

DOS AND DON'TS FOR MENTORS IN VTCs

This list of what mentors should do is not a substitute for a thorough familiarity with the policies and procedures of their Veteran Treatment Courts. It is meant only as a quick reminder of proper mentor protocol.



THE FOLLOWING ARE SOME OFFERED **DOS**

- Follow the policies and procedures of the court. When in doubt, consult the VTC handbook or the VTC coordinator.
- Take immediate action if you suspect your mentee may be contemplating self-harm or harm to others.
- Attend court sessions with the mentee.
- Try your best to build a relationship with your mentee and serve as a role model.
- Follow along with what your mentee is doing so you can provide guidance through the program.
- Try to build a relationship of trust with your mentee.
- Make encouraging remarks when your mentee achieves any small or large success.
- Inform the mentor coordinator if you do not feel you and your mentee are a good fit so the coordinator can try to make a better match.
- Try to make all your interactions with your mentee meaningful.
- Show respect to your mentee.
- Encourage your mentee to engage in reflection, set goals and take achievable steps towards those goals.
- Assist your mentee with accessing benefits and services.
- Apply your insight and experience while helping your mentee.
- Actively listen to your mentee, paying close attention to what is said and unsaid.
- Support your mentee's strengths.
- Be mindful that your mentee is trying to navigate many things at once: (e.g., transitioning into civilian life; the court system; the treatment system; and possibly the VA system).
- Be supportive and helpful to other mentors and mentees.
- Share your relevant experiences, as appropriate, with your mentee.
- Seek educational opportunities and tools available to you that can assist you as a mentor (e.g., attend all offered continuing trainings and meetings; share and learn from other mentors on your team, etc.).

*Offered by Justice Eileen C. Moore
and Dr. James Starks Jr.*

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