

ALLIANCE PEER BRIDGER COMPETENCY SCALE

(Please answer the following questions to the best of your ability, there are no right or wrong answers.)

Question 1

Which of the following is a definition of Peer Support?

A	A relational way of being with each other
B	Teaching and learning from each other
C	Social action/social change
D	All of the above
Answer	

Question 2

Where do peer support professionals draw their legitimacy from?

A	Credentialing
B	Training
C	Lived experience
D	Job titles
Answer	

Question 3

One of the rationales for continual work on your Personal Wellness Foundation is...

A	Doing so lends credibility and integrity to your professional work
B	Doing so makes your recovery a model for others to follow
C	Doing adds to your resume
D	Doing so keeps you busy
Answer	

Question 4

What is an ethic?

A	A non-negotiable rule that all employees must abide by
B	A personal choice in how you conduct business
C	A standard of practice dictated by the individual you are serving
D	None of the above
Answer	

Question 5

What is a boundary?

A	Unseen lines that you do not cross
B	Parameters that make you unique
C	Self-imposed rules of operation
D	All of the above
Answer	

Question 6

How do peer support relationships differ from traditional treatment?

A	They are free or of little cost
B	They rely on mutuality and reciprocity
C	They are never assigned , you get a choice
D	They are often the same
Answer	

Question 7

Which of these is a key issue in setting boundaries in Peer Relationships?

A	Maintaining professional roles
B	Disclosure
C	Mutuality
D	All of the above
Answer	

Question 8

Which of the following statements is true?

A	Good Peer Bridgers are not allowed to ask for help
B	As Peer Bridgers, we both facilitate and participate in our own mutually responsible relationships
C	Bridgers are immune to crisis because we are in recovery
D	It is expected that Bridgers consider themselves ‘better than” the individuals we work with because we know more about recovery
Answer	

Question 9

A quality of a good Peer Bridger is...

A	They take time to familiarize themselves with the local services and provide that information to people as needed
B	They make sure that they are getting all the support they need to enable them to be of support to others
C	They are generally interested in other people
D	All of the above
Answer	

Question 10

What is 'First Contact'?

A	The very first time you meet someone is first contact
B	The first meeting you schedule with the person after she/he has been engaged
C	The first time you complete any paperwork with the person
D	The first time you discuss the person in a team meeting, even if you have not yet met him/her.
Answer	

Question 11

What is engagement?

A	Calling the person or meeting them face to face
B	A written contract that enters the person in our services
C	The moment the individual agrees to our services
D	A partnership between you and the individual when he/she decides to work with us
Answer	

Question 12

Peer support is NOT...

A	A way of thinking about help and helping people
B	Moving toward what we want
C	Changing the status quo
D	Teaching people the correct way to do things
Answer	

Question 13

Connecting with people requires...

A	Obtaining information from the individual's clinician prior to meeting them so we know something about him/her before we meet
B	Self-disclosure about our own recovery
C	Talking more than the other person about our own struggles
D	Knowledge about certain diagnoses and addictions so we can better understand someone's behavior
Answer	

Question 14

When developing a mutually responsible relationship, we specifically commit to ...

A	Checking in with ourselves about our own discomfort
B	Maintaining honesty
C	Thinking about fear and control
D	All of the above
Answer	

Question 15

Why is it important to focus on Trauma in peer support?

A	A trauma is often the central issue for people with psychiatric disabilities, substance abuse problems or co-occurring disorders
B	Trauma treatment is one of the core services identified by OMH
C	Dealing with human trauma is the best way to get people to stop bad behaviors
D	Dealing with trauma keeps people treatment compliant
Answer	

Question 16

The development of a person's vision can be supported in the following way...

A	Encouraging growth while meeting people where they are at
B	Telling someone what they are good at
C	Encouraging people to follow our lead
D	Asking the social worker what he/she thinks an individual needs to work on
Answer	

Question 17

Which of the following is a guiding principle of harm reduction?

A	Human rights
B	Both A and C
C	Maximize intervention options
D	Minimize drug use
Answer	

Question 18

What is a community?

A	Where you live
B	Your friends and family
C	Associations of people who solve problems, celebrate or simply enjoy social time together
D	A formal group of people
Answer	

Question 19

Effective Peer Bridgers engage people in community by...

A	Supporting and guiding people out of lives surrounded by services
B	Introducing people to all their friends
C	Simply telling people where to go and what to do
D	Bridgers are not responsible for community engagement
Answer	

Question 20

Check your knowledge base on the following computer skills (1=need to learn; 2=know some but could learn more; 3=proficient)

Skill	1) Not familiar	2) Comfortable using	3) Proficient
Word			
Excel			
Power Point			
Outlook			
Google			
Scanning			
Other:			

