## Adaptive Mentorship Network Evaluation Repeat Measures

Thank you for being part of the Atlantic Mentorship Network. This survey will help the program develop an understanding of the impact of this program on your knowledge, confidence, skills and behaviours. It will allow us to tailor the program offerings to the needs of mentees and mentors to better manage the complexities of caring for patients with chronic non-cancer pain, mental illness, and substance use disorders in practice. It will also allow us to determine any changes or impacts the program may have over time.

Your participation in this survey is voluntary and should take approximately 15 minutes. You may exit the survey at any time. You may also skip questions that you prefer not to answer. Survey responses will be kept confidential. Your responses will be kept confidential and stored on encrypted and password protected drives. All analysis of the data will be done with de-identified and aggregated data to protect your privacy. No data will be released that allows for identification of any single individual. Any publications or reports will only contain results of analysis with no identifying data being made available.

Please note: Our Network members represent multiple professions, providing various treatments and support. For this reason, some questions may not apply to every profession or practice. If a question does not apply to your profession or practice, please check the not applicable (NA) box.

There are 18 questions in this survey.

Abou	it You			
What	is your first name?			
What	is your last name?			
	ong have you been a mer choose only one of the for < 1 year	ic Mentorship	Network?	
0	1 – 3 years			
0	4 – 6 years			
0	7+ years			

## **Your Clinical Knowledge and Confidence**

The following questions seek to understand the specific impact that you believe the program has had on your clinical knowledge and confidence at the present time.

_		_	_	client/patient care ar	eas:				
Please choose the	Not at all knowledgeable  1	2	3	Moderately knowledgeable 4	5	6	Extremely knowledgeable 7	Uncertain	Not applicable
Chronic Pain	0	0	0	0	0	0	0	0	0
Substance Use Disorders	0	0	0	0	0	0	0	0	0
Mental Illness	0	0	0	0	0	0	0	0	0
_	current confidence								
	Not at all confident	2	3	Moderately confident 4	5	6	Extremely confident 7	Uncertain	Not applicable
Managing Chronic Pain	0	0	0	0	0	0	0	0	0
Managing Substance Use Disorders	0	0	0	0	0	0	0	0	0
Managing Mental Illness	0	0	0	0	0	0	0	0	0
•	gram impacted you e appropriate respo			edge in the following	client/patien	t care areas	?		
	Not improved	2	3	Moderately improved 4	5	6	Greatly improved 7	Uncertain	Not applicable
Chronic Pain	0	0	0	0	0	0	0	0	0
Substance Use Disorders	0	0	0	0	0	0	0	0	0
Mental Illness	0	0	0	0	0	0	0	0	0

How has this prog	gram impacted you	ır current co	nfidence in t	he following client/p	atient care a	reas?									
Please choose the appropriate response for each item:															
	Not improved 2 3 Moderately improved 5 6 Greatly improved 7 Uncertain Not applicable														
Managing Chronic Pain	0	0	0	0	0	0	0	0	0						
Managing Substance Use Disorders	0	0	0	0	0	0	0	0	0						
Managing Mental Illness	0	0	0	0	0	0	0	0	0						

## **Your Clinical Behaviours and Skills**

The following questions seek to understand the specific impact that you believe the program has had on your clinical behaviours and skills at the present time.

Please indicate how often:	Never (0%)	Rarely (~10%)	Occasionally (~30%)	Sometimes (~50%)	Frequently (~70%)	Usually (~90%)	Every time (100%)	Uncertain	Not applicable
you communicate compassion towards clients/patients (e.g., listening carefully and without judgement, speaking with kindness).	0	0	0	0	0	0	0	0	0
you are mindful of the impact of your speech and behaviours on your clients/patients emotional state	0	0	0	0	0	0	0	0	0
you customize care to meet the individual needs of your clients/patients.	0	0	0	0	0	0	0	0	0
you are able to apply principles of cultural safety in your care of clients/patients.	0	0	0	0	0	0	0	0	0
you are able to apply principles of trauma and violence informed practice in your care of clients/patients	0	0	0	0	0	0	0	0	0
you involve your clients/patients (or substitute decision makers) in the shared decision-making process.	0	0	0	0	0	0	0	0	0

