

**St. Louis Mental Health Training Cooperative
MH 101 Training Evaluation Survey**

We are interested in your reactions to the training. We want to know if you feel more motivated and confident in responding to the needs of people with mental health problems, and we would like to see how much information from the training you remember. Don't worry; it's not a test. You are helping us to evaluate the Mental Health 101 training, and to understand better which parts of the training people remember most easily. **Thank you!**

Name (optional): _____ Your Congregation: _____

Trainer's Name: _____ Today's Date: _____

Role (**check all that apply**): Clergy Lay Person Mental Health Professional

1. Do you have a good understanding of the mental health perspective on diagnosis, treatment and care?
 Yes, very good Yes, fairly good No, still fairly weak No, still very weak

2. In terms of referring people in your congregation to mental health providers, which of the following apply to you? (**check all that are true for you**)
 I feel comfortable referring people in my congregation to mental health providers
 I do know at least one mental health provider to whom I can refer people
 I have referred someone who needed help to a mental health provider

3. If you are a member of the clergy, would you be willing to participate in a discussion with other clergy and mental health experts about mental health needs in the local congregation?
 Yes Not sure yet No I am not a member of the clergy

4. Do you feel that you can collaborate with mental health providers in offering holistic mental health and spiritual care to people?
 Yes, definitely Yes, somewhat No, not very well No, not at all

5. Did this training increase your confidence in knowing how to support the spiritual health and growth of people with mental health problems?
 Yes, very much Yes, somewhat No, not very much No, not at all

6. Do you feel comfortable providing spiritual guidance and support to someone whose faith is challenged by their mental health problems?
 Yes More comfortable than before training, but need more training No

7. Are you interested in helping start a mental health ministry in your congregation?
 Yes Not sure yet No I have already helped start a mental health ministry

8. Does the Companionship approach seem like an attractive one to you?
 Yes, very attractive Yes, somewhat attractive No, not very attractive
9. If someone else wanted to start up a Companionship program or a Mental Health Team in your local congregation, would you support their efforts?
 Yes Not sure yet No I have already supported someone in doing that
10. Was this training relevant to your own faith tradition?
 Yes, very much Yes, somewhat No, not relevant No, was disrespectful
11. I would like to see more inclusion of references to my faith's scriptures and beliefs.
 Yes, the training needs to incorporate these more No, the training was fine
12. To what degree did this training increase your ability to embrace your own faith tradition while also learning from others' faith?
 Very much Somewhat Not very much Not at all

The next questions are intended to give us feedback on which parts of the training people tend to remember. Answer them as best you can. It's okay to get some wrong! 😊

13. Which of the following are signs of brain-related suffering? *Circle all that apply.*
- a. Extraordinary changes in mood
 - b. Irrational thoughts
 - c. Bizarre behavior
 - d. Social withdrawal
14. Which of the following problems can have spiritual implications or effects?
Circle the best answer(s).
- a. Depression
 - b. Trauma
 - c. Substance Use
 - d. None of the above
15. In order to support congregational ministries and supports (for example, a Companionship ministry), it is important to organize a _____.
16. Which of the following are included among the five practices of companionship?
(Circle all that apply.)
- a. Sharing the journey side by side
 - b. Taxiing
 - c. Lending money
 - d. Listening

17. List as many of the Spiritual Care Tasks as you can remember:

18. _____ congregations are those that call for aid in an emergency or crisis; refer for appropriate care and treatment; educate members about behavioral health issues; and build a commitment to recovery and wellness.

19. I would recommend this training to others.

- strongly agree agree not sure disagree strongly disagree

20. I wish that the training had been _____.

- much longer longer shorter much shorter (it was the perfect length)