

The background of the slide is a stylized American flag. The stars are bright and glowing, and the stripes are semi-transparent and layered, creating a sense of depth and movement. The overall color palette is dominated by blue, white, and red.

# **Effective Relationship: SVF Veteran Mentee and Mentor**

# **SVF MISSION:**

**No Veteran Left Behind**

## **SVF Mentor Mission:**

**Every Veteran Mentee Will:**

- **Connect with a Mentor he/she can rely on.**
- **Receive assistance and resources he/she needs.**

The background of the slide is a stylized American flag. The stars are white and five-pointed, set against a blue field. The stripes are red and white, and the entire flag is overlaid with a semi-transparent grid pattern. The flag is positioned diagonally across the frame.

# **Veteran Mentees**

**What would you like to accomplish during your participation in the VET Court and the SVF?**



The background of the slide is a stylized American flag. The stars are bright and glowing, and the stripes are semi-transparent, creating a layered effect. The flag is set against a blue sky with some clouds. The overall tone is patriotic and professional.

# **Mentors**

**What personal accomplishments would you like Veteran Mentees to achieve during their time in the VET Court and the SVF?**

# **OPEN, TWO-WAY COMMUNICATION**

- **What are the benefits of open, two-way communication to Veteran Mentees and Mentors?**
- **Is it more effective to communicate?**
  - \* **In person** \* **By telephone**
  - \* **By e-mail** \* **By text**

The background of the slide features a stylized American flag with stars and stripes, overlaid with a grid pattern. The colors are primarily blue, red, and white, with a slight gradient and transparency effects.

# **BOUNDARIES**

- **Protective limits that sustain constructive relationship.**
- **Must be applied consistently.**



# Three Significant Boundaries

## 1. **Time**

- **How much time are you willing to devote each week?**
- **What steps should you take if the other Party:**
  - \* **Lets you know that they cannot make a scheduled call or meeting?**
  - \* **Fails to call or to show-up to a scheduled meeting?**

# Boundaries

## 2. Money

**How should Mentee & Mentor Address:**

- **Assistance for basic needs?**
- **A financial crisis?**
- **Should I buy a gift?**



# Boundaries

## 3. **Self-Disclosure**

- **Am I comfortable disclosing personal information?**
- **What purpose may be served by disclosing personal information?**
- **If you do disclose, share lessons learned: By you. By others.**

The background of the slide is a stylized American flag. The stars are bright and glowing, and the stripes are soft and wavy. The overall color palette is dominated by blue, white, and red, with a slight gradient from top to bottom.

# **Boundaries**

## **Self-Disclosure**

**If you are not comfortable disclosing –  
Be honest: “I don’t feel comfortable  
talking about this now.”**

The background of the slide features a stylized American flag. The stars are large and bright, set against a blue sky with light clouds. The stripes are red and white, with a soft, glowing effect. The flag appears to be waving, creating a sense of movement and energy.

# **Boundaries Violated When I Feel**

- **Used, taken advantage of.**
- **Drained emotionally, physically.**
- **Angry, frustrated.**
- **Want to end the conversation.**





# **If Your Boundaries are Violated**

- **Talk directly to the other Party.**
- **Contact a counselor or a SVF Mentor Advocate for guidance and/or assistance.**

The background of the slide features a stylized American flag. The stars are rendered in a glowing, digital blue, and the stripes are in a vibrant red and white. A faint, white grid pattern is overlaid on the entire image, giving it a technological or digital feel. The flag is shown waving, with a flagpole visible on the left side.

# **Communication & Boundaries Scenarios**