



Pathways in Crisis Services Project-Sample Quiz/Test Question Bank with Answer Key

NOTES: Select the questions that match the content you plan to present from the PICS content infusion materials

Crisis Response

1. All are Core Actions of Psychological First Aid except?
 - a. Safety and comfort
 - b. Information Sharing
 - c. Connection to social supports
 - d. Linkage with collaborative services

2. A 9-8-8 crisis line that is effectively resourced and promoted will be able to:
 - a. Reduce the need for mobile crisis teams
 - b. Reduce use of law enforcement, public health, and other safety resources
 - c. Reduce the costs for post-crisis wraparound services
 - d. Reduce the workload for peer recovery support specialists

3. Which describes Mobile Outreach in a Level 5 Crisis System?
 - a. Statewide access but reliant on Emergency Departments
 - b. Adequate access with <1 hour response time
 - c. Meets person in crisis at home or street

- d. Some availability but limited to Urban Areas

4. Regional crisis call centers must provide crisis intervention capabilities which meet National Suicide Prevention Lifeline (NSPL) standards for _____ and _____ of individuals at imminent risk of suicide and offer air traffic control (ATC) - quality coordination of crisis-care in real-time.

- a. Treatment and Referral
- b. Treatment and Transition
- c. Identification and Training
- d. Risk Assessment and Engagement

5. Which best describes the use case for ENGAGE, in Zero Suicide Framework?

- a. Use of evidence-based treatment
- b. Use of suicide care management plan
- c. Use of comprehensive screening tool
- d. Use of policies and procedures and quality improvement plan

6. Which phase of disaster refers to the time where survivors recognize the efforts of those who responded in the heroic phase of disaster?

- a. Pre-Disaster
- b. Honeymoon
- c. Disillusionment
- d. Impact

7. Where do the people of Nevada most commonly go for behavioral health care services?

- a. therapy offices
- b. inpatient facilities
- c. the emergency room
- d. State-run agencies

8. Nevada currently ranks _____ in the nation overall for mental health.
- 2nd
 - 51st
 - 26th
 - 13th
9. What is the first step of the Nevada's Ideal Crisis Continuum?
- Community based crisis screening, prevention, early intervention, and support
 - Residential/sub-acute crisis stabilization
 - 24/7 mobile crisis
 - 23hr outpatient crisis stabilization
10. _____ interventions target the general population and are not directed at a specific risk group. The mission of _____ prevention is to deter the onset of substance abuse by providing all individuals with the information and skills necessary to prevent the problem. The entire population is considered at risk and able to benefit from prevention programs.
- Selective
 - Indicated
 - Universal
 - Clinical

Suicide Prevention

1. Which training tier represents foundational suicide prevention training?
- III: CALM, C-SSRS, SAFETalk, MHFA, TMHFA, YMHFA, Talk Saves Lives, QPR, Suicide Prevention 101
 - III: ASIST, ASQ, Columbia, Motivational Interviewing, Safety Planning
 - III: CAMSCare, CAMSTeens, CBT-SP, DBT
 - III: Suicide Prevention 101, CALM, ASQ, Safety Planning, CAMSTeens

2. _____ is a short questionnaire that can be administered quickly in the field by responders with no formal mental health training, and it is relevant in a wide range of settings and for individuals of all ages.

- a. PHQ-9
- b. Columbia Suicide Severity Rating Scale (C-SSRS)
- c. Ask Suicide Questions (ASQ) toolkit
- d. the Beck Depression Inventory (DBI)

3. Which of the following may be a risk factor for suicidality?

- a. Perfectionism
- b. Being an only child
- c. Family history of suicide
- d. Bullying

4. Which of the following is a free resource for identifying youth at risk for suicide in medical settings?

- a. Ask Suicide Questions (ASQ) toolkit
- b. DSM-IV
- c. PHQ-9
- d. Columbia Suicide Severity Rating Scale (C-SSRS)

