

## Social Media & Internet Usage Guide for Mentors

### Skype and Other Video Conferencing Options

There are now many video conferencing options available. Choose whatever one best suits your needs. Skype has been out there a long time, so information is being provided for that service, but in general, for any of these services:

- Mentors are not required to set up or use this option, or to accept contact requests from clients in any of these services. This is completely optional only if you wish to do so.

Skype can be used to message, call or have a video conference with one or more people.

#### Tips for Setting Up and Using Skype:

- Download Skype onto your computer, tablet or phone
- Set up your User Name so that it is easy to remember and find; e.g., FirstName.LastName. If that name is already used, add some easy to remember numbers
- Test your microphone and camera. It will probably ask you to do this as part of your setup.
- Make a test call to make sure it is working correctly.
- To find someone who already has a Skype account, search their name in the search box. Skype will provide you with a list of possibilities.
- To add someone without a Skype account, click the add person button (person symbol with a + sign) and provide their phone number.

### Facebook

- Facebook can be used to privately communicate with someone through Messenger.
- Mentors are not required to accept friend requests from clients if they do not wish to do so.
- You can add the Messenger app to your phone for convenient access to your Messages without going through your Facebook account first. If you receive messages, a number will appear on the icon with the number of unread messages you have.
- Like the MB3 and NLIC FB pages to keep up-to-date on information posted there.
- MB3: <https://www.facebook.com/missionbehindbarsandbeyond/>
- NLIC: <https://www.facebook.com/New-Life-in-Christ-Christian-Church-Disciples-of-Christ-118732014636>

### Mission Behind Bars and Beyond Website Information & Resources

(<https://www.missionbehindbarsandbeyond.org/index.html>)

- The Home page includes current information and announcements just below the header graphic.

- Mentor Resources are located under the Get Involved tab. Hover over “Get Involved” and navigate to Mentor Resources which is a sub-section of Mentoring.
- A Button to go to the Returning Citizen Guide is on the Home and Mentor Resources pages.
- COVID-19 resource links can be found on the Home and Mentor Resources pages.
- The Virtual AA Meeting List link is on the Mentor Resources page, or at:  
[https://drive.google.com/file/d/1z4o4uO-EkMzVQZEU2q18zHUe0J9L7iY/view?fbclid=IwAR3m\\_jdJ6hHWVf-d6FN64Z8t1SW8kt-UjEly7d6Rov-Aa81\\_fnvPQcrq\\_M](https://drive.google.com/file/d/1z4o4uO-EkMzVQZEU2q18zHUe0J9L7iY/view?fbclid=IwAR3m_jdJ6hHWVf-d6FN64Z8t1SW8kt-UjEly7d6Rov-Aa81_fnvPQcrq_M)

### **Online Mentor Training**

Online mentor training is now available. Go to the Mentoring page on the MB3 website: <https://www.missionbehindbarsandbeyond.org/mentoring.html> and click on the “Become A Mentor” button to access the mentor application and online training. The online training is password protected, so anyone wanting to access the online training, needs to contact MB3 and get the password.