

# 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 licensor for training credit and certificate**

1. Name three of the mental health diagnoses discussed.

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

2. Autism is a \_\_\_\_\_ based disorder of development.

3. One in five teens has \_\_\_\_\_.

4. Threats of suicide have three of the five "dos". Name them: \_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_

5. Name two diagnoses depression can present with: \_\_\_\_\_ and \_\_\_\_\_.

6. Many of the symptoms of \_\_\_\_\_ can be mistaken for depression.

7. Most foster children have extreme or layered \_\_\_\_\_.

8. A child develops \_\_\_\_\_ 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.

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

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

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

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

\_\_\_\_\_ and \_\_\_\_\_.

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

14. \_\_\_\_\_ continues to be the most common reaction from parents who are raising children with mental illness.

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

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

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_  
Provider signature

\_\_\_\_\_  
Training Date

\_\_\_\_\_  
Licensor signature