Please indicate how often:	Never (0%)	Rarely (~10%)	Occasionally (~30%)	Sometimes (~50%)	Frequently (~70%)	Usually (~90%)	Every time (100%)	Uncertain	Not applicable
you are able to identify treatment options that can be used in a multimodal management plan (e.g., pharmacological, non-pharmacological options).	0	0	0	0	0	0	0	0	0
you recognize when your pre-existing beliefs, thoughts and feelings are influencing interactions with clients/patients.	0	0	0	0	0	0	0	0	0
you spend time thinking about your client/patient's experience following a clinical interaction.	0	0	0	0	0	0	0	0	0
you critically evaluate the strategies and techniques that you use in your work with clients/patients.	0	0	0	0	0	0	0	0	0
you are able to engage in inter- professional assessment, planning and provision of care for your clients/patients.	0	0	0	0	0	0	0	0	0

Please indicate how often you use evidence-based resources and tools to assess and monitor related outcomes for your clients/patients with the following													
conditions:													
Please choose the appropriate response for each item:	Never (0%)	Rarely (~10%)	Occasionally (~30%)	Sometimes (~50%)	Frequently (~70%)	Usually (~90%)	Every time (100%)	Uncertain	Not applicable				
Chronic Pain (e.g., guidelines, BPI, EMR tools)	0	0	0	0	0	0	0	0	0				
Substance use Disorders (e.g., DSM V, POMI)	0	0	0	0	0	0	0	0	0				
Mental Illness (e.g., Adult depression tool, guidelines and pathways)	0	0	0	0	0	0	0	0	0				

Please choose the appropriate response for each item:	Never	~10%	~30%	~50%	~70%	~90%	Always	Uncertain	Not applicable
Clients/patients with chronic pain	0	0	0	0	0	0	0	0	0
Clients/patients with substance use disorders	0	0	0	0	0	0	0	0	0
Clients/patients with mental illness	0	0	0	0	0	0	0	0	0
I can manage ~10% of cases									
ubstance use disorders or mental illness). lease choose only one of the following:									
○ I can manage ~10% of cases									
○ I can manage ~30% of cases									
○ I can manage ~50% of cases									
○ I can manage ~70% of cases									
○ I can manage ~90% of cases									
I can manage every complex case									
O Uncertain									
Not applicable									
How often do you engage in interprofessi	ional collab	oration in t	he care of:						
Please choose the appropriate response	Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time	Uncertain	Not

How often do you engage in interprofessional collaboration in the care of:													
Please choose the appropriate response	Never	Rarely	Occasionally	Sometimes	Frequently	Usually	Every time	Uncertain	Not				
for each item:	(0%)	(~10%)	(~30%)	(~50%)	(~70%)	(~90%)	(100%)	Officertain	applicable				
Clients/patients with chronic pain	0	0	0	0	0	0	0	0	0				
Clients/patients with substance use disorders	0	0	0	0	0	0	0	0	0				

How often do you engage in interprofessional collaboration in the care of:														
Please choose the appropriate response for each item:	Never (0%)	Rarely (~10%)	Occasionally (~30%)	Sometimes (~50%)	Frequently (~70%)	Usually (~90%)	Every time (100%)	Uncertain	Not applicable					
Clients/patients with mental illness	0	0	0	0	0	0	0	0	0					
Clients/patients with concurrent disorders	0	0	0	0	0	0	0	0	0					

How has this program impacted how o	ften:								
Please choose the appropriate response for each item:	Not increased 1	2	3	Moderately increased 4	5	6	Greatly increased 7	Uncertain	Not applicable
you communicate compassion towards clients/patients?	0	0	0	0	0	0	0	0	0
you are careful in your speech and behaviours to avoid hurting the feelings of your clients/patients?	0	0	0	0	0	0	0	0	0
you customize care to meet the individual needs of your clients/patients?	0	0	0	0	0	0	0	0	0
you are able to adopt principles of cultural safety in your care of clients/patients?	0	0	0	0	0	0	0	0	0
you are able to adopt principles of trauma and violence informed practice in your care of clients/patients?	0	0	0	0	0	0	0	0	0
you involve your clients/patients (or substitute decision makers) in the shared decision-making process?	0	0	0	0	0	0	0	0	0
you are able to identify treatment options that can be used in a multimodal management plan?	0	0	0	0	0	0	0	0	0
you recognize when your pre-existing beliefs, thoughts and feelings are influencing interactions with your clients/patients?	0	0	0	0	0	0	0	0	0

