

# Guide to Assessing Group Health

## How do I assess group health?

Have a conversation with your group about group health by reflecting on these questions:

- If you had to describe your group right now, would you say that you are:
  - **Thriving** ( ex., you meet regularly, take actions together, have shared leadership and most leadership positions filled, new advocates are encouraged to take leadership roles, address any issues that may arise constructively, have discussed plans for growth and are actively growing),
  - **Maintaining** (ex., we take regular actions, have a few leadership positions filled but are not actively growing)
  - **Struggling** (ex., we don't meet or communicate regularly, most leadership roles are not filled, or new advocates have not been able to integrate into the group)
  
- Rate your group on a scale of 1 to 5 on these group behaviors with 5 meaning your group is excellent at this and 1 meaning the group isn't very good at this. Feel free to use all of them or pick 1 or 2 questions, depending on how much time you have

Group Strength	How are we doing?	How can we build on this in the next year?
We are aware of our goals for creating political will and can communicate the connection between these goals and achieving campaign objectives.	Good                      Excellent  1    2    3    4    5	



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<p>We offer transformational advocacy and leadership experiences to members and new advocates</p>	<p>Good                      Excellent</p> <p>1   2   3   4   5</p>	
<p>We create a fun, welcoming, respectful culture, and relationships of care - including with congressional offices.</p>	<p>Good                      Excellent</p> <p>1   2   3   4   5</p>	
<p>We regularly practice inclusive outreach and are prepared to have personal communication with prospective advocates that includes our ability to articulate why we do this work/why we do this work with RESULTS/what the urgency or timeliness is for us.</p>	<p>Good                      Excellent</p> <p>1   2   3   4   5</p>	
<p>We meet regularly, ideally twice monthly.</p>	<p>Good                      Excellent</p> <p>1   2   3   4   5</p>	
<p>We are accountable for promised actions, planning, and reporting</p>	<p>Good                      Excellent</p> <p>1   2   3   4   5</p>	



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We have a leader or co-leaders, at least 4 members, and exercise shared leadership	Good  1 2 3 4 5	Excellent
We are represented on regional Group Leader Calls	Good  1 2 3 4 5	Excellent
We are receiving RESULTS communications.	Good  1 2 3 4 5	Excellent
Notes:		