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CPRP 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 (Q89-Q94):

NEW QUESTION # 89

Emotional regulation can be acquired through

- A. developing natural supports.
- B. modeling appropriate and inappropriate expressions.
- **C. teaching and reinforcing social skills.**
- D. practicing executive functioning.

Answer: C

Explanation:

In the CFRP framework, strategies for facilitating recovery include promoting emotional regulation as a critical skill for children's mental health. Teaching and reinforcing social skills is an effective method for acquiring emotional regulation, as it equips children with tools to manage emotions in social contexts. The CFRP study guide states, "Emotional regulation is often acquired through teaching and reinforcing social skills, which help children navigate emotions and interactions effectively." Developing natural supports (option B) fosters resilience but is less direct for emotional regulation. Practicing executive functioning (option C) supports cognitive skills but is not the primary method. Modeling expressions (option D) can help but is less comprehensive than social skills training.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Teaching and reinforcing social skills is a key method for helping children acquire emotional regulation, enabling effective management of emotions in social settings." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Strategies for Facilitating Recovery, Emotional Regulation.

Psychiatric Rehabilitation Association (PRA) Guidelines on Social-Emotional Learning.

NEW QUESTION # 90

The MOST significant factor contributing to a child's healthy growth and well-being is

- A. socioeconomic status.
- B. genetics.
- **C. strong relationships.**
- D. culture.

Answer: C

Explanation:

Supporting health and wellness in the CFRP framework emphasizes the foundational role of relationships in child development. Strong relationships, particularly with caregivers and supportive adults, are the most significant factor contributing to a child's healthy growth and well-being, providing emotional security and resilience. The CFRP study guide notes, "Strong relationships with caregivers and supportive adults are the most significant factor in promoting a child's healthy growth and well-being, fostering emotional and social development." Socioeconomic status (option A), culture (option B), and genetics (option D) influence well-being but are secondary to the impact of relationships.

* CFRP Study Guide (Section on Supporting Health and Wellness): "The most significant factor for a child's healthy growth and well-being is strong relationships, which provide the emotional foundation for resilience and development." References: CFRP Study Guide, Section on Supporting Health and Wellness, Relational Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Child Development.

NEW QUESTION # 91

The term evidence-based practice refers to successful interventions that must have

- A. appeared in articles discussing caregiver satisfaction with the intervention.
- **B. been tested through multiple trials, with findings reported by teams of investigators.**
- C. produced positive survey results when children and caregivers were asked about the intervention.
- D. been used by practitioners in the field of psychiatric rehabilitation with positive results.

Answer: B

Explanation:

In the CFRP framework, supporting health and wellness relies on evidence-based practices (EBPs), which are interventions rigorously tested for efficacy. Evidence-based practices must have been tested through multiple trials, with findings reported by teams of investigators, ensuring scientific validity and reliability. The CFRP study guide states, "Evidence-based practices are interventions that have been tested through multiple rigorous trials, with findings reported by teams of investigators, confirming their effectiveness." Caregiver satisfaction articles (option B) or survey results (option D) may provide feedback but do not define EBPs. Practitioner use with positive results (option C) is insufficient without formal research validation.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Evidence-based practices are defined as interventions tested through multiple trials, with findings reported by investigative teams, ensuring scientific validation of their success." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Supporting Health and Wellness, Evidence-Based Practices.

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

NEW QUESTION # 92

During assessment, it is important to encourage children to talk about their experiences and perceptions because children often

- A. are unaware of their strengths and weaknesses.
- B. repress their memories and feelings.
- C. are excited to talk about themselves.
- D. hide important information about themselves.

Answer: A

Explanation:

In the CFRP framework, assessment, planning, and outcomes emphasize engaging children in the assessment process to gain insight into their needs and strengths. Encouraging children to talk about their experiences and perceptions is critical because they are often unaware of their strengths and weaknesses, which can inform tailored interventions. The CFRP study guide states, "During assessments, practitioners should encourage children to share their experiences and perceptions, as children are often unaware of their strengths and weaknesses, providing valuable insights for planning." While children may be excited to talk (option A), repress memories (option C), or hide information (option D), these are less universal and less directly tied to the purpose of identifying strengths and weaknesses.

* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "Encouraging children to discuss their experiences during assessments is essential, as they are often unaware of their strengths and weaknesses, which informs effective planning." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Assessment, Planning, and Outcomes, Child-Centered Assessments.

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

NEW QUESTION # 93

Defining the limits of exchanging information with persons outside of the treatment team is an example of

- A. protecting confidentiality.
- B. self-determination.
- C. shared decision-making.
- D. informed consent.

Answer: A

Explanation:

Professional role competencies in the CFRP framework include adhering to ethical standards, such as protecting confidentiality. Defining the limits of exchanging information with persons outside the treatment team is a clear example of protecting confidentiality, ensuring client privacy and trust. The CFRP study guide states, "Protecting confidentiality involves defining the limits of information exchange with individuals outside the treatment team to maintain client trust and ethical practice." Self-determination (option A) relates to client autonomy, shared decision-making (option B) involves collaborative choices, and informed consent (option C) pertains to agreeing to treatment, none of which directly address information limits.

* CFRP Study Guide (Section on Professional Role Competencies): "Defining the limits of exchanging information with persons outside the treatment team is a key aspect of protecting confidentiality, ensuring ethical and trustworthy practice." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Professional Role Competencies, Ethical

Practice.

Psychiatric Rehabilitation Association (PRA) Guidelines on Confidentiality.

NEW QUESTION # 94

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