



Peer-to-Peer Program Post - Training Survey

1. A peer mentor... [Check all that apply]

- a. Is an ally and friend
- b. Is a lot like the “buddy” system in the military
- c. Takes the place of a therapist
- d. Can offer helpful resources
- e. All of the above

2. A goal of the Peer-to-Peer Program is ... [Check all that apply]

- a. To support fellow veterans to feel a sense of community
- b. To encourage the mentee to develop a dependent relationship with his/her mentor
- c. To share experiences that might be helpful to the mentee
- d. To teach the peer mentor to take control of the life of his/her mentee

3. Ethical conduct is an important aspect of the Peer-to-Peer Program. This means... [Choose only 1 response]

- a. Peer mentors will act as advocates for the people (mentees) they serve
- b. Peer mentors will maintain high standards of personal conduct and ethical behaviors
- c. Protecting the privacy and confidentiality of mentees in adherence with Federal, state and local laws and regulations.
- d. All of the above



4. Maintaining the confidentiality of the peer mentor/mentee relationship means... [Choose only 1 response]
- a. Information about your mentee can be shared with other mentors and mentees if you think it will be helpful to them.
 - b. Information about the mentee that you see and what is said between you stays between you.
 - c. It is OK to share information with other people, such as your or your mentee's spouse, friends, other family members, or coworkers.
5. It is important to disclose immediately to your supervisor any professional, social or business relationships that may pose a conflict of interest regarding your peer mentor responsibilities.
- True False
6. Active listening is... [Choose only 1 response.]
- a. Asking the speaker to repeat him/herself because you were distracted and didn't catch everything they were saying.
 - b. Using only verbal responses to let the speaker know that you heard what he/she said.
 - c. Responding with a humorous comment that is completely off topic in order to divert the speaker's attention from a painful or unpleasant conversation.
 - d. Listening to a speaker while providing feedback indicating that the listener both hears and understands what the speaker is saying.
7. Boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave around them, and how they will respond when someone steps outside those boundaries.
- True False
8. It is important to set boundaries... [Choose only 1 response.]
- a. To practice self-care and self-respect
 - b. To communicate your needs in a relationship
 - c. To make time and space for positive interactions
 - d. To set limits in a relationship in a way that is healthy
 - e. All of the above

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9. Facts about resilient behavior include... [Choose all that apply]

- a. Asking for help
- b. Never showing emotion
- c. Handling everything on your own
- d. Understanding that it's a process

10. In the Veterans Peer-to-Peer Mentoring Program there always is someone to provide oversight, to report to and to offer assistance, back up and encouragement to the mentors.

- True False