

Building Your Wellness Toolbox – Evaluation, Session 4

Please complete this evaluation for the group session you just participated in. Your responses will help us to understand how best to support wellness among women aged 55+. IHR relies on your honest opinions & suggestions for improving this group offering.

From your participation in this session, please rate how much you agree or disagree with the following statements:

	Strongly Disagree	Disagree	Agree	Strongly Agree
I know more about the benefits of using opioids (as prescribed) for pain management.	€	€	€	€
I know more about the risks associated with opioids.	€	€	€	€
I am more aware of the warning signs of opioid misuse.	€	€	€	€
I am more aware of available community resources for substance use and mental health treatment.	€	€	€	€

After participating in this session, how likely are you to use the following pain management strategies?

	Not likely	Slightly likely	Somewhat likely	Very likely
Prescription opioids	€	€	€	€
Other pain medications	€	€	€	€
Non-medication alternatives	€	€	€	€

Would you like one of the group facilitators to follow up with you individually about anything discussed today? Yes No

➤ If yes, what issues would you like to address with them? _____

Do you need help connecting to any resources or services? _____
