

Self-Test for Children's Mental Health Training

(2 hours of CMH training required the initial license year; 1 hour annually thereafter)

Please complete and return to your licenser for training credit and certificate

1. Name three of the mental health diagnoses discussed.

Depression, GAD and PTSD

2. Autism is a spectrum based disorder of development.

3. One in five teens has Depression.

4. Threats of suicide have three of the five "dos". Name them: Know who to call, Know how to intervene
Always take it seriously

5. Name two diagnoses depression can present with: Anxiety and FASD.

6. Many of the symptoms of Anxiety can be mistaken for depression.

7. Most foster children have extreme or layered Trauma.

8. A child develops coping skills that look like "symptoms" when they come to your home.

9. Name three of the six components to a Post-Traumatic Stress Disorder (PTSD) action plan.

Stay calm, Find the time, get some history

10. Attention Deficit/Hyperactivity Disorder (ADHD) clinical characteristics become more problematic during middle school years.

11. Attachment patterns are formed in the first three years of life.

12. Children diagnosed with Reactive Attachment Disorder (RAD) treat the caring adult as if (name two):

they're the abuser and they've abandoned the child.

13. Fetal Alcohol Spectrum Disorder (FASD) is a life long disorder.

14. Caregiver Fatigue/Grief continues to be the most common reaction from parents who are raising children with mental illness.

15. We often compromise a child's dignity as we discuss their challenges and our frustrations.

16. Name three of your six resources when caring for children with mental health concerns:

School, police and social services

Provider signature

6/10

1-8-21

Training Date

Licenser signature

