This is one part of the application process, and it is broken into 3 sections. Before being accepted into the program it's important to do this self-reflection as it will help us to determine if you are ready for a role as a peer supporter. Once your form is submitted it will be reviewed and you will be contacted for an interview.

Your well-being and success as a peer supporter is important to us - and to the peers you support.

**Contact Information**

First and Last Name:

Email:

Phone Number:

**Personal Experience**

This section is specific to your own experience and thoughts. Please answer all questions as best you can. We are not looking for proper grammar and/or spelling or an essay. Just provide your response the best you can.

Are you a person with lived experience of sexual exploitation? This includes childhood sexual abuse and/or human trafficking.

Yes  NO

Do you believe you are on a path to recovery and wellness, and able to support others?

Yes  No  If you selected ‘yes’ tell us why you think so.

Why are you interested in Ethical Peer Support Training by Voice Found?

What do you hope to get out of this training?

What does recovery mean to you personally?

What strengths or gifts do you believe you bring to peer support?

**Personal Readiness**

In this section we will provide you with the opportunity to conduct a self-assessment that may help situate you on your journey to recovery. This is designed to help you determine if peer support work is right for you.

**Daily Life**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Select your level of agreement of the following statements: | Strongly  Agree | Agree | Neither  Agree or Disagree | Disagree | Strongly  Disagree |
| Most days I can function in the way that I find satisfactory and get done what I need to get done. |  |  |  |  |  |
| I take care of my body (get enough sleep, eat nutritious foods, exercise). |  |  |  |  |  |
| I keep my affairs in order (pay bills, do housekeeping, keep my documents up to date, etc.) and maintain my hygiene. |  |  |  |  |  |
| I am able to feel a wide range of emotions (happiness, sadness, love, excitement, etc.) |  |  |  |  |  |
| I allow myself to feel strong emotions sometimes. |  |  |  |  |  |
| To the extent possible, I surround myself with people who are good to me. |  |  |  |  |  |
| I can recognize my shortcomings without shame or defensiveness. |  |  |  |  |  |
| I have things/people/animals/hobbies in my life that bring me joy on a regular basis. |  |  |  |  |  |
| I feel curious about topics that I don’t know much about. |  |  |  |  |  |
| When I don’t know something, I find a way to educate myself. |  |  |  |  |  |
| I am currently working towards some goals. |  |  |  |  |  |
| I know that I can handle difficult times |  |  |  |  |  |
| If I fail, I can get over it and keep moving forward. |  |  |  |  |  |

**Crisis Coping**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Select your level of agreement of the following statements: | Strongly  Agree | Agree | Neither  Agree or Disagree | Disagree | Strongly  Disagree |
| I know where to find help if I need it. |  |  |  |  |  |
| I have people in my life with whom I feel comfortable being vulnerable. |  |  |  |  |  |
| I have strategies that usually help me to feel better when I am struggling |  |  |  |  |  |
| I am often able to find some positive outcome, even in a negative situation. |  |  |  |  |  |
| I know when I am getting too stressed out or tired and need a break. |  |  |  |  |  |

**Interpersonal Skills**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Select your level of agreement of the following statements. | Strongly  Agree | Agree | Neither  Agree or Disagree | Disagree | Strongly  Disagree |
| When supporting others, I know when it’s helpful to talk, and when it’s best to just listen. |  |  |  |  |  |
| If I don’t understand what someone is trying to say, I ask for clarification. |  |  |  |  |  |
| I know when it’s appropriate to share a part of my story with a peer without making it all about me and my recovery. |  |  |  |  |  |
| When someone is telling me about their problems, I feel the need to provide or propose a solution. |  |  |  |  |  |
| If I fail, I can get over it and keep moving forward. |  |  |  |  |  |

Thank you for completing this form as part of the application to Ethical Peer Support Training.

Please be sure to have the **Declaration of Support**and **References forms** completed and submitted.

*Your application will be reviewed and an intake interview will be scheduled.*