

# Health Rangers Program Overview

Amidst a growing community, Children's Hospital of Pittsburgh of UPMC is uniquely positioned to help students learn foundational habits that are important to lifelong health as well as personal and career success. In partnership with Arsenal Middle School, the Health Rangers mentoring program (previously known as CHPU) aims to maximize this potential. The Health Rangers curriculum helps 7<sup>th</sup> and 8<sup>th</sup> graders to:

- Become aware of jobs in health care
- Build motivation for future careers
- Engage positive adult role models
- Learn about preventative health and wellness
- Gain marketable skills (Babysitter's Certification )

**Health Rangers Mission** - to improve the well-being of middle school youth in communities surrounding the Children's Hospital of Pittsburgh of UPMC

**Health Rangers Vision** - to be a national prototype of hospital-based mentor programming

## Components of Health Rangers

1. Group Learning
2. Focused Mentoring Time
3. Work Shadow Rotations

## Mentee Group Learning includes:

1. Presentations by CHP staff
2. American Red Cross Babysitter's Training
3. Tech Smart 4 Kids Training
4. Hospital Tour
5. Mentee Trainings by The Mentoring Partnership

## Mentors power Health Rangers!

A mentor is a caring, adult friend who devotes time to a young person with the goal of helping that young person achieve their potential and discover their strengths.

**Commitment Time:** Minimum of 6-month commitment (October 21<sup>st</sup> to March 31<sup>st</sup>) with approximately 3-4 hours of contact each month (1 ½ hours roughly every other week, **Friday mornings**).

Mentor Interviews and Trainings (August and September)

**Involvement:** Commitment to developing supportive relationships with program participants and sharing your workplace with student mentees.

Contact: Danielle Thum (Williams) [danielle.williams7@chp.edu](mailto:danielle.williams7@chp.edu), (412) 784-8683 ext. 104