

Date: _____

With Hope In Mind® Post-Needs Assessment

Class # _____ Class Location _____ Teachers _____
Your age: _____ Your gender: [] Male [] Female Last 4 numbers of SS# _____

Choose the ONE best answer:

1. Mental Illness can also be described as:

- | | |
|--|---|
| <input type="checkbox"/> Weakness in character | <input type="checkbox"/> Brain disorder |
| <input type="checkbox"/> The result of bad decisions | <input type="checkbox"/> Punishment for sin |

2. Mental Illness is the result of:

- | | |
|--|---|
| <input type="checkbox"/> Chemicals in the environment | <input type="checkbox"/> Bad parenting |
| <input type="checkbox"/> Genetics and environmental triggers | <input type="checkbox"/> Poor decision making |

3. In regard to Suicide:

- | | |
|--|---|
| <input type="checkbox"/> Most suicides occur with little or no warning | <input type="checkbox"/> People who talk about suicide don't do it |
| <input type="checkbox"/> Talking about suicide gives the person the idea | <input type="checkbox"/> You should take every mention of suicide seriously |

4. What is bipolar disorder?

- | | |
|---|--|
| <input type="checkbox"/> OCD & depression | <input type="checkbox"/> Depression & panic disorder |
| <input type="checkbox"/> Mania & depression | <input type="checkbox"/> Split-personality |

5. OCD can include:

- | | |
|---|---|
| <input type="checkbox"/> Delusions, fear of causing harm to someone | <input type="checkbox"/> Fear of germs, frequent hand washing |
| <input type="checkbox"/> Fear of heights, mania | <input type="checkbox"/> Paranoia, feeling super intelligent |

6. Which part(s) of the brain are most affected by schizophrenia?

- | | |
|---|---|
| <input type="checkbox"/> Frontal & temporal lobes | <input type="checkbox"/> Cerebellum |
| <input type="checkbox"/> Cerebrum | <input type="checkbox"/> All of the above |

7. Which of the following is NOT a symptom of psychosis?

- | | |
|--|--|
| <input type="checkbox"/> Split Personality | <input type="checkbox"/> Delusional thinking |
| <input type="checkbox"/> Paranoia | <input type="checkbox"/> Blunted Effect |

8. When you are with a person who is in psychiatric crisis you should NOT:

- | | |
|---|--|
| <input type="checkbox"/> Correct false ideas | <input type="checkbox"/> Speak in a calm tone of voice |
| <input type="checkbox"/> Call the police if you feel threatened | <input type="checkbox"/> Get on the same eye level as the person |

9. Which of the following is a type of anti-depressant medication?

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Benzodiazepine | <input type="checkbox"/> Lithium |
| <input type="checkbox"/> Stimulant | <input type="checkbox"/> SSRI |

10. When communicating with someone who has mental illness, the most important skill is:

- | | |
|---|---|
| <input type="checkbox"/> Correcting misbehavior | <input type="checkbox"/> Revealing your negative feelings |
| <input type="checkbox"/> Listening | <input type="checkbox"/> All of the above |

11. Which of the following did you **gain** from this course?

Rank your choices with **1** through **5**, with **1 being the most important and 5 being the least important.**

- | |
|--|
| <input type="checkbox"/> Information on types of mental illness |
| <input type="checkbox"/> Crisis management |
| <input type="checkbox"/> Information on medications and other treatment modalities |
| <input type="checkbox"/> Self-care and coping skills |
| <input type="checkbox"/> Communication skills |

12. What was the **most valuable part** of this **course** for you?

Rank your choices with **1** through **9**, with **1 being the most important and 9 being the least important.**

- | | |
|--|---|
| <input type="checkbox"/> Depression | <input type="checkbox"/> Post Traumatic Stress Disorder |
| <input type="checkbox"/> Bipolar Disorder | <input type="checkbox"/> Personality Disorder |
| <input type="checkbox"/> Schizoaffective Disorder | <input type="checkbox"/> Dual Diagnosis |
| <input type="checkbox"/> Schizophrenia | <input type="checkbox"/> Other (Specify: _____) |
| <input type="checkbox"/> Obsessive Compulsive Disorder | |

13. Have **relationships within your family changed** since Class 1 of *With Hope In Mind*? If so, how?

14. List **three goals for your relationship with your relative** who has mental illness:

15. List **three things** you have done **to take care of yourself** in the last month:

16. What would you **change** about this course?

Please rate the following with “1” being the high, positive rating & “5” being the low, negative rating.

Workshop	Topic	L		M		H
Workshop 1	The World of Mental Illness... What it is like in the beginning stages...	5	4	3	2	1
Workshop 2	Mixed Emotions: Mood Disorders Depression, Mania,	5	4	3	2	1
Workshop 3	Visions and Voices: Pervasive Development, Attention & Focusing, Anxieties, Personalities	5	4	3	2	1
Workshop 4	Additional and Associated Disorders: Complex Anxiety Disorders, GAD, PTSD, Social Phobia	5	4	3	2	1
Workshop 5	Medications, Recovery and General Coping Skills: Anti-depressants, psychotics & anxiety, Mood stabilizers,	5	4	3	2	1
Workshop 6	Communications and Self Care: I Statements, Reflective Statements, Listening Skills	5	4	3	2	1
Workshop 7	Problem Management and Thinking Creatively: Traumatic Event Recovery Process	5	4	3	2	1
Workshop 8	The Next Step in the Process: Advocacy, Service Systems and Transition	5	4	3	2	1
	Videos	5	4	3	2	1
	Meeting location	5	4	3	2	1
	Meeting time	5	4	3	2	1
	Length of classes	5	4	3	2	1
	Overall quality of instructors	5	4	3	2	1
	Instructors' use of time	5	4	3	2	1

Thank you for taking the time to complete this post-assessment. Your feedback is valuable and will be used to improve the *With Hope In Mind* program.