

Psychiatric Rehabilitation Association CFRP Study Demo - CFRP Test Score Report

CFRP and CPRP Exam Study Guide: Best Practices in Psychiatric Rehabilitation Exam questions with correct answers

1. **In psychiatric rehabilitation, we define the desired outcome as:** recovery - a life of meaning and purpose for people who live with mental health conditions.
2. **To know whether a practice is effective, research and evaluation must::**
- Demonstrate that the practice does achieve the outcome desired. When a certain threshold of research evidence is reached, showing that one practice has better outcomes than alternatives, the practice is evidence-based.
3. **Evidence-Based Practices::** Specific interventions and service models that have been shown effective through multiple high-quality research studies by different research teams
4. **Best Practices::** Those approaches, tools, and techniques that are recognized as desirable and effective, but have not yet been studied adequately and so lack evidence.
5. **The Four Over-Arching Themes of Psychiatric Rehabilitation::** 1. Services that are person-centered
2. Services focused on full integration and participation in a person's community of choice.
3. Vigilance and activism to combat prejudice and discrimination.
4. Effective and ongoing training that is relevant to the field and targeted towards developing the attitudes, knowledge, and skill needed to be an effective psychiatric rehabilitation practitioner.
6. **Person-Centered Services are Built On::** Self-determination, choice, and promote individual responsibility.
7. **Service Plans in Psychiatric Rehabilitation are Designed to::** Define and achieve goals that are personally relevant and valuable.
8. **Assessment and Interventions in Psychiatric Rehabilitation Target::** The skills and supports needed to achieve personal goals.
9. **Psychiatric Rehabilitation Services focus on::** the whole of a person and what is needed to promote overall wellness in all life domains.

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Psychiatric Rehabilitation Association Certified Child and Family Resiliency Practitioner (CFRP) Sample Questions (Q80-Q85):

NEW QUESTION # 80

Which of the following will ease the family's subjective burden of having a child with a psychiatric experience?

- A. Addressing the limitations of the mental health system
- B. Explaining the need to accept the child's behaviors
- C. Addressing their sense of grief and loss
- D. Refocusing their attention on family bonds

Answer: C

Explanation:

Interpersonal competencies in the CFRP framework involve supporting families emotionally when a child has a psychiatric condition. Addressing the family's sense of grief and loss is key to easing their subjective burden, as it validates their emotional experience and fosters coping. The CFRP study guide emphasizes, "To ease the subjective burden of families with a child experiencing psychiatric issues, practitioners should address their sense of grief and loss, helping them process emotions and build resilience." Accepting behaviors (option A) may feel dismissive. Refocusing on family bonds (option B) is supportive but less direct. Discussing system limitations (option C) does not address emotional burden.

* CFRP Study Guide (Section on Interpersonal Competencies): "Addressing the family's sense of grief and loss is essential to ease the subjective burden of having a child with a psychiatric experience, supporting emotional coping." References:

CFRP Study Guide, Section on Interpersonal Competencies, Family Emotional Support.

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

NEW QUESTION # 81

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

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

Answer: A

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 # 82

According to the Adverse Childhood Experience (ACE) Study, adverse childhood experiences have been linked to the following

health problems.

- A. Diabetes, acne, and anxiety
- B. Attention deficit hyperactivity disorder, eczema, and asthma
- **C. Cancer, sexually transmitted diseases, and depression**
- D. Obesity, psoriasis, and head trauma

Answer: C

Explanation:

Supporting health and wellness in the CFRP framework includes understanding the long-term impacts of adverse childhood experiences (ACEs). The ACE Study links ACEs to health problems such as cancer, sexually transmitted diseases, and depression, due to their influence on physical and mental health outcomes.

The CFRP study guide states, "The Adverse Childhood Experience Study demonstrates that ACEs are associated with increased risks of cancer, sexually transmitted diseases, and depression, reflecting their broad impact on health." Options A, B, and D include conditions (e.g., acne, psoriasis, eczema) not directly linked to ACEs in the study's findings.

* CFRP Study Guide (Section on Supporting Health and Wellness): "Per the ACE Study, adverse childhood experiences are linked to health issues like cancer, sexually transmitted diseases, and depression, highlighting their significant health consequences."

References:

CFRP Study Guide, Section on Supporting Health and Wellness, Adverse Childhood Experiences.

Psychiatric Rehabilitation Association (PRA) Guidelines on Trauma and Health Outcomes.

NEW QUESTION # 83

Assessment, planning, linking, and monitoring are core functions of

- **A. case management.**
- B. medication management.
- C. psychiatric care.
- D. care coordination.

Answer: A

Explanation:

In the CFRP framework, community integration involves connecting families to resources through structured processes. Assessment, planning, linking, and monitoring are core functions of case management, which ensures families access appropriate services and supports. The CFRP study guide states, "Case management includes the core functions of assessment, planning, linking, and monitoring to connect children and families with community resources." Medication management (option A) focuses on pharmaceuticals, psychiatric care (option B) involves clinical treatment, and care coordination (option C) is a broader term that overlaps but is less specific than case management.

* CFRP Study Guide (Section on Community Integration): "The core functions of case management- assessment, planning, linking, and monitoring-facilitate access to community resources for children and families." References:

CFRP Study Guide, Section on Community Integration, Case Management.

Psychiatric Rehabilitation Association (PRA) Guidelines on Community Resource Linkage.

NEW QUESTION # 84

Generational poverty is defined as a

- A. financial event affecting an entire generation.
- **B. family having been in poverty for two or more generations.**
- C. life event that causes poverty for a family lasting up to 20 years.
- D. downward trend in socio-economic status.

Answer: B

Explanation:

Systems competencies in the CFRP framework include understanding socio-economic factors like generational poverty, which impacts family resilience. Generational poverty is defined as a family having been in poverty for two or more generations, reflecting entrenched economic challenges. The CFRP study guide states, "Generational poverty is defined as a family experiencing poverty for two or more consecutive generations, creating systemic barriers to resilience." A life event causing poverty (option A) or a financial

event (option D) is situational, not generational. A downward trend (option B) is too vague to define generational poverty.

* CFRP Study Guide (Section on Systems Competencies): "Generational poverty refers to a family having been in poverty for two or more generations, posing significant systemic challenges to family well-being." References:

CFRP Study Guide, Section on Systems Competencies, Socio-Economic Factors.

Psychiatric Rehabilitation Association (PRA) Guidelines on Poverty and Mental Health.

NEW QUESTION # 85

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