

CPS Course Self-Assessment

These questions are meant to assist you when weighing the pro's and con's of participating in the CPS course. These questions address the knowledge foundation and overall supports that have contributed to success in the class for past CPS participants.

This is for your use alone and does not have to be submitted with your application.

		Circle One	
1	I have easy access to transportation to get to and from classes.	Yes	No
2	I have taken and completed formal schooling or adult education classes in the last 5 years.	Yes	No
3	I have taken and completed the Peer Facilitator Course.	Yes	No
4	My family and/or friends are very supportive.	Yes	No
5	I have read many articles by Pat Deegan and other people with lived experience.	Yes	No
6	I am active in my local RLC.	Yes	No
7	I have taken the Massachusetts Leadership Academy course.	Yes	No
8	I have successfully worked in the last 5 years.	Yes	No
9	I am able to be away from my home for a three-day, two-night training.	Yes	No
10	I feel ready to be an active participant in a group class.	Yes	No
11	I have supportive friends (not family or treatment providers).	Yes	No
12	I have taken and completed a WRAP training.	Yes	No
13	I make the final decision about my medication and/or my treatment choices.	Yes	No
14	I have worked or volunteered as a peer facilitator.	Yes	No
15	I have attended peer support groups.	Yes	No
16	I have a personal wellness plan that I use daily.	Yes	No
17	I'm comfortable talking about my own story and lived experience of being diagnosed with a psychiatric condition.	Yes	No
18	I can listen to others' stories calmly, even when they parallel painful places from my past.	Yes	No
19	I'm able to organize my needs for a full day of training (transportation to and from training, lunch, etc.)	Yes	No
20	I am able to participate for a full 8-hour training day.	Yes	No

Scoring:

Enter the number of questions (Q1 - Q 10) you marked "yes" _____ (Score A)

Enter the number of questions (Q11 - Q 20) you marked "yes" _____ (Score B)

Multiply Score B by 2 = _____ (Score C)

Add Score A and Score C to get your Total Score = _____

What your Total Score means:

If you scored...	Then you are...
25 - 30	Well-prepared! Your experiences and supports seem to provide you with a solid foundation to support your participation in the CPS course.
20 - 25	Probably ready to start the CPS course. While not as strong a foundation as possible, you appear to have the experiences and supports needed to support your participation.
15 - 20	Probably have difficulty completing the CPS course. Participation in the CPS course may present you with a significant learning curve as you will need to create a personal foundation in addition to the course requirements.
Below 15	Probably not ready to start the CPS course. While you are still welcome to apply for the CPS course at this time, if you think you are ready, you may want to consider building a stronger foundation and applying for a later course.

The guide above is only a general guide. This survey has not been tested to determine whether these scores really do predict completion. However, the survey items were selected based on factors that have contributed to the success or difficulties of past CPS course participants.

If you would like to strengthen your foundation in order to be better prepared for the CPS course, review the questions where you answered "no," and develop a personal plan that will help you change those answers to "yes."

Here are some specific strategies that may be helpful:

- Participate in your local RLC (see www.transformation-center.org for a listing of RLCs)
- Learn more about peer work and peer supports on the internet (see Links below)
- Get involved in a peer support group (request information from your RLC.)

- Reference links:
 - The Transformation Center, Boston www.transformation-center.org
 - Boston University Center for Psychiatric Rehabilitation, Recovery Repository, <http://www.bu.edu/cpr/repository/index.html>
 - National Empowerment Center, www.power2u.org.
 - Mental Health Recovery, <http://mhrecovery.com/>
 - Alaska Mental Health Consumer web: <http://www.akmhcweb.org/recovery/rec.htm>
 - Massachusetts Organization for Addiction Recovery (MOAR) <http://www.moar-recovery.org/>
 - Peer to Peer Resource Center DBSA: <http://www.peersupport.org/>
 - Mental Health Recovery, Nami SCC <http://www.namisc.org/MentalHealthRecovery.htm>
 - ReThink (England) http://www.rethink.org/living_with_mental_illness/recovery_and_self_management/recovery/
 - Pat Deegan homepage www.patdeegan.com
 - Mary Ellen Copeland, WRAP - www.mentalhealthrecovery.org