and provide support and encouragement, fostering growth for all involved.

LAKE TOXAWAY, NORTH CAROLINA, UNITED STATES, May 3, 2023 /EINPresswire.com/ -- Trails Carolina, a leader in [wilderness therapy programs](#) for struggling youth and adolescents, has launched a new summer leadership program for alumni students. The wilderness therapy program aims to honor students' work while in the program and allow them opportunities to return to share what they have learned and mentor peers.

The summer mentor program is a unique initiative that pairs Trails Carolina alumni students with new students who may be struggling with emotional and behavioral challenges such as depression, anxiety, defiance, or family conflict. The alumni students involved in the program serve as peer mentors, providing support, guidance, and encouragement to their peers.

"We are excited to launch this summer mentor program," said Graham Shannonhouse, Founder of Trails Carolina. "Our alumni students and parents value their experience with us and are asking for



Trails Carolina Summer Mentorship Program students stand together on top of a mountain.



Trails Carolina students work together to achieve success.

opportunities to re-connect with Trails.
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The program is designed to help new students feel more comfortable and supported during their time at Trails Carolina. The alumni students act as role models, sharing their own experiences and offering advice on navigating the program's challenges.

Trails Carolina's Executive Director, Jeremy Whitworth, shares, "Our alumni students have been through the program themselves, and they know firsthand how transformative the experience can be. We believe that they can be powerful mentors and provide valuable support to our new students because of this common experience."



Alumni students help foster a sense of community.

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Jeremy Whitworth, Trails Carolina Executive Director

Ongoing Benefits for Alumni and New Students:

Trails Carolina sites that the benefits of the alumni mentor program are not just for new students. Being a mentor in the program offers ongoing benefits to alumni students, including opportunities for building confidence, practicing service, and reinforcing the skills they learned as new students.

Being a peer mentor can help alumni students build confidence in themselves and their abilities. By sharing their experiences and knowledge with new students, they can feel a sense of accomplishment and pride, which can translate into greater confidence in their own lives.

By serving as a mentor, alumni students have the opportunity to give back to the Trails Carolina community and help others who are going through similar challenges. This can be a rewarding experience and can help alumni students feel a sense of purpose and connection to others.

As alumni students mentor new students, they reinforce the skills they learned during their time in Trails' wilderness therapy program. This can help them retain the skills and strategies they learned, making it easier to apply them in their own lives.

"We are committed to providing the best possible care to all of our students," said Shannonhouse. "The summer mentor program is a testament to our families' dedication to our work and speaks to the power of community in the healing process."

Alumni Support for the Whole Family:

Trails Carolina's summer mentor program is just one of the many ways that Trails Carolina provides ongoing support to its participants and their families.

In addition to the new mentorship program for students, Trails Carolina offers [Alumni Support Services](#) to alumni parents and families. Trails prioritizes family involvement at every step of the child's process, including after the program comes to a close. Alumni families benefit greatly from the continuing support of these services, which include Extended Parent Coaching, bi-monthly parent support calls, quarterly webinars and mindfulness classes, and Trails Family Reunions.

For additional information about Trails Carolina's wilderness therapy program, please visit <https://trailscarolina.com>.

About Trails Carolina:

Located among the Blue Ridge Mountains of western North Carolina, Trails Carolina is a leading therapeutic wilderness program for struggling adolescents and teens between the ages of 10 and 17. The program's unique approach of combining evidence-based therapeutic techniques within a wilderness setting enhances the effectiveness of the program and its goal: to help participants with overcoming emotional and behavioral challenges, improving self-esteem, building resilience in everyday situations, and finding long-lasting change, healing, and personal growth.

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