

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

Post- Test Answers

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
2. Symptom stabilization is the sole goal for people with mental conditions: 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 shared characteristics. (Circle those 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 again
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: (circle 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
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