

## Module 4: Applying the Concept of Recovery: Guidelines for a Recovery-Oriented System of Care

### Post Test Answers

1. “Recovery” is a commonly shared human experience. True
2. Serious mental conditions are treatable and people can recover but services and supports must be: (check all that apply)
  - a. easily accessible
  - b. highly individualized
  - c. allow the consumer to make choices
  - d. given in the most restrictive settings
3. People can recover without formal treatment. True
4. An important component of successful recovery is: (check all that apply)
  - a. staff who demonstrate caring and respect always
  - b. staff who believe the person can recover
  - c. staff that know how to help motivate people through hope
  - d. staff who ensure that medication is always taken, even if forced
5. Staff who is competent in helping people recover must identify and address their own beliefs, values, and language about mental illness, first. True
6. The current mental health system is widely and often unconsciously based on: (circle all that apply)
  - a. providing choices
  - b. identifying problems
  - c. building on strengths
  - d. what professionals think
7. Staff will need to change how they practice, from being deficit-based to asset-based in what they do and say: True
8. “Compliance” is a deficit based word: True
9. “Re-experiencing symptoms” is a normal kind of experience for people with mental conditions and should not be considered a sign of failure. True.
10. The “lack of insight” is a common symptom often noted by professionals. In a recovery model this issue would be addressed by: (check all that may apply)

- a. Telling person to take their medications
- b. understanding why people deny their illness
- c. allowing person to grieve
- d. talking to other peers