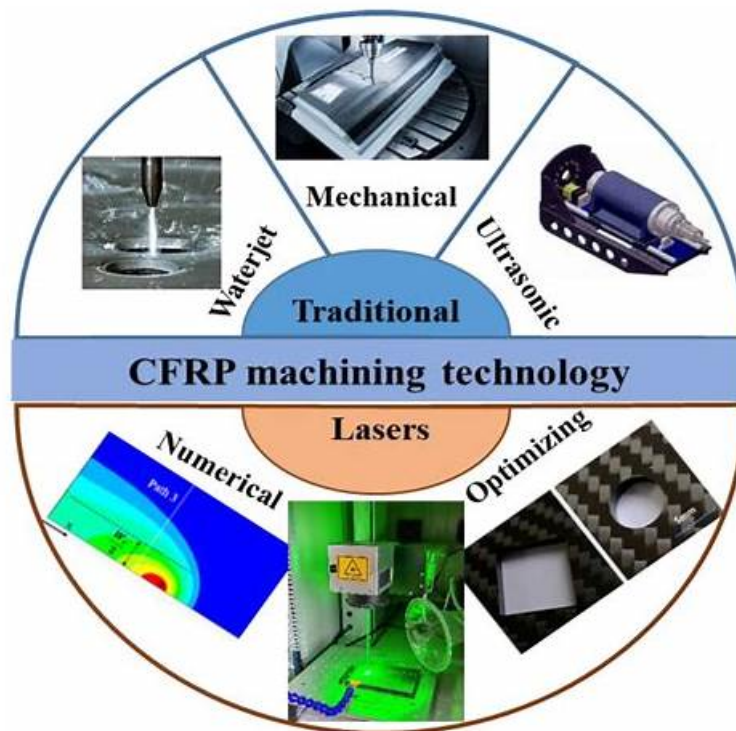


CFRP Detailed Study Plan - CFRP Training Kit



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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q27-Q32):

NEW QUESTION # 27

Which of the following interventions would be the MOST appropriate to help a family access needed services?

- A. Provide the family with a prepared plan to ensure they receive the services they need.

- B. Enroll the family in services based on needs identified by the practitioner.
- **C. Work with the family to identify barriers to service utilization.**
- D. Encourage the family to find support services on their own to foster independence.

Answer: C

Explanation:

The Systems Competencies domain focuses on collaborating with families to navigate and access community resources effectively. The PRA CFRP Study Guide 2024-2025 emphasizes family-centered practice, where practitioners partner with families to identify barriers (e.g., transportation, stigma, or lack of information) and develop tailored solutions to access services. This approach empowers families and ensures services align with their needs.

Option B (Work with the family to identify barriers to service utilization) is correct. The PRA guidelines highlight that identifying barriers collaboratively respects family autonomy and builds trust. This intervention enables the practitioner to address specific obstacles, such as logistical issues or mistrust, ensuring sustainable access to services.

Option A (Provide the family with a prepared plan to ensure they receive the services they need) is incorrect because a practitioner-imposed plan disregards family input, violating the PRA's family-centered principles.

Option C (Enroll the family in services based on needs identified by the practitioner) is incorrect because unilateral enrollment bypasses family collaboration. The PRA Code of Ethics requires involving families in decision-making.

Option D (Encourage the family to find support services on their own to foster independence) is incorrect because it places undue burden on the family, especially if barriers like lack of knowledge or resources exist.

The PRA framework emphasizes guided support over unsupported independence.

:

Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Systems Competencies:

Accessing Community Resources.

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

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

NEW QUESTION # 28

A practitioner engages and interacts in ways that invite a curious exploration of potential. This is an example of which of the following approaches?

- **A. Strength-based**
- B. Family-based
- C. Individual-based
- D. Culture-based

Answer: A

Explanation:

The CFRP framework emphasizes a strength-based approach within strategies for facilitating recovery, which involves engaging individuals in ways that highlight their potential and encourage exploration of possibilities.

A practitioner inviting a curious exploration of potential exemplifies a strength-based approach, focusing on the child's or family's capabilities and aspirations. The CFRP study guide notes, "A strength-based approach involves engaging and interacting in ways that invite a curious exploration of potential, empowering individuals to discover their strengths." Culture-based (option A) focuses on cultural contexts, individual-based (option C) is less specific, and family-based (option D) emphasizes family dynamics rather than potential exploration.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "Engaging in ways that invite a curious exploration of potential is a hallmark of the strength-based approach, fostering empowerment through discovery of strengths." References:

CFRP Study Guide, Section on Strategies for Facilitating Recovery, Strength-Based Practices.

