

# Pass Guaranteed Updated Psychiatric Rehabilitation Association - CFRP - Technical Certified Child and Family Resiliency Practitioner (CFRP) Training

**Certified Psychiatric Rehabilitation Practitioner(CPRP) Exam LATEST UPDATE**

**2024/2025 VERIFIED QUESTIONS AND ANSWERS**

**GRADED A GUARANTEED PASS!!!**

Psychiatric Rehabilitation Correct Answer ..... promotes recovery, full community integration and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives. Psychiatric rehabilitation services are collaborative, person-directed and individualized. These services are an essential element of the health care and human services spectrum, and should be evidenced-based.

WRAP Correct Answer: Wellness Recovery Action Plan

Assertive Community Treatment (ACT) Correct Answer: -an evidence-based practice that improves outcomes for people with severe mental illness who are most vulnerable to homelessness and hospitalization.

Principles of Psych Rehab Groupings Correct Answer: 1-3= Roles of the Practitioners  
4-10= Best Practices in the Field  
11-12 PsyR Service Delivery

Evidence-Based Practice (EBP) Correct Answer: - recognizes the importance of understanding and following research recommendations, while taking into account the service provider's clinical expertise and the goals, preferences, interests, values, and characteristics of the people using the service

Empirically Supported Treatment (EST) Correct Answer: -a type of intervention that has been proven effective, such as cognitive behavioral therapy for treatment of depression.

Evidenced-Based Medicine (EBM) Correct Answer: -the process an individual practitioner follows in selecting the appropriate intervention for one individual diagnosed with a particular condition who is experiencing specific symptoms.

Recovery Correct Answer ..... a deeply personal unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. it is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

Recovery Relating to principles of PsyR Correct Answer: Recovery from mental illness involves much more than recovery from the illness, itself. People with mental illness(es) may have to recover from the stigma that they incorporated into their very being; from the iatrogenic effects of treatment setting; from the lack of recent opportunities for self-determination; from the negative side effects of unemployment; and from crushed dreams. Recover is a complex, time-consuming process.

The Eight Essential Features of recover-oriented mental health services Correct Answer: 1. Recovery can occur without professional intervention.  
2. A common denominator of recovery is the presence of individuals who believe in the person in recovery and will stand by him/her.  
3. Recovery as a vision does function as a part of a person's ideas or theories about "mental illnesses".

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## **Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q12-Q17):**

### **NEW QUESTION # 12**

One of the best strategies a practitioner can teach parents of a transition-age youth is to communicate in a manner that is

- A. detailed and illustrative.
- **B. short and to the point.**
- C. rational and in-depth.
- D. slow and deliberate.

### **Answer: B**

Explanation:

In the CFRP framework, transition-age youth services include equipping parents with effective communication strategies to support their youth. Teaching parents to communicate in a manner that is short and to the point is one of the best strategies, as it respects the youth's need for autonomy and clarity while avoiding overwhelming them. The CFRP study guide explains, "A key strategy for parents of transition-age youth is to communicate in a short and to-the-point manner, fostering clear and respectful interactions." Slow and deliberate (option A), detailed and illustrative (option B), or rational and in-depth (option C) communication may be less effective, as they can feel overbearing or disengaging to youth.

\* CFRP Study Guide (Section on Transition-Age Youth Services): "Practitioners should teach parents of transition-age youth to communicate in a short and to-the-point manner to promote effective and respectful engagement." References:

CFRP Study Guide, Section on Transition-Age Youth Services, Parent Communication Strategies.

Psychiatric Rehabilitation Association (PRA) Guidelines on Youth and Family Engagement.

### **NEW QUESTION # 13**

Transition-age youth with serious mental illnesses are more likely than their typical peers to

- A. become involved in abusive relationships and self-harm
- **B. be involved in the legal system and attempt suicide.**
- C. abuse drugs and alcohol and become homeless.
- D. engage in cyberbullying and drop out of school.

