

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 course.** 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 participants succeed.

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, Peer Recovery Support Center, 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 looked at some job postings for CPS positions and I believe this type of a job is a match for me.	Yes	No
6	I have successfully kept up with regular weekly commitments for the last year (work, school, volunteer job)	Yes	No
7	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
8	I am willing to share my own story and experience regarding my recovery process.	Yes	No
9	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
10	I have a variety of self-help tools and strategies that I use to promote my own recovery.	Yes	No
11	I have considered how working as a CPS may affect other parts of my life, including family, self-care, and benefits.	Yes	No

Readiness for CPS Training Course:

12	I am able to be away from my home for a three-day, two-night retreat.	Yes	No
13	I have supportive friends, family, or other supporters.	Yes	No
14	I have people in my life who support my desire to work.	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 feel ready to be an active participant in a group class for a full 8-hr day.	Yes	No
17	I am able to spend 2 or more hours doing homework each week.	Yes	No
18	My employer is willing to support me to complete this training.	Yes	No
19	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
20	I feel ready to be an active participant in a group class for a full 8-hr day.	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
- Review sample CPS job descriptions on our website <http://transformation-center.org/home/resources-2-2/job-opportunities/>