How has this program impacted how of	ften:								
Please choose the appropriate response for each item:	Not increased 1	2	3	Moderately increased 4	5	6	Greatly increased 7	Uncertain	Not applicable
you spend time thinking about your clients/patient's experience following a clinical interaction?	0	0	0	0	0	0	0	0	0
you critically evaluate the strategies and techniques that you use in your work with clients/patients?	0	0	0	0	0	0	0	0	0
you engage in inter-professional assessment, planning and provision of care?	0	0	0	0	0	0	0	0	0
How has this program impacted how of with the following conditions?	ften you use e	vidence-ba	sed resource	s and tools to as	sess and mo	onitor relat	ed outcomes	or your clien	ts/patients
Please choose the appropriate response for each item:	Never 1	2	3	Sometimes 4	5	6	Always 7	Uncertain	Not applicable
Chronic Pain	0	0	0	0	0	0	0	0	0
Substance Use Disorders	0	0	0	0	0	0	0	0	0
Mental Illness	0	0	0	0	0	0	0	0	0
How has this program impacted the proconsultation?	oportion of cli	ents/patie	nts (who are b	peyond your cap	pacity to car	e for) that	you suggest or	refer for a sp	pecialist

consultation?														
Please choose the appropriate response for each item:	Greatly decreased 1	2	3	No effect 4	5	6	Greatly increased 7	Uncertain	Not applicable					
Clients/patients with chronic pain	0	0	0	0	0	0	0	0	0					
Clients/patients with substance use disorders	0	0	0	0	0	0	0	0	0					
Clients/patients with mental illness	0	0	0	0	0	0	0	0	0					

How has this program impacted your ability to provide care and/or manage more complex clinical cases?									
Not increased	2	3	Modestly increased 4	5	6	Greatly increased 7	Uncertain	Not applicable	
0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	

How has this program impacted how often you engage in interprofessional collaboration in the care of:									
Please choose the appropriate response for each item:	Not increased 1	2	3	Modestly increased 4	5	6	Greatly increased 7	Uncertain	Not applicable
Clients/patients with chronic pain	0	0	0	0	0	0	0	0	0
Clients/patients with substance use disorders	0	0	0	0	0	0	0	0	0
Clients/patients with mental illness	0	0	0	0	0	0	0	0	0
Clients/patients with concurrent disorders	0	0	0	0	0	0	0	0	0

## Overall, based on your definition of burnout\*, how would you rate your level of burnout?

Please choose only one of the following:

0	I enjoy my work, I have no symptoms of burnout.
0	Occasionally I am under stress and I don't always have as much energy as I once did, but I don't feel burned out.
0	I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.
0	The symptoms of burnout that I am experiencing won't go away. I think about frustration at work a lot.
0	I feel completely burned out and often wonder if I can go on. I am at a point where I may need some changes or may need to seek some sort of help

<sup>\*</sup>If requiring a definition according to the World Health Organization (2019) burnout is characterized by feelings of energy depletion and exhaustion, increased mental distance or feelings of negativism or cynicism, and reduced professional efficacy.

How true do you feel the following statements are about you at work during the past two weeks?								
Please choose the appropriate response for each item:	Not at all true	Somewhat true	Moderately true	Very true	Completely true			
I feel happy at work	0	0	0	0	0			
I feel worthwhile at work	0	0	0	0	0			
My work is satisfying to me	0	0	0	0	0			
I feel in control when dealing with difficult problems at work	0	0	0	0	0			
My work is meaningful to me	0	0	0	0	0			
I'm contributing professionally (e.g., client/patient care, teaching, research, or leadership) in the ways I value most	0	0	0	0	0			