



## **Navigating the Mental Health System (Families)**

### **Pre-Test /Post-Test**

1. I am able to access the treatment my family member should be receiving for his/her mental health needs.
  - a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
  
2. I know what to do when there is a change in symptoms and the perception is noticed.
  - a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
  
3. I know most of the types of mental health services available to my family member.
  - a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
  
4. I am a knowledgeable advocate for my family member when it comes to their developmental disability
  - a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
  
5. I am a knowledgeable advocate for my family member when it comes to their mental health disability
  - a. Strongly disagree
  - b. Disagree

- c. Agree
  - d. Strongly agree
6. I have a solid grasp of how to “navigate” the mental health system.
- a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
7. I have a safety plan for when my family member’s behaviors approach crisis level.
- a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
8. I know what information must be brought and/or reported to mental health assessor.
- a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
9. I can identify and describe the mental health diagnosis in my family member.
- a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree
10. I know “what to say “ and “how to respond“ when my concerns for my family member is dismissed as being “developmental”.
- a. Strongly disagree
  - b. Disagree
  - c. Agree
  - d. Strongly agree