

An Assessment Tool for Supporting and Energizing Online Mental Health Gatherings

-Participation in virtual groups can be effective *and* therapeutic-

Five Key Attributes of a Healing Community	1 Unsatisfactory	2	3 Average	4	5 Superior
A) How strong is the <u>feeling of emotional safety</u> within your online community?					
B) How strongly do you feel your presence in your online community helps you to feel a sense of <u>belonging and purpose</u> ?					
C) What is your assessment of our community's healing environment; are <u>kindness, respect and open and honest communication</u> the norms?					
D) Is your <u>participation</u> in the work and social life of your online community <u>welcomed and appreciated</u> ? Do you believe your input and ideas are valued?					
E) Mutuality: As you think of the <u>needs of others</u> , how would you rate your <u>online community's capacity to offer each other a sense of belonging, safety, kindness and appreciation</u> ? Are empathetic relationships encouraged?					

