



**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. Recovery is a one-time achievement that is completed once symptoms are reduced.
  - a) True
  - b) False
2. Which of the following best describes a recovery-oriented system of care?
  - a) Focused only on clinical treatment and symptom reduction
  - b) Individualized, person- and community-centered, flexible, and comprehensive
  - c) The same treatment plan for every individual
  - d) Primarily crisis-driven services
3. Recovery is always linear and does not involve setbacks.
  - a) True
  - b) False
4. Which of the following is an example of person-driven recovery?
  - a) A provider choosing goals without client input
  - b) A standardized plan applied to all individuals
  - c) An individual setting personal goals for education and family relationships
  - d) Limiting services to medication only
5. Peer support specialists provide clinical diagnoses and therapy.
  - a) True
  - b) False
6. Which of the following is a core principle of Trauma-Informed Care?
  - a) Confrontation and control
  - b) Safety and trustworthiness
  - c) Provider authority over all decisions
  - d) Ignoring past trauma to focus on the present
7. Recovery-oriented language avoids defining a person solely by their diagnosis.
  - a) True
  - b) False
8. Which of the following best describes integrated health care?
  - a) Treating mental and physical health separately with no communication
  - b) Coordinated delivery of mental health, substance use, and physical health services
  - c) Focusing only on physical health needs
  - d) Referring individuals out without follow-up
9. Recovery is strengthened when individuals with lived experience help shape services and systems.
  - a) True
  - b) False
10. Which of the following is an example of an evidence-based practice (EBP)?
  - a) Treatment based only on opinion
  - b) Unstructured peer advice
  - c) Cognitive-Behavioral Therapy (CBT)
  - d) Services without measurable outcomes