

*Preparing the Adult Mental Health Workforce to Succeed  
in a Transformed System of Care*

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*Module 11: Evidence Based Practices*

*Post-test*

- 1) Believing in recovery means believing that persons with mental illnesses can lead meaningful and satisfying lives.
  - True
  - False
  
- 2) Evidence is (check all that apply):
  - a. Something that has been achieved
  - b. Something that furnishes proof
  - c. Establishment of an irrefutable fact
  
- 3) Research has proven the effectiveness of many mental health treatments.
  - True
  - False
  
- 4) Implementing new and effective treatments may take:
  - a. 1-5 years
  - b. 15-20 years
  - c. 25-50 years
  
- 5) Promising practices are ones that are emerging but have not (yet) been shown as evidence based.
  - True
  - False

6) Evidence based practices work for everyone despite individual differences.

True

False

7) Some of the current Evidence Based Practices include:

a. Illness management and recovery

b. Assertive Community Treatment

c. Supported employment

d. Family Psychoeducation

8) Assertive Community Treatment delivers care 24 hrs. per day that is individualized and provides a variety of services.

True

False

9) Behavioral Tailoring forces a person to take their medications.

True

False

10) The best known peer support group is AA.

True

False

11) Some emerging best practices are:

A. Jail diversion

B. Trauma informed care

C. Forced Medication

12) Frontal lobotomies are considered an effective treatment today.

a. True

b. False

13) There is continuing evidence that seclusion and restraints are worthy practices to provide safety to staff and clients.

a. True

b. False