

Community Support Training 101
September/October 2013



20 Questions Post-Test

1. What's new about community support?
 - A. New definition
 - B. New staff qualifications
 - C. New training requirements
 - D. New key service functions
 - E. All of the above

2. Which of the following is included within the federal definition of rehabilitation?
 - A. Restore basic skills needed to function independently in the community
 - B. Assisting individuals to build capacity to gain access to other services
 - C. Family education and other family services related to the treatment of the person you are serving
 - D. Redevelopment of communication and socialization skills
 - E. All of the above

3. Which of the following is not included in the new definition of community support?
 - A. Community Support services help people develop skills and access resources
 - B. Community support services are provided to maximize an individual's community functioning while achieving and sustaining recovery/resilience from mental illness and/or substance use disorders
 - C. Community support services help people learn about and manage their mental illness or substance use disorder
 - D. Community support services make sure people just maintain their current level of functioning and comply with program rules

4. Which of the following types of experience is acceptable when considering qualifications for community support?

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- A. Providing individual or group services to individuals with developmental disabilities
 - B. Teaching coping skills or developing resources with individuals with substance use disorders
 - C. Supporting efforts to find and maintain employment with individuals with mental illness
 - D. Helping children with serious emotional disturbances learn how to function appropriately in school
 - E. All of the above
5. Sam is 12 years old and is receiving treatment services at your program. As a CSS which of the following is not something you can do to assist the mother?
- A. Provide education on the substance use or emotional disturbance Sam is experiencing
 - B. Help the mother with resources for respite care
 - C. Help the mother go shopping for new clothes to wear to her job
 - D. Work with the family on communication skills within the family
6. Which of the following is a way to facilitate and support recovery/resiliency?
- A. Identify needs, strengths, skills, resources and supports
 - B. Identify barriers to recovery and finding ways to overcome them
 - C. Helping a person develop and attain recovery/resiliency goals
 - D. Teaching a person how to use their strengths, skills and resources to meet their goals
 - E. All the above
7. Which of the following scenarios is not an appropriate example of helping someone be successful in school, work or home management?
- A. Helping a person with their homework
 - B. Helping a person learn good work habits such as getting to work on time
 - C. Helping a person develop housekeeping skills such as doing laundry and managing their money
 - D. Helping a person develop appropriate study habits
8. Which of the following is a way to support a person's wellness and recovery goals?
- A. Working together with the person, their family and medical professionals

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- B. Helping a person learn how to eat healthy, exercise and stop smoking
 - C. Providing informational materials about a person's physical illness
 - D. Helping a person figure out ways to remember to take their medications
 - E. All of the above support a person's wellness and recovery goals
9. When considering documentation, which of the following concepts is not true?
- A. A connection should exist between assessed needs, treatment interventions identified in the person's plan and community support services delivered
 - B. Collaborative documentation is completed while you are with the consumer to assure you both understand what was accomplished during the service session
 - C. The treatment plan is developed by a team consisting of the individual, family, community support specialist, community support supervisor, and other supports as applicable such as therapist, medication providers, schools, child welfare, and courts
 - D. A relapse prevention plan needs to be created after a person has a relapse
10. Which of the following describes care coordination?
- A. Helping a person follow up with an appointment following a hospitalization
 - B. Providing information to the agency physician your consumer sees regarding a recent appointment they had with a medical specialist
 - C. Making repeated efforts to engage a family in an adolescent's treatment such as providing orientation materials about the importance of the family's participation in treatment, offering flexible hours of service, and providing information about resources and supports available to the family for services not provided by the agency
 - D. All the above
11. Community support services can be provided but not billed in which of the following settings?
- A. During psychiatric hospitalization
 - B. Modified medical detoxification
 - C. Skilled nursing facilities
 - D. Jail
 - E. All of the above
12. Which of the following is a billable community support service?
- A. Transporting a person to work, PSR or ADA group

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- B. Helping a person manage their disorder so they can find and keep a job
 - C. Meeting with your supervisor for supervision time
 - D. Time spent on assessments, treatment plans and treatment plan reviews
13. Which of the following activities is not a billable community support activity?
- A. moving clients
 - B. shopping outside one's home community
 - C. watching television or videos
 - D. meal time
 - E. all of the above
14. Which of the following activities is not billable as a community support activity?
- A. Attending a staff meeting
 - B. Writing a letter or emailing with referral sources
 - C. Attending group services with a client
 - D. Accompanying a client to family visits or to visits with friends
 - E. All of the above
15. Which of the following best describes collaborative documentation?
- A. Typing or writing your note throughout the service session to make sure you don't leave anything out
 - B. Asking the client to stay seated and wait to leave until you can write the progress note
 - C. Calling the client later, when you are ready to document for the day, so you can collaborate about what happened during your appointment time
 - D. Creating the progress note with the person while you are together to assure you both understand what was accomplished during the service session
16. A person can qualify to be a community support worker only if they have one of the specific degrees outlined within the presentation.
- True

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False

17. Training requirements are designed to ensure people are competent to do their job.

True

False

18. Cindy is in your program due to her depression and substance use. Her assessment identifies problems and related needs associated with these two disorders as well as many physical health illnesses. You can provide and bill community support for helping Cindy better understand her physical health illnesses and follow her medical professional's recommendations.

True

False

19. Linda has difficulty understanding and remembering doctor's orders. You can provide and bill community support for meeting her at the doctor's office and attending the appointment with her to help her understand what her doctor is recommending she do for her high blood pressure.

True

False

20. Medical necessity is about providing a service that treats the person's illness and helps them improve their health.

True

False