

Narrative Summary for Peer Educators Satisfaction Survey FY 07

The first seven questions were general questions, not specifically related to the Peer Educators Project. Some had more than one part. Total responses to each question in all sections of the questionnaire usually were in the range of 110 to 120. Question 18b had only 93 responses probably because it was placed too close to 18a and some respondents did not see it. More than half of the respondents were from the Boston area, a little more than a quarter from the Northeast and the remainder from the Southeast.

Question 1 concerned physical health at present. 60% described it as “good;” 30% as “fair” and 10% as “poor.” Question 2, about current mental health had 47% of respondents evaluating their mental health as “good”; 49 % as “fair” and 4% as “poor.” 59% of those that responded to question 2a, about handling daily problems felt they could “usually” do so; 37% “sometimes” and 4% “rarely.” 44% of those who responded to question 2b believed that they could “usually” attain set goals, with the same percentage saying they could “sometimes” and 12% “rarely.” In response to question 2c, 13% said they were “rarely” able to cope with disturbing thoughts, while 45% could “sometimes” and 42% could “usually.”

The next three parts of the question; 2d, e and f were about socialization. 32% said they made plans to do things with other people “frequently;” 47% “sometimes” and 21% “rarely”. A question concerning daily activities had 71% answering “frequently;” 21% “sometimes” and 8% “rarely.” 62% said they had “satisfactory” relations with family and friends, with 26% being “somewhat satisfied” and 12% were “dissatisfied.”

Question 3a, about having a sense of accomplishment or pride had 45% responding they had felt that way “three or more times” in the past month with the same number answering “once or twice” and 10% saying they had “not at all.” Question 3b, about life having

purpose or meaning had 54% answering “three times or more,” 40%, “once or twice” and 6% “not at all.” Question 4 had 50% being “pleased,” 39% having “mixed” feelings and 11% saying they were “unhappy.”

Question 5 asked; thinking ahead to 12 months from today, how do you expect your mental health to be. Of 115 responses 39% answered “about the same,” 59% said they believed it would be “better” and 2% thought it would be “worse.”

Question 6 asked how much people feel they know about their mental illnesses. 55% answered “a lot,” 35% replied, “some,” with 10% professing to know “a little.” Question 7, concerned an individual’s involvement in treatment planning. 44% said they had “a lot,” 51%, “some” and 5% “a little.” Neither question offered a choice of “none.”

The next section was composed of questions specifically about the Peer Educators meetings.

To question 8; 20% said they had been attending Peer Educators meetings “three months or less” with 23% saying “more than three months, but less than a year” and 57% “more than a year.” In question 9, 31% said they had attended meetings on “one to four” occasions in the last three months, while 11% had attended “five to eight” meetings during that time and 58% reported attending “nine or more” meetings. Question 10 showed that 80% Of those that responded attended recovery workshops and 20%, Mental Illness Anonymous meetings. Due to a typo, the numbering skipped to question 12, but no questions were omitted.

In response to question 12, 62% described themselves as feeling “quite comfortable” when attending Peer meetings with 36% saying “moderately” so and 3% “not at all.” 42% of those that responded to question 13 felt that interacting with other peers had been “moderately” helpful to them, while 52% said it had helped “quite a bit” with 6% saying it had helped “not at all.” Question 14, about the quality of the meetings had 39% rating them as “excellent” with about 44% saying they were “good,” 16% as “okay” and only one person terming them as “poor.”

Question 15, concerned interaction with peers outside of the meetings. 58% said they had it “once a week or more,” 11% “once or twice a month” and 31% “little or not at all.” 58% answered question 16 by responding that they would “definitely” recommend Peer Educators meetings to others with another 32% saying, “probably” and 10% saying they “would not.”

Question 17, about attending other types of support groups, disclosed that 20% had attended “nine or more,” 8%, “five to eight,” 17% “one to four” and 55% “none at all.” 54% responded to question 18a by describing the Peer Educators Project as being “very helpful” in helping them manage stressful events with another 38% responding “somewhat” and 8%, “not at all.” In responding to question 18b; 52% said it had been “very helpful” in managing symptoms and 43% “somewhat helpful” with 5%, “not at all.”

Question 20a-e was comprised of five questions about the degree of satisfaction participants felt in the meetings averaged over 90% “satisfied.” 59% of those that responded to question 21 felt their quality of life had improved “a lot” because of participating in meetings with another 33% saying “a little” and 8%, “not at all.”

Questions 22 through 25 touched upon four areas of level of confidence. 47% felt “confident” they could stay out of the hospital with 44 % feeling “somewhat confident,” 4% “somewhat not confident” and 5% being “not confident.” 62% said they were

“confident” they could advocate for themselves concerning treatment, 28% were “somewhat confident” while 3% were “somewhat not confident” and 7% were “not confident” at all. 64% of respondents were “confident” they could maintain sobriety with an additional 31% being “somewhat confident” they could do so while 2% were “not confident” and 3% “somewhat not confident.” Of the 23 responses to this question from those who attend MIA meetings: 18 said they were “confident” and five were “somewhat confident.” None reported being “not confident” or “somewhat not confident.” 59% of all who responded were “confident” they could advocate for their needs and 30% were “somewhat confident” they could do so. 3% were “somewhat non confident” and 8% “not confident” at all.

All comments regarding what participants liked most about Peer Educators meetings and what direction they would like to have them take in the next year are available on the individual meeting surveys.

