

1. Introduction

Thank you for agreeing to complete the Canadian Mental Health Association (CMHA) of Central Alberta 2017 *Speak Up for Mental Health* survey. If you are completing a paper copy of the survey, mail it to us at CMHA, 5017 50th Avenue, Red Deer, Alberta T4N 4B2 or drop it by our office.

This survey is an important part of our effort to improve the mental health education we offer. We will use it to plan our workshops, courses, and support groups. The results may also indicate areas in which more services are needed.

Unless you choose to provide your contact information to us, this survey does not collect any information that could be used to personally identify you. All survey results are combined together and your individual survey responses are not available to us.

The survey takes some people only 10 minutes or so to complete. Other people may take 30 minutes. Although it does not have to be done at one sitting, we recommend that you do not begin answering questions unless you have the time you need.

We have divided the survey into four sections. Each section has a number of topics within it. You will have the opportunity to add additional topics as well. You can skip sections or complete them all.

The sections are:

- Relationships and communication
- Mental health services and treatment
- Workplace mental health
- Mental health recovery and wellness

Our one-time workshops address a single topic or a closely linked group of topics. You can expect to see workshops addressing the topics people are most interested in. Our courses and support groups often include more topics within one of the four sections.

Before we get going, we would like to collect some information that will be helpful across all four sections. At the end of the survey, we will ask a few more questions that will give us demographic information.

Thanks for participating in this important survey!

* 1. For the purpose of this survey, how would you like to identify yourself? You may choose as many answers as you wish. Please note that the term *mental health concern* is inclusive of people with and without a formal diagnosis.

- Person with a mental health concern
[This term also includes people who are believed to have a mental illness by others or who may identify as mental health clients, patients, consumers, survivors, or ex-patients.]
- Person with an addiction
- Person with both a mental health concern AND an addiction
- Caregiver of a person 25 or over with a mental health concern
- Caregiver of a child or youth (under age 25) with a mental health concern
- Caregiver of a person 25 or over with a mental health concern AND an addiction
- Caregiver of a child or youth (under age 25) with a mental health concern AND an addiction
- Mental health professional
- Addiction specialist
- Other health professional
- Social services worker
- Employer or HR professional
- Law enforcement professional
- Pastor or leader of a faith community
- Educator
- A person in the community with an important relationship impacted by mental illness and/or addiction
- A community member with an interest in mental health and/or addiction.

Other (please specify)

2. Currently most of our education programs are offered in the City of Red Deer. If funding were to become available, we would like to deliver educational programming in other communities. Please let us know how long you would be willing to travel for mental health education.

	15 minutes or less travel time	15-30 minutes travel time	30 minutes to an hour	more than an hour
One time work shop (1-2 hours)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One time ½ day workshop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
One time all day workshop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Course meeting 4-8 times, several hours per session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-going support group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. We offer education during work hours, in the evening, and on the weekend, usually on Saturdays. What is your preference? You can make one choice per column.

	1-2 hour workshop	1/2 day workshop	all day workshop	course meeting 4-8 times, several hours per session	on-going support group
I prefer daytime hours, Monday through Friday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer evening hours, Monday through Thursday	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer to come on Saturdays, during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have no preference.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. How important is it to you that we include information relevant to addictions in workshops, courses, and support groups?

- Not important
- Somewhat important
- Very important

Would you like to comment about this?

2. Relationships and Communication Section

In this section, you will have the opportunity to tell us what interests you and how you prefer to receive education about relationships and communication., for example, how to talk to other people about mental health concerns/illness in your family. You can skip this section entirely by answering "no" to the first question and move on to the section about mental health services and treatment.

* 5. Are you interested in educational programming about relationships and communication?

Yes

No

3. Relationships and communication

6. How interested are you in these topics in the area of Relationships and Communication?

	Not interested	Somewhat interested	Very interested
How to talk to children about mental health concerns/illness in the family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk with family members, friends, and co-workers about your mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk to others about mental health concerns/illness in your family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for an adult (over age 24) with a mental illness/concern	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for a child or youth (24 and under) with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for an older adult with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for a person with mental health concern/illness and addictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strategies for friends of persons with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marriage/partnership and mental health concerns/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication and problem solving skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not interested	Somewhat interested	Very interested
Anger management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk to students about mental health concerns/illness in an educational setting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health concerns/illness and the faith community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What other Relationships and Communication topic would be of interest to you?

