

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.

Readiness for the CPS Role: (Foundations)

| | | <i>Circle One</i> | |
|----|--|-------------------|----|
| 1 | 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, WRAP, CPS Prep Course, etc. | Yes | No |
| 2 | I have used peer support as part of my own recovery process. | Yes | No |
| 3 | I have been active in a local Recovery Learning Community or peer-operated center. | Yes | No |
| 4 | I have worked or volunteered as a peer facilitator or warm line operator | Yes | No |
| 5 | I have successfully kept up with regular weekly commitments for the last year (work, school, volunteer job) | Yes | No |
| 6 | 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, or others | Yes | No |
| 7 | I am willing to share my own story and experience regarding my recovery process. | Yes | No |
| 8. | 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 |
| 9 | I have a variety of self-help tools and strategies that I use to promote my own recovery. | Yes | No |

Readiness for CPS Training Course:

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|----|--|-----|----|
| 10 | I am able to be away from my home for a three-day, two night retreat. | Yes | No |
| 11 | I have supportive friends, family, or other supporters (not counting treatment providers). | Yes | No |
| 12 | I have personal tools or skills that I use to work through difficult emotions that may arise during class. | Yes | No |
| 13 | I feel ready to be an active participant in a group class for a full 8-hr day. | Yes | No |

| | | | |
|-----------|---|------------|-----------|
| 14 | I am able to spend 2 or more hours doing homework each week. | Yes | No |
| 15 | My employer is willing to support me to complete this training. | Yes | No |
| 16 | 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 |

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.
- Study the history of the consumer/survivor/ex-patient movement to learn about the roots of peer support in mental health.
- Learn more from [Transcom](#) and others about the peer specialist role.
- Read the MA Certified Peer Specialist [Code of Ethics](#).
- Attend [peer support trainings](#) and recovery activities listed in this assessment.
- Volunteer at a [peer-run organization](#), facilitate a peer support group or advocate for peer support and recovery.