

CPS Course Self-Assessment

This self-assessment is to help you think over the pros and cons of participating in the CPS course. The items listed are not requirements for the training. Completing this self-assessment will help you reflect on what you know now and what supports you have. Each item is about something that has helped past CPS students succeed.

1	<i>I have been involved in peer-created and led groups or trainings, such as TIPS, Hearing Voices Network, NAMI Connections, Vet2Vet, Alternatives to Suicide, Depression and Bipolar Support Alliance, Peer Employment Training, WRAP, the REAL program, etc.</i>	Yes	No
2	<i>I have used peer support as part of my own mental health recovery process.</i>	Yes	No
3	<i>I have been active in a local Recovery Learning Community, Peer Recovery Support Center, or peer-operated center.</i>	Yes	No
4	<i>I have worked or volunteered giving peer support in a mental health capacity.</i>	Yes	No
5	<i>I have looked at some job postings for CPS positions and I believe they type of job is a match for me.</i>	Yes	No
6	<i>I have successfully kept up with regular weekly commitments for the last year (work, school, volunteer job).</i>	Yes	No
7	<i>I have read about or seen videos by movement leaders, such as Judi Chamberlin, Pat Deegan, Cookie Grant, Leonard Ry Frank, or others.</i>	Yes	No
8	<i>I am willing to share my own story and lived experience regarding my own mental health recovery process.</i>	Yes	No
9	<i>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.</i>	Yes	No
10	<i>I have a variety of self-help tools and strategies that I use to promote my own mental health recovery.</i>	Yes	No
11	<i>I have considered how working as a CPS may affect other parts of my life, including family, self-care, and benefits.</i>	Yes	No

12	<i>I am employed or am actively seeking employment as a peer specialist.</i>	Yes	No
13	<i>I have people in my life who support my desire to work.</i>	Yes	No
14	<i>I have personal tools or skills that I use to work through difficult emotions that may arise during class.</i>	Yes	No
15	<i>I feel ready to be an active participant in a group class for a full 8-hr day.</i>	Yes	No
16	<i>I can spend 2 or more hours doing homework each week.</i>	Yes	No
17	<i>My employer is willing to support me to complete this training.</i>	Yes	No
18	<i>I'm able to organize my needs for a full day of training (for in person training- transportation to and from training, lunch, childcare, pet care) For online training- highspeed internet, a computer with a camera and microphone, a place free of distractions to attend class) and any wellness needs.</i>	Yes	No
19	<i>I have my own lived experience with mental health, not acquired by family members or other sources.</i>	Yes	No
20	<i>My primary lived experience with recovery is related to my mental health and or trauma, even if I have my own lived experience with addiction recovery.</i>	Yes	No
21	<i>My primary lived experience is in mental health, and I have a desire to identify myself as a person who uses or has used mental health services in my own recovery process.</i>	Yes	No

If you would like to strengthen your foundation 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:
Learn more about the peer specialist role.

Participate in your local Recovery Learning Community

- www.nilp.org/nerlc/
- www.southeastrlc.org/
- www.wildfloweralliance.org/
- www.metrobostonrlc.org/
- www.kivacenters.org

Get involved with the MA PEER WORKFORCE COALITION: www.mapeerworkforce.org/