7. Please identify your top three topics in this section. You can only have one first choice, one second choice and one third choice.

	First choice	Second choice	Third choice
How to talk to children about mental health concerns/illness in the family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk with family members, friends, and co-workers about your mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk to others about mental health concerns/illness in your family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for an adult (over age 24) with a mental illness/concern	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for a child or youth (24 and under) with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for an older adult with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing family support or care-giving for a person with mental health concern/illness and addictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	First choice	Second choice	Third choice
Strategies for friends of persons with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marriage/partnership and mental health concerns/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication and problem solving skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anger management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to talk to students about mental health concerns/illness in an educational setting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health concerns/illness and the faith community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. How interested would you be in participating in a support group focusing on Relationships and Communication?

- Not interested
- Somewhat interested
- Very Interested

9. How interested would you be in a course that meets 4-8 times for 2-3 hours per session focusing on Relationships and Communication?

- Not interested
- Somewhat interested
- Very interested

4. Mental Health Services and Treatment Section

Our second section concerns mental health services and treatment. Once again you will have topics and formats to choose from and the ability to add additional topics. If you are not interested in competing this section. Answering "no" will allow you to skip it and go on to the section about Workplace Mental Health.

* 10. Are you interested in mental health services and treatment?

Yes

No

5. Mental Health Services and Treatment

11. How interested are you in these topics in the area of mental health services and treatment?

	Not interested	Somewhat interested	Very interested
Education about specific mental illnesses, for example: depression; bipolar disorder; schizophrenia; anxiety; OCD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychiatric medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness AND addiction (concurrent disorders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness AND brain injury (concurrent disorders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness AND developmental disability (concurrent disorders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-medical treatment options	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness /serious emotional disturbance in children and youth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seniors mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women's issues related to mental health and mental illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Men's issues related to mental health and mental illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health issues in the LGBTQ community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cultural factors in mental health service delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisis intervention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health services in Central Alberta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not interested	Somewhat interested	Very interested
How to get help in a crisis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suicide intervention and prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial entitlements (CPP, AISH)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the Mental Health Act	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Housing services and financial assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Advocating for system change and individual rights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The criminal justice system and mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Best practices in mental health care and treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are there other topics you are interested in?

