

Montana Peer Supporter Readiness Self-Assessment

This self-assessment is a readiness tool to help you determine if you are ready to become a peer supporter. Please answer yes or no to the following questions.

Yes or No

1. Are you willing to disclose to your peers, clients, staff and the general public that you have been diagnosed with a mental illness, substance abuse and or addiction diagnosis?
2. Can you describe in detail the type of supports you have found helpful to move from where you were to where you are now in recovery?
3. Can you describe what you have had to overcome to get where you are today?
4. Can you describe what you have learned about yourself in recovery?
5. Can you describe some of the things that you do daily to keep yourself on the path of recovery?
6. Can you describe what having a diagnosis means, how it impacted your life?
7. Can you describe some of the strengths you have developed your recovery?
8. Can you describe the role that a sense of hope played in your life?
9. Can you describe some of the community supports you currently use or have used in the past?
10. Have you ever lead a support group?
11. Do you have any experience with advocacy organizations in Montana?
12. Do you have any experience volunteering or serving on boards or committees?

Each question you answer yes to please write a detailed answer on a separate piece of paper to help you further determine your readiness. Some employers may utilize this assessment as interview questions. Being prepared ahead of time will give you an advantage.

_____ Total number of Yes answers you have.

A score of 12 to 9 indicates you are more than likely ready to pursue work as a peer supporter.

If you answered yes for 8 to 6 you may be ready and may need to continue to work on some of the key components to peer support and continue to grow in your own journey of recovery. You may still choose to pursue this type of work but we recommend strengthening some areas of knowledge and experience.

If you scored a yes for 5 to zero you may not be ready just yet to pursue work as a peer supporter. If this is case, we encourage you to continue to work on your own recovery. Being grounded in your own recovery is the best step you can take to help others become grounded in theirs.

Adapted from the South Carolina and Missouri Department of Mental Health Peer Support Readiness Self-Assessment