

## Module 11: An Introduction to Evidence Based Practices

### Post Test Answers

1. Believing in recovery means believing that persons with mental illnesses can lead meaningful and satisfying lives. True
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
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
6. Evidence based practices work for everyone despite individual differences. 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

9. Behavioral Tailoring forces a person to take their medications. False
10. The best known peer support group is AA. True
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. False
13. There is continuing evidence that seclusion and restraints are worthy practices to provide safety to staff and clients. False