5. Improvement following a serious personal crisis or serious depression means the risk of suicide is over.

- a. True
- b. False

6. At least ____ of people with alcohol or drug active use die by suicide.
- a. 25%
 - b. 15%
 - c. 27%
 - d. 9%
7. Who is the targeted audience for the ASIST (Applied Suicide Intervention Skills Training)?
- a. Licensed Therapists
 - b. Peer Support Specialist
 - c. Community Members 16 or older
 - d. Survivors of Suicide
8. Suicide is a preventable death.
- a. True
 - b. False
9. In 2020, there were an estimated _____ suicide deaths.
- a. 3 million
 - b. 500,000
 - c. 1.5 million
 - d. 1.2 million
10. Which of the following is not a goal for a Survivors of Suicide Attempt (SOSA) group?
- a. Engage and support family and friends
 - b. Promote choice and collaboration in care
 - c. Only connect persons to licensed therapists
 - d. Inspire hope and help people find meaning and purpose in life

Trauma

1. Which describes Behavioral Trauma Responses?

- a. Withdrawal and avoidance
- b. Memory problems
- c. Numbness and detachment
- d. Uncontrollable shaking

2. Which of the following is an example of an existential reaction to trauma?

- a. Appetite disturbances
- b. Increased drug use
- c. Feeling despair about humanity
- d. nausea

3. Without proper resources and support following a traumatic event, what is the most common problem people experience?

- a. Substance misuse
- b. Socially withdrawing
- c. Quitting their job
- d. Moving cities

4. After performing an intervention with a client, a Peer Recovery Support Specialist experiences increased agitation with family members and friends, increased consumption of caffeine and nicotine, dissociative flashbacks, hypervigilance about harm coming to the next client, to the point their stomach drops every time the phone rings after 8:00 PM. Which best describes the experience?

- a. Post-Traumatic Stress Disorder (PTSD)
- b. Compassion Fatigue
- c. Burnout
- d. Secondary Traumatic Stress Disorder (STSD)

5. Which of the following could be considered a traumatic event?

- a. Failing a test
- b. Graduating high school
- c. Sexual assault
- d. Breaking a bone

6. The side effects of trauma are universal for all people

- a. True
- b. False

7. All of the following are key ingredients for successful trauma-informed care, except:

- a. Trustworthiness
- b. Safety
- c. Privacy
- d. Patient empowerment

8. What is a common trauma response for first responders?

- a. Numbness/detachment
- b. Muscle tremors
- c. Loss of memory
- d. Elevated blood pressure

9. High achieving adults often respond to trauma through cognitive and existential responses.

- a. True
- b. False

10. Intergenerational trauma often leads to

- a. Family separation
- b. Substance misuse and disorders
- c. Post-traumatic stress disorder (PTSD)
- d. Communication problems

ACEs

1. _____ is an example of Adverse Childhood Experiences.

- a. Plays violent video games
- b. Experiences cyber bullying
- c. Parent is incarcerated
- d. Learns the Tooth Fairy is not real

2. Which of the following is NOT an example of risks associated with Adverse Childhood Experience (ACEs):

- a. Increased risk of sexually transmitted infections (STIs)
- b. Increased accessibility to education
- c. Stunted brain development
- d. Teenage pregnancy

3. Which of the following may be a community risk factor for ACEs?

- a. Community with unstable housing
- b. Community with older populations
- c. Community with low access to drugs and alcohol
- d. Communities with low unemployment rates

4. Which of the following is a possible strategy to prevent ACEs?

- a. Early childhood education
- b. Connecting youth to mentors and activities
- c. Decrease accessibility of alcohol
- d. Free childcare

5. Adverse childhood experiences (ACEs) are potentially traumatic events that occur between the ages of _____

- a. 0-5
- b. 0-18
- c. 0-17
- d. 2-5

6. Which of the following is not an effective strategy at preventing ACEs?

- a. Strengthen economic supports to families
- b. Intervene to lessen immediate and long-term harms
- c. Promote social norms that protect against violence and adversity
- d. Allow children to teach themselves and not rely on adults

7. The foundation ACE study was conducted by the Centers for Disease Control and Kaiser Permanente in the early 2000s.

- a. True
- b. False

8. In 2015, the RYSE Center adapted the ACEs pyramid to include two layers on the bottom that aligns better with the Socio-Ecological Model and accounts for the influences of each sphere on health outcomes. What are the two bottom layers of the ACES pyramid?

