

## CC-STTS Self-report Survey

This survey is designed as a self-reflection tool to provide increased awareness regarding your perception of your current functioning within your agency, based upon your experiences over the last month. The questions within each of the component ratings are potential action-steps to empower you to determine how you might go in the direction you think is most beneficial for yourself, taking into consideration organizational stress and secondary traumatic stress.

**Over the last month, within my agency, I would rate myself as:**

Surviving 1 2 3 4 5 6 7 8 9 10 Thriving  
What action could increase in the direction I want to go?

**Over the last month, within my agency, I would rate myself as feeling:**

No psychological safety 1 2 3 4 5 6 7 8 9 10 Full psychological safety  
What action could increase in the direction I want to go?

**Over the last month, within my agency, I would rate myself as feeling:**

Disempowered 1 2 3 4 5 6 7 8 9 10 Empowered  
What action could increase in the direction I want to go?

**Over the last month, within my agency, I would rate myself as feeling:**

Alienated/Isolated 1 2 3 4 5 6 7 8 9 10 Teaming/Togetherness  
What action could increase in the direction I want to go?

**Over the last month, within my agency, I would rate myself as feeling:**

Minimized 1 2 3 4 5 6 7 8 9 10 Valued  
What action could increase in the direction I want to go?

**Over the last month, within my agency, I would rate myself as feeling:**

Discouraged 1 2 3 4 5 6 7 8 9 10 Hopeful  
What action could increase in the direction I want to go?

Total Score: \_\_\_\_\_ out of 50