

CFRP PDF Cram Exam, CFRP Test Questions

CFRP Practice Test questions with correct answers

What does WRAP stand for? - Ans - Wellness Recovery Action Plan

What elements are central to recovery as identified by SAMHSA? - Ans - Holistic, Hope, Self-direction, Individualized and person centered, empowerment, nonlinear, strengths-based, respect, peer support

Rights of Passage (ROP) - Ans - A community based model for african american youth

Interpersonal and Intrapersonal factors to consider for cultural competency are - Ans - (1) sociocultural and demographic descriptors, (2) historic and current sociopolitical context, (3) cultural values beliefs and behaviors, (4) family & kinship network, (5) acculturation and adaptation styles, (6) developmental life stage, (7) multicultural identity development, (8) individual presentation style, (9) intrapersonal variables

Who developed the WRAP? - Ans - Developed by Mary Ellen Copeland in the 1960s.

What are the components of a WRAP? - Ans - (1) triggers, (2) crisis plan, (3) daily maintenance plan, (4) early warning signs

How many principles of psychiatric rehabilitation are there? - Ans - 12

How are the principles of psychiatric rehabilitation grouped? - Ans - 1-3: Role of the Practitioner

4-10: Best practices in the field
11-12: Service delivery

What are principles 1-3 of Psychiatric Rehabilitation? - Ans - Principles 1-3 relate to the role of the practitioner.

(1) PRP Practitioners convey hope and respect. Believe that all individuals have the capacity for learning and growth.

(2) PRP practitioners recognize that culture is central to recovery and strive to provide culturally appropriate and relevant services to consumers.

(3) PRP practitioners engage in the process of informed, shared decision-making and facilitate partnerships with other people/resources the individual receiving services has identified.

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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q11-Q16):

NEW QUESTION # 11

Between the ages of five and twelve years, a child is typically

- A. forming an attachment to caregivers and teachers.
- **B. developing skills and a sense of pride in accomplishments.**
- C. exploring interpersonal skills through initiating activities.
- D. coming to terms with emerging sexuality.

Answer: B

Explanation:

Supporting health and wellness in the CFRP framework includes understanding developmental stages.

Between ages five and twelve, children are typically in Erikson's industry vs. inferiority stage, developing skills and a sense of pride in accomplishments through tasks like schoolwork and hobbies. The CFRP study guide notes, "From ages five to twelve, children focus on developing skills and a sense of pride in accomplishments, building competence and self-esteem." Exploring interpersonal skills (option A) is less specific, forming attachments (option C) is more relevant to earlier stages, and emerging sexuality (option D) typically occurs in adolescence.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Children aged five to twelve typically develop skills and pride in accomplishments, aligning with the industry vs. inferiority developmental stage." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Developmental Stages.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child Development.

NEW QUESTION # 12

The system of care model emphasizes the importance of a strengths-based, empathetic, nonjudgmental approach to a:

- A. Family practice.
- **B. Collaborative partnership.**
- C. Provider alliance.
- D. Congenial relationship.

Answer: B

Explanation:

The Systems Competencies domain underscores the system of care model, which prioritizes collaborative, family-centered approaches. The PRA CFRP Study Guide 2024-2025 defines a collaborative partnership as a strengths-based, empathetic, and nonjudgmental relationship between practitioners, families, and other stakeholders to support the child's recovery.

Option A (Collaborative partnership) is correct because the PRA framework emphasizes partnerships that empower families and integrate services, aligning with the system of care principles.

Option B (Congenial relationship) is incorrect because "congenial" implies friendliness but lacks the depth of collaboration required by the PRA.

Option C (Family practice) is incorrect because this term refers to medical practice, not the system of care model.

Option D (Provider alliance) is incorrect because it focuses on providers, not the family-centered partnership central to the PRA guidelines.

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Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Systems Competencies:
System of Care Model.

PRA Certification Candidate Handbook, Competency Domain 6: Systems Competencies.

PRA Code of Ethics, Principle 2: Family-Centered Practice.

NEW QUESTION # 13

Collaboration with a child involves

- A. instructing the child to problem solve.
- B. observing the child's behaviors.
- C. asking the child to identify barriers.
- D. reinforcing the child's effort.

Answer: D

Explanation:

Collaboration with children in the CFRP framework, under interpersonal competencies, emphasizes empowering them through positive reinforcement and partnership. Reinforcing the child's effort encourages engagement and builds confidence in their ability to contribute to their recovery. The CFRP study guide states, "Collaboration with a child involves reinforcing their efforts to foster active participation and self-efficacy in the recovery process." Instructing problem-solving (option A) or asking to identify barriers (option C) may be part of collaboration but are directive rather than reinforcing. Observing behaviors (option B) is a practitioner task, not a collaborative act.

* CFRP Study Guide (Section on Interpersonal Competencies): "Effective collaboration with children involves reinforcing their efforts to promote engagement and build self-efficacy in their recovery journey." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Child-Centered Collaboration.

Psychiatric Rehabilitation Association (PRA) Guidelines on Strengths-Based Engagement.

NEW QUESTION # 14

Mental health treatment is expanding to include

- A. functional family therapy.
- B. individualized goal planning.
- C. school modifications.
- D. peer-to-peer support.

Answer: A

Explanation:

The CFRP framework highlights the expansion of mental health treatment to include evidence-based practices that address family dynamics. Functional family therapy (FFT) is a recognized intervention being increasingly integrated into mental health treatment for children and youth, focusing on improving family relationships and communication. The CFRP study guide explains, "Mental health treatment is expanding to include functional family therapy, which targets family dynamics to support child and adolescent recovery." School modifications (option A) are accommodations, not treatments. Individualized goal planning (option B) is part of treatment but not a specific expansion. Peer-to-peer support (option C) is valuable but less central than FFT in treatment expansion.

* CFRP Study Guide (Section on Supporting Health and Wellness): "The expansion of mental health treatment includes functional family therapy, an evidence-based approach that strengthens family relationships to support recovery." References:

CFRP Study Guide, Section on Supporting Health and Wellness, Evidence-Based Treatments.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Based Interventions.

NEW QUESTION # 15

Reform, when referenced with expanding home and community-based services, often comes in response to

- A. economic decline.
- B. population growth.
- C. legal action.
- D. educational initiatives.

Answer: C

Explanation:

Within the CFRP framework, systems competencies include understanding the broader systemic factors that influence service delivery, such as policy and legal frameworks. Reforms expanding home and community-based services often arise in response to legal action, such as court rulings or settlements that mandate improved access to community-based care over institutionalization. The CFRP study guide highlights that

"legal actions, including lawsuits and advocacy efforts, have historically driven reforms to expand home and community-based services, ensuring compliance with federal mandates like the Olmstead decision." Educational initiatives (option A), economic decline

(option B), and population growth (option C) may influence service needs but are not the primary drivers of such reforms compared to legal mandates.

* CFRP Study Guide (Section on Systems Competencies): "Reforms expanding home and community- based services are often prompted by legal action, such as court rulings or advocacy efforts, to ensure equitable access to care." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Systems Competencies, Policy and Legal Frameworks.

Psychiatric Rehabilitation Association (PRA) Guidelines on Systems Advocacy.

NEW QUESTION # 16

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