- a. Historical trauma & racial/social context
- b. Early death & grief
- c. Allostatic load & cognitive impairment
- d. Criminalization & disability

9. The ACE study found a direct link between _____ and adult onset of chronic disease, incarceration, and employment challenges.

- a. Childhood trauma
- b. Premature birth
- c. Adoption
- d. Sibling loss

10. What 5 factors promote resiliency when considering Adverse Childhood Experiences (ACEs)?

- a. Communication, Confidence, Control, Carefree, Competence/Commitment
- b. Connection, Coincidence, Competence, Commitment, and Control
- c. Connection, Communication, Confidence, Competence/Commitment and Control
- d. Communication, Competence/Commitment, Control, Collaboration, Calmness

Cultural Considerations

1. Which age group experiences intensified grief response because they lack adequate social supports?

- a. Children 3-5 years
- b. Older Persons 60+ years
- c. Adolescents 13-19 years
- d. Middle-Aged Adults 40-60 years

2. _____ refers to the various social stereotypes and judgements that people unknowingly assign to others based on a variety of factors such as socioeconomic status, weight, gender, race, and/or sexual orientation.

- a. Stereotype
- b. Judgement
- c. Evaluation
- d. Implicit bias

3. There are significant differences in the rates of access, diagnosis, and treatment for African Americans that negatively impact their health.

- a. True
- b. False

4. An African American individual who needs antidepressant therapy and has insurance coverage, is less likely to receive services due to their race.

- a. True
- b. False

5. Indigenous people experience higher rates of

- a. substance use, PTSD, and suicide
- b. COVID-19 related deaths
- c. Violence
- d. Stalking

6. Indigenous people are _____ more likely to die from alcohol use than are non-indigenous people.

- a. 75%
- b. 20%
- c. 526%
- d. 300%

7. Culture is the learned and shared knowledge that specific groups use to generate their behavior and interpret their experience of the world.

- a. True
- b. False

8. What is cultural competence?

- a. Enables work in cross-cultural situations
- b. You are not an authority in the values and beliefs of every cultur, rather you seek culutral humility.
- c. Is important in meeting legislative, regulatory, and accreditation mandates.
- d. All of the above.

9. It is safe to assume that lack of eye contact is a sign that your client is not engaged.

- a. True
- b. False

10. LGBTQIA+ are not at a greater risk for discrimination, verbal abuse, physical assaults and violence, and perhaps even childhood sexual abuse.

- a. True
- b. False

Compassion Fatigue

1. Which of the following is an example of a symptom of compassion fatigue?

- a. Motivation
- b. Irritability
- c. Burn out
- d. Loneliness

2. Compassion fatigue is defined as “the emotional and physical fatigue experienced by professionals due to their chronic use of empathy in helping others in distress”

- a. True
- b. False

3. How can someone prevent experiencing compassion fatigue?

- a. Only working part time
- b. Creating a maintainable self-care routine
- c. Going on annual vacations
- d. Going to therapy

4. Vicarious Trauma is the emotional residue of exposure to traumatic stories and experiences of others through work; witnessing fear, pain, and terror that others have experienced.

- a. True
- b. False

5. Which is not a symptom of Compassion Fatigue?

- a. Flashbacks
- b. Anger and Irritability
- c. Joy
- d. Sleep Challenges

6. Compassion Satisfaction care comes from providing care which requires Kindness, Empathy, Self-Disclosure and Sensitivity.

- a. True
- b. False

7. What is not an example of empathy?

- a. Attempt to understand how the other person feels.
- b. I feel sad when I am around someone else who is sad.
- c. It upsets me to see someone who is disrespected.
- d. I find it difficult to see something from someone else's point of view.

8. The goal of counseling is for wellness for both the therapist and the client.

- a. True
- b. False

9. Which of the following are Mindfulness Exercises:

- a. Five Senses
- b. Body Scan
- c. Box Breathing
- d. Self Compassion Pause
- e. All of the above

10. Unlike other health care providers, behavioral health professionals are required to use their "own personal psychological resources", like kindness and empathy to do their job.

- a. True
- b. False