**Peer Educators Survey
FY 2007 Totals**

We want to know what you think about the peer meetings that you attend or that you facilitate. Your answers will help us to hold meetings that are helpful to you and your peers. To help us understand who comes to the peer meetings, there are also a few questions about you. Your responses are greatly appreciated.

Questions About Yourself

1. In general, at the present time would you say your physical health is:

1. Good 72 2. Fair 36 3. Poor 12

2. In general, at the present time would you say your mental health is:

1. Good 55 2. Fair 58 3. Poor 5

a. Do you feel capable to handle daily problems?

1. Usually 70 2. Sometimes 43 3. Rarely 5

b. Do you believe you will reach the goals you set?

1. Usually 52 2. Sometimes 52 3. Rarely 14

c. How successful are you in coping with disturbing thoughts?

1. Usually 50 2. Sometimes 54 3. Rarely 15

d. How often do you make plans and do things with other people?

1. Frequently 38 2. Sometimes 55 3. Rarely 25

e. How often are you involved in activities such as working, going to school,

attending a day program, other day activity or volunteering?

1. Frequently 84 2. Sometimes 25 3. Rarely 10

f. How do you feel about your relationships with family and friends?

1. Satisfied 73 2. Somewhat satisfied 31 3.

Dissatisfied 14

3. In the last MONTH, how often did you participate in an activity where you ...

a. ... had a sense of accomplishment or proud of what you had done.

1. Not at all 12 2. Once or twice 53 3. 3 times or

more 53

b. ... felt that your life has purpose or meaning.

1. Not at all 7 2. Once or twice 46 3. 3 times or

more 62

4. How do you feel about your life as a whole?

1. Unhappy 13 2. Mixed 46 3. Pleased 59

5. Thinking ahead to 12 months from today, do you expect your mental health will be:

1. Better 68 2. About the same 45 3. Worse 2

6. How much do you feel you know about your mental illness, including symptoms, including medications and rehabilitation?

1. A lot 64 2. Some 40 3. A little 11

7. Does what you think and say go into your treatment or recovery plan?

1. A lot 53 2. Some 61 3. A little 6

Questions about the Peer Meetings You Attend

8. How long have you been going to peer meetings?

1. 3 months or less 23 2. More than 3 months but less than a year 26 3. More than a year 64

9. In the last 3 months, how many Peer Educators meetings have you attended?

1. One to four 34 2. Five to eight 12 3. Nine or more 65

10. What types of meetings do you attend?

1. Recovery workshop 96 2. Mental Illness Anonymous 24
 3. Art or writing group
12. How comfortable are you in the peer meetings?
 1. Not at all 4 2. Moderately 40 3. Quite comfortable 69
13. How helpful has talking to or seeing others in Peer Educators meetings been?
 1. Not at all 7 2. Moderately 47 3. Quite a bit 59
14. How would you rate the quality of the meetings you attend?
 1. Poor 1 2. Okay 18 3. Good 49 4. Excellent 44
15. Other than in Peer Educators meetings, how often do you see or talk to other meeting members?
 1. A little or not at all 35 2. Once or twice a month 13 3. Once a week or more 66
16. Would you recommend Peer Educators meetings to others?
 1. Would not 11 2. Probably would 36 3. Definitely would 65
17. In the last 3 months, how many other self-help groups, like AA or NA, have you attended?
 1. None 62 2. One to four 19 3. Five to eight 9 4. Nine or more 23
18. How helpful do you think the Peer Educators Project has been in helping you:
a. To manage stressful events?
 1. Not at all 9 2. Somewhat helpful 42 3. Very helpful 61
b. To manage your symptoms
 1. Not at all 5 2. Somewhat helpful 40 3. Very helpful

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19. In what area of Massachusetts do you attend peer meetings

1. Boston Area 69 2. Northeast 36 3. Southeast 15 4. Central 5. West

20. Please let us know how satisfied you are with the peer meetings you attend:

a. The times of the meetings

1. Satisfied 106 2. Dissatisfied 5

b. The tone or atmosphere of the group (do I feel welcome?)

1. Satisfied 108 2. Dissatisfied 4

c. The support I get from meeting members that helps me cope with stressful events

1. Satisfied 103 2. Dissatisfied 6

d. How the group is run

1. Satisfied 107 2. Dissatisfied 5

e. What meeting members talk about

1. Satisfied 103 2. Dissatisfied 8

21. The quality of my life has improved because of my participation in peer meetings.

1. A lot 65 2. A little 37 3. Not at all 9

How confident are you right now that you can:

22. Stay out of the hospital.

1. Somewhat confident 48 2. Confident 52 3. Not confident 6
 4. Somewhat not confident 4

23. Use your right to accept or reject treatment

1. Somewhat confident 30 2. Confident 67 3. Not confident 8
 4. Somewhat not confident 3

24. Stay sober and avoid using drugs or alcohol.

1. Somewhat confident 31(5) 2. Confident 65 (18) 3. Not confident 2
 4. Somewhat not confident 3

25. Advocate for your needs

1. Somewhat confident 33 2. Confident 65 3. Not confident 8
 4. Somewhat not confident 3

26. What do you like most about the Peer Educators groups?

27. What direction would you would like to see the peer meetings

take in the next year?

Questions for Peer Facilitators

28. In the last 3 months, how many meetings have you facilitated?

29. How comfortable do you feel facilitating a meeting?

1. Not at all 2. Somewhat comfortable 5 3. Quite comfortable 9

30. Is facilitating a meeting helpful in your recovery?

1. Not at all 2. Somewhat helpful 3 3. Quite helpful 11

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