### **Answer: B**

Explanation:

In the CFRP framework, transition-age youth services address the heightened risks faced by youth with serious mental illnesses. These youth are more likely than their typical peers to be involved in the legal system (e.g., due to behavioral issues) and attempt suicide (due to mental health challenges). The CFRP study guide states, "Transition-age youth with serious mental illnesses face increased risks of legal system involvement and suicide attempts compared to their peers, necessitating targeted interventions." While drug abuse and homelessness (option A), cyberbullying and dropout (option B), and abusive relationships and self-harm (option C) are risks, legal system involvement and suicide attempts are more consistently documented as prevalent outcomes.

\* CFRP Study Guide (Section on Transition-Age Youth Services): "Compared to their typical peers, transition-age youth with serious mental illnesses are more likely to be involved in the legal system and attempt suicide, requiring specialized support." References:

CFRP Study Guide, Section on Transition-Age Youth Services, Risk Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Transition-Age Youth Mental Health.

### **NEW QUESTION # 14**

Once regarded as the primary cause of a child's challenges, who are now seen as key collaborators in the development of the child's resilience?

- **A. Parents**

- B. Doctors
- C. Clergy
- D. Teachers

**Answer: A**

Explanation:

The CFRP framework emphasizes the shift in perspective from viewing parents as the cause of a child's challenges to recognizing them as key collaborators in fostering resilience. This aligns with the family-driven approach central to interpersonal competencies, which prioritizes partnership with parents to support child recovery. The CFRP study guide states, "Historically, parents were often blamed for their child's challenges, but current practice recognizes parents as essential collaborators in building resilience and promoting recovery." Clergy (option B), teachers (option C), and doctors (option D) may play supportive roles, but parents are uniquely positioned as primary caregivers and partners in the child's daily life and recovery process.

\* CFRP Study Guide (Section on Interpersonal Competencies): "Parents, once seen as the primary cause of a child's challenges, are now valued as key collaborators in developing resilience and supporting recovery through family-driven practices." References: Certified Child and Family Resiliency Practitioner (CFRP) Study Guide, Section on Interpersonal Competencies, Family-Driven Care.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family Collaboration.

**NEW QUESTION # 15**

Wraparound for children and youth is a

- A. self-designed intervention and wellness tool for the child and family.
- B. collaborative plan designed by a clinician, teacher, and case manager.
- C. community-based, collaborative service that focuses on preventing hospitalization and suicide risk.
- D. **community-based, individualized service that focuses on the strengths and needs of the child and family.**

**Answer: D**

Explanation:

In the CFRP framework, Wraparound is a key approach within assessment, planning, and outcomes, designed to support children and families holistically. Wraparound is a community-based, individualized service that focuses on the strengths and needs of the child and family, involving tailored plans and community resources.

The CFRP study guide states, "Wraparound is a community-based, individualized service that builds on the strengths and addresses the needs of the child and family to promote resilience and recovery." It is not self- designed (option A), as it involves professional facilitation. It is not limited to clinicians, teachers, and case managers (option C) or focused solely on preventing hospitalization and suicide (option D), but rather encompasses broader family-driven goals.

\* CFRP Study Guide (Section on Assessment, Planning, and Outcomes): "Wraparound is a community- based, individualized service that focuses on the strengths and needs of the child and family, fostering resilience through collaborative, tailored planning." References:

CFRP Study Guide, Section on Assessment, Planning, and Outcomes, Wraparound Services.

Psychiatric Rehabilitation Association (PRA) Guidelines on Family-Centered Wraparound.

**NEW QUESTION # 16**

A child's participation in the development of an action plan

- A. teaches social skills.
- B. ensures positive outcomes.
- C. reinforces resiliency.
- D. **increases locus of control.**

**Answer: D**

Explanation:

In the CFRP framework, strategies for facilitating recovery include empowering children by involving them in their own action plans. A child's participation in developing an action plan increases their locus of control, fostering a sense of agency and responsibility for their recovery. The CFRP study guide states, "Involving children in the development of their action plans increases their locus of control, empowering them to take an active role in their recovery process." While participation may also teach social skills (option B) or reinforce resiliency (option D), these are secondary benefits. Ensuring positive outcomes (option C) is not guaranteed by

participation alone, as outcomes depend on multiple factors.

\* CFRP Study Guide (Section on Strategies for Facilitating Recovery): "A child's active participation in creating an action plan increases their locus of control, promoting empowerment and engagement in recovery." References:

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

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

## NEW QUESTION # 17

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