



Pre-Application Assessment: Am I Ready to be an Instructor?

This self-assessment is designed to help you determine your level of readiness to become a Mental Health First Aid instructor. The self-assessment score will not be included in your final application score, should you choose to apply. Please rate yourself on the following items using the scale provided below and email your completed form with your resume and other supporting documents to MHFA.Philadelphia@phila.gov.

Name:	Email:
Date:	MHFA Course: ADULT _____ YOUTH _____

1-Strongly disagree 2-Disagree 3-Neither agree or disagree 4-Agree 5-Strongly agree

Score	
<u>Before The Training</u>	
	"I have a strong understanding of the goals of the Mental Health First Aid program and use this knowledge to guide effective instruction and support participant learning outcomes."
	"I possess solid knowledge of mental health, mental illness, and substance use, which allows me to accurately and confidently facilitate course content and respond to participant questions."
	"I am comfortable presenting to groups of 15–30 participants, maintaining engagement and clarity throughout the session."
	"I am familiar with using PowerPoint and Zoom to deliver engaging and organized course content in both virtual and in-person settings."
	"I follow the MHFA curriculum closely, ensuring that all objectives, talking points, and activities are delivered as intended, while maintaining participant engagement and responsiveness to the group's needs."
	"My organization has prioritized this program for me, reflecting a commitment of time and resources that enables me to dedicate myself fully to effective Mental Health First Aid facilitation."
<u>During the Training</u>	
	"I have cleared my schedule of any conflicts and am fully available to participate in the Adult/Youth Mental Health First Aid Training of Instructors virtual training."
	"I am ready to invest the required time and effort in preparing my exam and presentation, ensuring that I demonstrate competence and confidence in delivering Mental Health First Aid training."

<u>After The Training</u>	
	"I am willing and able to devote approximately 40 additional hours to thoroughly learn the curriculum prior to teaching my first Mental Health First Aid course, ensuring effective and confident facilitation."
	"I intend to actively solicit feedback from co-instructors and participants, before or after training sessions, to continuously improve my instruction and enhance participant learning outcomes."
	"I am confident in my ability to plan and deliver six Mental Health First Aid courses over the coming year, ensuring each session is well-prepared, engaging, and aligned with program standards."
	"I plan to invest in ongoing learning activities, such as reviewing materials, practicing facilitation techniques, and seeking mentorship, to deepen my understanding and mastery of the MHFA curriculum prior to teaching."
	"I am dedicated to upholding the integrity of the MHFA curriculum, delivering all required content, activities, and objectives accurately while fostering participant engagement and adherence to program standards."
<u>Interest</u>	
	"I am passionate about teaching a mental health public education model of intervention, empowering participants with skills to recognize, respond to, and support individuals experiencing mental health or substance use challenges."
	"I prioritize the destigmatization of mental health and substance use disorders by fostering open, nonjudgmental dialogue and encouraging participants to challenge misconceptions and support help-seeking."
<u>Interpersonal Skills</u>	
	"I am consistently described as someone who connects well with diverse audiences, building rapport and fostering an inclusive environment that supports engagement across varied backgrounds and perspectives."
	"I am able to pause when challenged, recognize the emotions driving the interaction, and respond with respect and understanding rather than reacting defensively."
	When facilitating groups, I effectively manage participation by drawing out quieter individuals while appropriately limiting dominant voices to maintain balanced, inclusive engagement."
	"I demonstrate flexibility in co-facilitation by effectively collaborating with instructors who have different teaching and interaction styles, ensuring a cohesive and engaging learning experience."
<u>Regulation</u>	
	"I leverage my lived experiences as an asset in teaching Mental Health First Aid, using them thoughtfully to enhance relatability, reduce stigma, and support participant understanding while maintaining appropriate professional boundaries."

	"I am confident in my emotional readiness to serve as an instructor, demonstrating self-awareness and ensuring that sufficient time and healing have occurred following personal challenges so that I can facilitate effectively and responsibly."
	"I maintain composure when participants challenge me or the course content, responding in a calm, respectful manner that supports open dialogue while upholding the integrity of the material."
<u>Organizational Skills</u>	
	"I effectively organize my thoughts, communication, and instructional materials to deliver clear, structured, and engaging course content."
	"I effectively monitor my facilitation and adhere to the course agenda, ensuring that all content is delivered within the designated timeframe while maintaining quality and engagement."
TOTAL SCORE:	