



VANCOUVER ISLAND
UNIVERSITY

Community Mental Health Worker Certificate Program

Personal Suitability Checklist

The role of the Community Mental Health Worker is extremely demanding, and equally rewarding. If you are considering training for this exciting career, this checklist can help you consider whether it's the right choice for you. The following lists some of the characteristics and attributes that typically fit well with the work-life and demands of a Community Mental Health Worker.

- I enjoy working with people.
- I enjoy working in a busy, fast-paced environment.
- I have a sincere concern for the welfare of others.
- I promote autonomy and a "recovery model" for individuals and families affected by mental health conditions and substance abuse.
- I am able to maintain confidentiality.
- I am able to work effectively and collaboratively in a team setting.
- I am a strong advocate, and I work to promote social justice.
- I am non-judgemental and empathetic and understanding.
- I am a committed lifelong learner.
- I am very organized.
- I am very good at multi-tasking and can effectively and calmly manage many different things at the same time.
- I am self-motivated and able to work independently.
- I have excellent verbal and written communication skills.
- I am prepared for shift-work.
- I am prepared to begin my career as a casual and/or on-call employee.
- I am reliable and dependable.
- I appreciate the important guidance policies and procedures promote in ensuring a safe and recovery-oriented environment.
- I ask for directions with regard to new tasks and am not afraid to ask questions when in doubt.
- I am able to coordinate and anticipate tasks and work in a self-directed manner.
- I am patient and composed in stressful situations.
- I take initiative, accept responsibility and adapt easily to change.
- I have thought deeply and seriously about issues and concerns in my own life that may prevent me from working effectively and safely as a CMHW, and I have received help and support for these issues.
- I understand the importance of self-care, and I continuously work towards an ongoing healthy lifestyle.