



Navigating the Mental Health System (Workers)

Pre-Test / Post-Test

1. I am able to access the treatment my family member client/consumer 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 client/consumer.
 - a. Strongly disagree
 - b. Disagree
 - c. Agree
 - d. Strongly agree

4. I am a knowledgeable advocate for my family member client/consumer 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 client/consumer 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 client/consumer’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 clients/consumers.
- 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 client/consumer is dismissed as being “developmental”.
- a. Strongly disagree
 - b. Disagree
 - c. Agree
 - d. Strongly agree