

Empowerment & Recovery Scale

Training: Session 1: Finding Our Voice
Date: April 1-4, 2009

Instructions: Below are several statements relating to one's perspective on life and with having to make decisions. Please circle the number above the response that is closest to how you feel about the statement. Indicate how you feel now. First impressions are usually best. Do not spend a lot of time on any one question. Please be honest with yourself so that your answers reflect your true feelings.

PLEASE ANSWER ALL QUESTIONS BY CIRCLING THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL. PLEASE CIRCLE ONLY ONE.

1. People have the right to make their own decisions, even if they are bad ones.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

2. People should try to live their lives the way they want to.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

3. People working together can have an effect on their community.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

4. People have more power if they join together as a group.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

5. Working with others in my community can help to change things for the better.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

6. Very often a problem can be solved by taking action.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

7. I have learned to transform my anger into passion.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

8. I can make personal connections with significant people in my life.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

9. I understand the 10 PACE principles of recovery.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

10. Practical planning is necessary for making changes in the system.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

11. There is a clear purpose in my advocacy work.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

12. Persistence is an important factor in being an advocate.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

13. I see a future when everyone with mental illness will recover.

1	2	3	4
Strongly Agree	Agree	Disagree	Strongly Disagree

14. Other people take notice when I present my views.

- | | | | |
|----------------|-------|----------|-------------------|
| 1 | 2 | 3 | 4 |
| Strongly Agree | Agree | Disagree | Strongly Disagree |

15. I can present my views so that others listen and learn from me.

- | | | | |
|----------------|-------|----------|-------------------|
| 1 | 2 | 3 | 4 |
| Strongly Agree | Agree | Disagree | Strongly Disagree |

16. I can convince others to take my ideas seriously.

- | | | | |
|----------------|-------|----------|-------------------|
| 1 | 2 | 3 | 4 |
| Strongly Agree | Agree | Disagree | Strongly Disagree |

Please tell us a little bit about yourself:

What is your age? _____

What is your gender? Male Female

What is the highest level of education that you completed?

- | | |
|--|---|
| <input type="checkbox"/> Less than high school | <input type="checkbox"/> Bachelors Degree |
| <input type="checkbox"/> High school or GED | <input type="checkbox"/> Some graduate school |
| <input type="checkbox"/> Some college | <input type="checkbox"/> Masters Degree |
| <input type="checkbox"/> Associates Degree | <input type="checkbox"/> Doctoral or Medical Degree |

What is your race/ethnicity?

- | | |
|--|--|
| <input type="checkbox"/> Asian/Pacific Islander | <input type="checkbox"/> Hispanic/Latino(a) |
| <input type="checkbox"/> African American/Black | <input type="checkbox"/> Native American/Tribal People |
| <input type="checkbox"/> Anglo/White | <input type="checkbox"/> Mixed Race |
| <input type="checkbox"/> Other (please specify): _____ | |

Are you a mental health services provider? Yes No
Where? County Contract Agency Consumer-run agency