



**Instructions:** Read each question and write the letter of the correct choice on the Attestation & Answer sheet. A score of 80% or higher is required to receive credit for this training (8 correct answers).

1. The military consists of how many service branches?
  - a) 1
  - b) 6
  - c) 15
  - d) 100
2. Reserve components allow the U.S. military to maintain a trained and ready force that can be called upon to support active duty personnel during times of conflict and national emergencies.
  - a) True
  - b) False
3. The culture of a civilian is more of an individual first approach, whereas the culture of the military is a collectivism approach.
  - a) True
  - b) False
4. Military families in the U.S. face challenges due to:
  - a) Frequent separations and reunions
  - b) Regular household relocations
  - c) A "mission must come first" mentality
  - d) All of the above
5. An example of an invisible wound includes:
  - a) PTSD
  - b) Substance Use
  - c) Depression/Anxiety
  - d) Traumatic Brain Injury
  - e) None of the above
  - f) All of the above
6. The number of veteran suicides every day is almost double that of the civilian rate.
  - a) True
  - b) False
7. It's best to be indirect and talk about politics, religion and/or yourself when providing CMH services to a veteran.
  - a) True
  - b) False
8. All veterans living in St. Clair County are eligible for Veteran's Navigator services.
  - a) True
  - b) False
9. It's okay to ask a veteran what branch of service they served in.
  - a) True
  - b) False
10. The Veteran's Navigator for SCCCMH is:
  - a) Deb Johnson
  - b) Mickey Mouse
  - c) Wendy Martindale
  - d) Donald Duck