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

NEW QUESTION # 29

A family is refusing to work with a practitioner, stating they already have too many service providers. They do not want another new person working with their child. What is the BEST course of action for the practitioner to take?

- A. Accept the family's decision and move on to the next referral.
- B. Call the other service providers and request they close services with the family.
- C. Encourage the family to work with the practitioner for at least one month.
- **D. Coordinate a meeting with the family and all of the service providers.**

Answer: D

Explanation:

This question falls under the Systems Competencies domain, which focuses on collaboration with families, service providers, and community systems to support the child's recovery. The PRA CFRP Study Guide 2024-2025 emphasizes that practitioners must prioritize family-centered care and coordinate services to reduce fragmentation and overwhelm, especially when families feel burdened by multiple providers.

Option C (Coordinate a meeting with the family and all of the service providers) is the best course of action.

The PRA guidelines highlight that when a family resists additional services due to provider overload, the practitioner should facilitate collaboration among existing providers to streamline care. Coordinating a meeting allows the practitioner to clarify roles, align goals, and address the family's concerns, fostering trust and reducing redundancy. This approach aligns with the PRA's emphasis on systems integration and family empowerment.

Option A (Accept the family's decision and move on to the next referral) is incorrect because it dismisses the family's needs without exploring solutions. The PRA Code of Ethics requires practitioners to advocate for families and seek collaborative resolutions rather than disengaging.

Option B (Encourage the family to work with the practitioner for at least one month) is incorrect because it disregards the family's expressed concerns about provider overload. The PRA study guide advises against pressuring families, as this can erode trust and engagement.

Option D (Call the other service providers and request they close services with the family) is incorrect because it oversteps the practitioner's role and disregards the family's autonomy. The PRA framework emphasizes that decisions about service closure should involve the family and be based on their needs, not unilateral action by the practitioner.

References:

Psychiatric Rehabilitation Association, CFRP Study Guide 2024-2025, Section on Systems Competencies: Collaboration and Service Coordination.

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

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

NEW QUESTION # 30

Practitioners play a critical role as members of a treatment team. This role includes

- **A. supporting family communication about medication concerns.**
- B. providing subjective assessment of medication side-effects.
- C. recommending discontinuation of medications.
- D. managing medication to ensure compliance.

Answer: A

Explanation:

In the CFRP framework, professional role competencies emphasize the practitioner's role within a treatment team, which includes facilitating family-driven care. Practitioners support family communication about medication concerns, helping families express questions and preferences to medical professionals. The CFRP study guide states, "As treatment team members, practitioners play a critical role in supporting family communication about medication concerns, ensuring families are informed and engaged." Managing medication (option B) or recommending discontinuation (option D) falls to medical professionals, not CFRP practitioners. Providing subjective assessments of side-effects (option C) is not a primary role, as this requires clinical expertise beyond the practitioner's scope.

* CFRP Study Guide (Section on Professional Role Competencies): "Practitioners contribute to treatment teams by supporting family communication about medication concerns, fostering informed decision-making." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Professional Role Competencies, Treatment Team Roles.

Psychiatric Rehabilitation Association (PRA) Guidelines on Collaborative Care.

NEW QUESTION # 31

WRAP for Kids requires

- A. medication compliance.
- **B. voluntary participation in the process.**
- C. parental inclusion in decision making.
- D. practitioner-led classes.

Answer: B

Explanation:

WRAP (Wellness Recovery Action Plan) for Kids is a recovery-focused tool within the CFRP framework that empowers children to identify strategies for wellness. A key requirement of WRAP for Kids is voluntary participation, ensuring the child is engaged and motivated in the process. The CFRP study guide notes,

"WRAP for Kids requires voluntary participation to ensure the child is actively involved in developing and implementing their wellness plan." Parental inclusion (option A) is encouraged but not a strict requirement, as the focus is on the child's agency.

Practitioner-led classes (option B) are not part of the WRAP process, which is individualized. Medication compliance (option D) is unrelated to WRAP, which focuses on non-medical wellness strategies.

* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "WRAP for Kids is a child-centered process that requires voluntary participation to ensure engagement and ownership of the wellness plan." References:

Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Strategies for Facilitating Recovery, WRAP for Kids.

Psychiatric Rehabilitation Association (PRA) Guidelines on Wellness Recovery Action Planning.

NEW QUESTION # 32

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