

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

*Module 3: An Introduction to Recovery, Hope and Resiliency*



*Post-test*

- 1) One of the first step's in creating a recovery oriented mental health environment is to create a language that we can all speak and understand:
  - True
  - False
- 2) Symptom stabilization is the sole goal for people with mental conditions:
  - True
  - False
- 3) What is the primary goal for the U.S. Mental Health system as identified by the New Freedom Commission in 2003? (Circle one)
  - A. Symptom stabilization
  - B. Medication compliance
  - C. Recovery
- 4) The term “recovery” has many definitions but has certain shares characteristics.(check all that apply)
  - A. Recovery is a personal process
  - B. Recovery means finding a meaning in life that is beyond illness
  - C. Recovery means never having to interface with the mental health system anymore
- 5) Resiliency is an important term for staff who work in mental health settings ; it is a concept that should support the purpose and goals of treatment by: (check all that apply)
  - A. A focus on the person’s problems
  - B. A focus on the person’s strengths
  - C. Supporting and building individualized coping behaviors
- 6) Resilience speaks to a person's ability to promote health and healing in the face of illness or adversity.
  - True
  - False

7) The federal agency that is over mental health services has developed a national consensus statement on recovery. This statement includes the following components. (circle all that apply)

- A. Self-directed
- B. Empowerment of consumers and families
- C. Identification of symptoms
- D. Choice of best medications
- E. Respect and Peer support

9) What is the role of direct care staff in supporting a recovery oriented treatment setting? (circle all that are correct)

- A. To understand what Recovery is about
- B. To act as a change agent and question non-recovery practices
- C. To ensure that rules and regs are followed, no matter what
- D. To always respect the consumer's needs and explain why/when you cannot meet them

10) All staff members, regardless of role or job, can be kind, compassionate, and help to provide hope for a better future and hope for recovery.

- True
- False