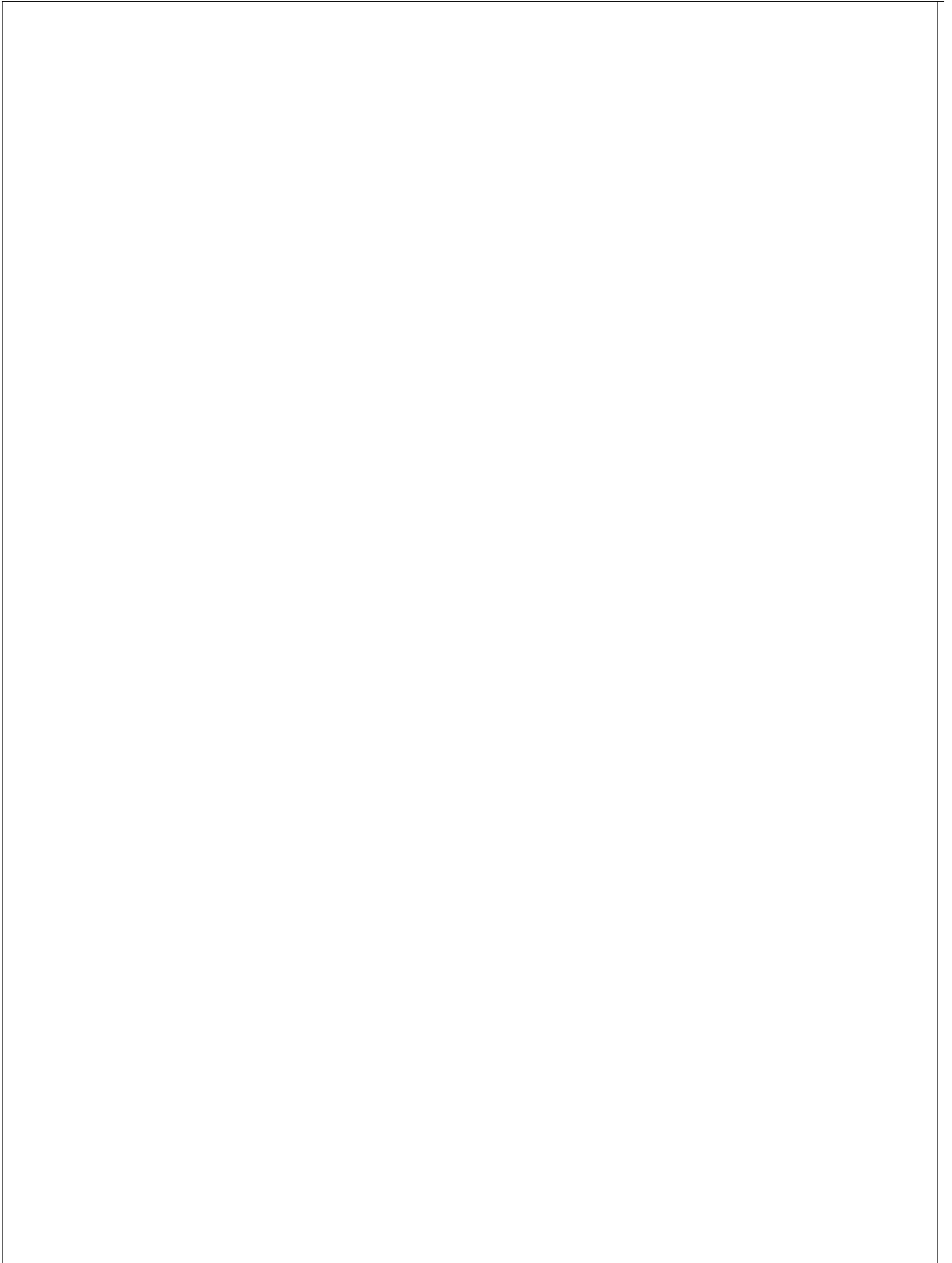
12. Please identify your top three topics in this section. You can only have one first choice, one second choice and one third choice.

	First choice	Second choice	Third choice
Education about specific mental illnesses, for example: depression; bipolar disorder; schizophrenia; anxiety; OCD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychiatric medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness AND addiction (concurrent disorders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness AND brain injury (concurrent disorders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness AND developmental disability (concurrent disorders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-medical treatment options	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	First choice	Second choice	Third choice
Mental illness /serious emotional disturbance in children and youth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seniors mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women's issues related to mental health and mental illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Men's issues related to mental health and mental illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health issues in the LGBTQ community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cultural factors in mental health service delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisis intervention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health services in Central Alberta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to get help in a crisis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suicide intervention and prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Financial entitlements (CPP, AISH)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the Mental Health Act	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Housing services and financial assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Advocating for system change and individual rights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The criminal justice system and mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Best practices in mental health care and treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. How interested would you be in participating in a support group focusing on Mental Health Services and Treatment?

- Not interested
- Somewhat interested
- Very interested



6. Workplace Mental Health Section

In this section, you will have the opportunity to tell us what interests you and how you prefer to receive education about workplace mental health. You can also answer no to the next question to skip this section entirely and move on to the section about mental health recovery and wellness.

14. Are you interested in Workplace Mental Health?

Yes

No

7. Workplace Mental Health

15. How interested are you in these topics in the area of workplace mental health?

	Not interested	Somewhat interested	Very interested
Talking to an employer about mental health needs or disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking to an employee about mental health needs or disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The National Standard of Canada for Psychological Health and Safety in the Workplace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it stigma, or is it discrimination?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Returning to work after an episode of mental illness, employer perspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Returning to work after an episode of mental illness, employee perspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace strategies to address issues relating to health and safety from a mental health lens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating mentally healthy work environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace accommodations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disclosure of mental health disability at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace mental health for managers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-care at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work-life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What other topic would interest you?

16. Please identify your top three topics in this section. You can only have one first choice, one second choice and one third choice.

