

Date: \_\_\_\_\_

# With Hope In Mind® Pre-Needs Assessment

Class # \_\_\_\_\_ Class Location \_\_\_\_\_ Teachers \_\_\_\_\_

Your age: \_\_\_\_\_ Your gender:  Male  Female Last 4 numbers of SS# \_\_\_\_\_

Race / Ethnicity:  African American  Caucasian  Hispanic  American Indian  Bi-Racial  
 Other (specify) \_\_\_\_\_

Please give us some information about **your relative with mental illness**:

	Relative with illness A	Relative with illness B	Relative with illness C
Name			
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female
Age			
Diagnosis (one or more)			
Currently in treatment?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know
Length of illness (years)			
What is <b>YOUR</b> relationship to relative with illness? (Example- I am His/Her spouse, son, friend, adoptive parent, etc.)			

## Choose the ONE best answer:

1. Mental illness can also be described as:

- Weakness in character
- The result of bad decisions

- Brain Disorder
- Punishment for sin

2. Mental illness is the result of:

- Chemicals in the environment
- Genetics and environmental triggers

- Bad parenting
- Poor decision making

3. In regard to suicide:

- Most suicides occur with little or no warning
- Talking about suicide gives the person the idea

- People who talk about suicide don't do it
- You should take every mention of suicide seriously

4. What is bipolar disorder?

- OCD & depression
- Mania & depression

- Depression & panic disorder
- Split-personality

5. OCD can include:

- Delusions, fear of causing harm to someone
- Fear of heights, mania

- Fear of germs, frequent hand washing
- Paranoia, feeling super intelligent

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

- Frontal & temporal lobes
- Cerebrum

- Cerebellum
- All of the above

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

- Split personality
- Paranoia

- Delusional thinking
- Blunted affect

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 would you most like to gain from this course?

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

- Information on types of mental illness
- Information on medications and other treatment modalities
- Communication skills
- Self-care and coping skills
- Crisis management

12. Which mental illnesses are you most concerned about?

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

- Depression
- Bipolar Disorder
- Schizoaffective Disorder
- Schizophrenia
- Obsessive Compulsive Disorder
- Posttraumatic Stress Disorder
- Personality Disorder
- Dual Diagnosis
- Other (specify: \_\_\_\_\_)

13. List **6 words** that describe **what you have experienced** since your relative began to exhibit symptoms of mental illness:

_____	_____
_____	_____
_____	_____

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. How **did you hear** about **With Hope In Mind** ?

\_\_\_\_\_

\_\_\_\_\_

17. How long did it take you to find NAMI after **your person with illness** was diagnosed?

- |  |   |
|--|---|
| <input type="checkbox"/> Already knew about NAMI                                       | <input type="checkbox"/> 0-90 days          |
| <input type="checkbox"/> 3 to 6 months   | <input type="checkbox"/> 6 months to 1 year |
| <input type="checkbox"/> Other (Please provide timeframe, _____ Months or _____ Years) |   |

Thank you for taking the time to complete this pre-assessment. You will be asked to complete a similar assessment at the end of this course. The purpose of this assessment is to continually improve the *With Hope In Mind* program.