

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



Module 4: Guidelines for Recovery-Oriented Systems of Care

Post-test

- 1) “Recovery” is a commonly shared human experience.
 - True
 - False

- 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
 - False

- 4) A most 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 medication compliance, even if by force

- 5) Staff who are competent in helping people recover must identify and address their own beliefs, values, and language about mental illness, first.
 - True
 - False

- 6) The current mental health system is widely and often unconsciously based on: (circle all that apply)
- A. providing choices
 - B. identifying problems and obstacles
 - 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
 - False
- 8) “Compliance” is a deficit based word:
- True
 - False
- 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
 - False
- 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 the person to grieve
 - D. talking to other peers