	First choice	Second choice	Third choice
Talking to an employer about mental health needs or disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking to an employee about mental health needs or disability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The National Standard of Canada for Psychological Health and Safety in the Workplace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it stigma, or is it discrimination?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Returning to work after an episode of mental illness, employer perspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Returning to work after an episode of mental illness, employee perspective	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace strategies to address issues relating to health and safety from a mental health lens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating mentally healthy work environments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace accommodations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Disclosure of mental health disability at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workplace mental health for managers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-care at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work-life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. How interested would you be in participating in a support group focusing on workplace mental health?

- Not interested
- Somewhat interested
- Very interested

18. How interested would you be in a course that meets 4-8 times for 2-3 hours per session focusing on workplace mental health?

- Not interested
- Somewhat interested
- Very interested

8. Mental Health Recovery and Wellness Section

The fourth and final section concerns interest in education relating to Mental Health Recovery and Wellness. If you are not interested in completing this section, you can go on to the demographics and you will be done!

19. Are you interested in education regarding Mental Health Recovery and Wellness?

Yes

No

9. Mental Health Recovery and Wellness

20. How interested are you in these topics in the area of mental health recovery and wellness?

	Not interested	Somewhat interested	Very interested
Stress reduction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support and wellness strategies for caregivers of children and youth (under age 24) with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support and wellness strategies for caregivers of adults with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirituality, faith, and mental health			
Mental health: the mind body connection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maintaining mental health as we age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grief and loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suicide prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisis prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using the technology and the internet for mental health information and support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improving communication skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wellness skills, tools, and strategies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-care and self-compassion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

21. Please identify your top three topics in this section. You can only have one first choice, one second choice and one third choice.

	First choice	Second Choice	Third choice
Stress reduction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support and wellness strategies for caregivers of children and youth (under age 24) with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support and wellness strategies for caregivers of adults with a mental health concern/illness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirituality, faith, and mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health: the mind body connection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maintaining mental health as we age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grief and loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Suicide prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisis prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using the technology and the internet for mental health information and support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improving communication skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wellness skills, tools, and strategies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-care and self-compassion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. How interested would you be in participating in a support group focusing on mental health recovery and wellness?

- Not interested
- Somewhat interested
- Very interested

23. How interested would you be in a course that meets 4-8 times for 2-3 hours per session focusing on mental health recovery and wellness?

- Not interested
- Somewhat interested
- Very interested

10. More about you

You're almost done!! It would be very helpful to us if you could provide some demographic information, for example, information about where you live and your background. We want to make sure that we are collecting information about the mental health educational needs of the whole community.

24. Where do you live?

Other (please specify)

25. How old are you?

- Under 18 18-23 24-39 40-54 55-64 65 or older

26. What is your gender?

- Male
 Female
 Transgendered
 Prefer not to say

27. What is your racial and/or ethnic background? Choose as many as you wish.

- | | |
|--|--|
| <input type="checkbox"/> African or Black | <input type="checkbox"/> East Indian or South Asian |
| <input type="checkbox"/> Asian or Pacific Islander | <input type="checkbox"/> First Nations or Inuit or Metis |
| <input type="checkbox"/> Caucasian or White | <input type="checkbox"/> Hispanic or Latino |
| <input type="checkbox"/> Other (please specify) | |

28. What language do you speak in your home?

29. Do you consider yourself to be an immigrant, refugee, or newcomer?

Yes

No

30. When you attend educational programs, do you need a disability related accommodation?

Yes

No

Please specify what kind of accomodation you require

31. People sometimes face various barriers that prevent them from receiving mental health education. Which barrier could keep you from attending a CMHA educational program?

Lack of childcare

Lack of transportation

Lack of time

Please tell us what other barrier might keep you from attending a CMHA education program,

11. You've reached the end

Thank you for taking the time to complete this survey. Your answers will help CMHA and other organizations in Central Alberta continue to provide first rate mental health education in our community. The results of the survey will be available in early 2018.

Please contact us after the first of the year if you would like us to share them with you.

We'd greatly appreciate it if you would take a moment and let us know if there are other educational topics you are interested in.

32. Is there anything else you would like to tell us your about mental health educational needs?

33. Is there anything you would like to tell us about the survey itself?