

CPS Course Self-Assessment

These questions are meant to assist you when weighing the pros and cons 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 should not be submitted with your application.

Circle One

1	I am able to spend 2 or more hours doing homework each week.	Yes	No
2	I have taken and completed formal schooling or adult education classes in the last 5 years.	Yes	No
3	I believe that it's OK for me to ask questions, seek other information and make final decisions about involvement in treatment, including medication.	Yes	No
4	I have successfully kept up with regular weekly commitments for the last year (work, school, volunteer job, etc.)	Yes	No
5	I have worked or volunteered as a peer facilitator.	Yes	No
6	I have been active in my local Recovery Learning Community or peer-operated center for at least one year.	Yes	No
7	I have completed a certified Wellness Recovery Action Plan	Yes	No
8.	I'm able to organize my needs for a full day of training (transportation to and from training, lunch, child care, pet care, and wellness needs)	Yes	No
9	My employer is willing to support me to complete this training.	Yes	No
10	I am able to be away from my home for a three-day, two night retreat.	Yes	No
11	I feel ready to be an active participant in a group class.	Yes	No
12	I have supportive friends, family, or other supporters (not counting treatment providers).	Yes	No
13	I am able to participate for a full 8-hour training day.	Yes	No
14	I have been involved in peer-created and led groups or trainings, such as the Recovery, Inc, Hearing Voices Network, NAMI Connections, Vet2Vet, Alternatives to Suicide, Depression and Bipolar Support Alliance, Latinos en Accion, Black Voices in Recovery, Peer Employment Training, Intentional Peer Support training, etc.	Yes	No
15	I have personal tools or skills that I use to work through difficult emotions that may arise during class.	Yes	No

16	I have read about or seen videos by movement leaders, such as Judi Chamberlin, Pat Deegan, Keris Myrick, David Gonzalez, Moe Armstrong, Will Hall, Dan Fisher, Cookie Grant, or others	Yes	No
17	I have a variety of self-help tools and strategies that I use to promote my own recovery, beyond any treatment I may be involved in.	Yes	No
18	I am willing to share my own story and experience regarding my recovery process.	Yes	No
19	I have used peer support as part of my own recovery process.	Yes	No
20	I can listen to others' stories with curiosity and interest, even when it is very different from my own, or very similar to painful places from my past.	Yes	No

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 Recovery Learning Community www.southeastrlc.org, www.metrobostonrlc.org, www.westernmassrlc.org, www.nilp.org/nerlc, www.centralmassrlc.org, www.metrosubrlc.org.
- Read about the history of the consumer/survivor/ex-patient movement to learn about the roots of peer support in mental health.
- Learn more about the peer specialist role www.transformation-center.org/home/training/certified-peer-specialists/.
- Read the “MA Certified Peer Specialist Code of Ethics” available at www.transformation-center.org.
- Get involved in your regional [Recovery Learning Community](#) or other peer support activity.
- Volunteer in recovery advocacy or facilitate a peer support group.