

Case Manager Personal Growth Scale (CMPG)

Stein, C. H., & Craft, S. A. (2007). Case managers' experiences of personal growth: Learning from consumers. *Community Mental Health Journal, 43*(2), 183-195.

Below is a set of statements that describe how some case managers may feel as a result of working with consumers that experience a chronic mental illness. Please indicate how true each statement is for you at this time in your career. Please respond to the statements using the rating scale below:

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	2	3	4	5

1. I have made positive changes in my life as a result of my work with consumers.
2. I often think about the lives of some consumers when I encounter setbacks in my own life.
3. Working with consumers has led me to focus on strengthening my personal relationships.
4. Working as a case manager has caused a sense of spiritual growth for me.
5. I feel I have more to offer my family and friends as a result of my experience being a case manager.
6. I feel being a case manager has led to personal growth in several areas of my life.
7. I often hear profound "stories" from consumers that cause me to reflect on my own life.
8. I have found that working with consumers has caused me to try harder when I encounter personal problems.
9. The longer I work with consumers, the more I realize our lives are not that different.
10. I am more willing to "stand up" for others that experience stigma and discrimination since working with consumers.
11. I've found that I am more willing to help others in need since working as a case manager.
12. Working with consumers has led me to have a stronger religious faith.
13. I have become more aware of the importance of my family since working as a case manager.
14. I have found I can learn a lot about myself from working with consumers.
15. Seeing the struggles of consumers has made me more willing to take on challenges in my own life.
16. I am more open to help and support from family and friends since working as a case manager.