

# Answer Sheet

Part II: HIPPA Training for Volunteers, Interns, Contractual Service Providers who have access to NHN computers and or/network.

## Information Security HIPAA Training Completion Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- |   |   |
|---|---|
| <p>1. To maintain the security of your network password, you should:</p> <ol style="list-style-type: none"><li>keep it with your computer or laptop in case you forget it</li><li><u>never share it with anyone, including co-workers and family members</u></li><li>use a simple password such as the name of your pet</li><li>email it to yourself so that you don't forget it.</li></ol> <p>2. Using the recommended rules for passwords, which example of a password is the most secure?</p> <ol style="list-style-type: none"><li>fmhi4</li><li><u>pgsFM2a&amp;</u></li><li>CFSEMH1</li><li>computer1</li></ol> <p>3. NHN computers and the NHN network may be used:</p> <ol style="list-style-type: none"><li>for operating a personal business not related to work.</li><li>only during regular business hours</li><li><u>only to conduct activities related to the mission and purposes of NHN.</u></li><li>for any reasonable purpose, as long as it is not illegal</li></ol> <p>4. Most computer viruses:</p> <ol style="list-style-type: none"><li><u>enter a computer or a network through file downloads or a transfer from a floppy disk</u></li><li>are special parts of programs that enhance the performance of a computer</li><li>completely destroy your computer's hard drive</li><li>are curable by taking antibiotics</li></ol> <p>5. All e-mail messages at NHN may be monitored and all NHN email accounts are the property of NHN.</p> <ol style="list-style-type: none"><li><u>True</u></li><li>False</li></ol> <p>6. To enhance the security of sensitive data at NHN, the IT department:</p> <ol style="list-style-type: none"><li>obtains background checks on all NHN employees who have network access</li><li>has installed small hidden video cameras at each entrance to NHN</li><li>systematically monitors the NHN network for intrusions, security incidents and inappropriate activity</li></ol> <p><u>Both a and c</u></p> | <p>7. Assuming you had access to protected health information, which of the following is <u>not</u> considered protected health information:</p> <ol style="list-style-type: none"><li>a mental health client's name</li><li>a Social Security number</li><li>a medical record number</li><li><u>a de-identified data set</u></li></ol> <p>8. Protected Health Information does not need protection if it is:</p> <ol style="list-style-type: none"><li>contained in an <u>e-mail message</u></li><li>obtained verbally through a <u>conversation</u></li><li>in <u>hand written notes</u></li><li><u>None of the above (i.e., it must be protected in all of the above)</u></li></ol> <p>9. Which of the following is NOT required documentation to become an "authorized user" for protected health data:</p> <ol style="list-style-type: none"><li>a certificate indicating completion of the NHN HIPAA training.</li><li>a certificate indicating completion of HIPAA training.</li><li>a signed Data Confidentiality Agreement with the source of the data.</li><li><u>an email from you to your Supervisor promising confidentiality.</u></li></ol> |
|---|---|

# Answer Sheet

## HIPAA Awareness Training Quiz

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

1: PHI stands for:

P \_\_\_\_\_ H \_\_\_\_\_ I \_\_\_\_\_  
Private Health Information

2: A covered entity may never use or disclose protected health information without written authorization.

True TRUE

False

3: Consultation between providers regarding a patient would be permissible (no authorization needed) under the HIPAA Privacy Rule because the information is disclosed for

treatment ALL THE ABOVE

payment TPO Treatment, Payment and Operations are permissible

health care operations

All the above

4: Which of the following usually requires an authorization for disclosure of PHI?

case management and care coordination ALL THE ABOVE

referral of a consumer by one provider to another

psychotherapy/service provider notes

all of the above

5: Wrongful disclosure of health information carries fines and can involve jail time.

True TRUE

False

6: Placing consumer information in a wastebasket is OK as long as it is behind a desk.

True FALSE

False

7: Reporting HIPAA violations is everyone's responsibility.

True TRUE

False

## Civil Right Quiz

1. John F. Kennedy called for a civil rights bill in his 1963 civil rights speech.  
 True       False

2. The Civil Rights Act of 1964 was passed in an effort to correct

1. racial and gender discrimination
2. limitations on freedom of speech
3. unfair immigration quotas
4. segregation in the armed forces      **Correct Answer Number: 1**

3. Discrimination occurs when the civil rights of an individual are denied or interfered with because of their membership in a particular group or class. Various jurisdictions have enacted statutes to prevent discrimination based on a person's race, sex, religion, age, previous condition of servitude, physical limitation, national origin, and in some instances sexual orientation.

True       False

4. Title VI of the Civil Rights Act prohibits discrimination in federally funded programs.

True       False

5. Which step was taken following this speech to advance the dream of Martin Luther King, Jr.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident; that all men are created equal.'" —Martin Luther King, Jr. Washington, D.C., 1963

1. desegregation of the Armed Forces
2. ruling in Plessy v. Ferguson
3. elimination of the Ku Klux Klan
4. passage of new civil rights acts      **Correct Answer Number: 4**

## Civil Right Quiz

6. The data in this chart support the conclusion that between 1960 and 1990

MEDIAN EARNINGS OF MEN AND WOMEN IN THE UNITED STATES, 1960-1990				
Year	Women	Men	Women's Earnings as a Percent of Men's	Earnings Gap in Constant 1990 Dollars
1960	\$ 3,257	\$ 5,368	60.7	\$ 8,569
1970	5,323	8,966	59.4	11,529
1980	11,197	18,612	60.2	11,776
1990	19,822	27,678	71.6	7,856

Source: Bureau of the Census

1. government failed to pass laws that granted women equal access to jobs
2. the earnings gap between men and women was only slightly improved
3. women's earnings consistently increased faster than those of men
4. most higher paying jobs were still not legally open to women

**Correct Answer Number: 2**

# Answer Sheet

## Guiding Principles and Elements of Recovery-Oriented Systems of Care

Name:

Date:

Time:

1. There are 12 guiding principles to recovery, which is NOT one of them.

Recovery is self directed and empowering

Recovery is holistic

Recovery is not an option

Recovery is reality

2. The conceptual frame work of a Recovery –Oriented System of care includes; Health and Wellness, community and family, Services and Supports, Coordinated Systems and Outcomes.

True

False

3. There has been much research in support of the Conceptual Framework of Recovery-Oriented Systems of Care, in an article from 2005 O'Connell, Tondora, Croog, Evans and Davidson included ten explanations of what a recovery-oriented environment is. What Journal was this information documented?

Psychiatric Times

New York Journal of Medicine

Psychiatric Rehabilitation Journal

New Horizons North Inc. Journal Newsletter

4. Minkoff and Cline (2004) present four characteristics of the comprehensive, continuous, intergrated systems of care model for organizing services for individuals with co-occurring psychiatric and substance use problems, the four characteristics include; System level of change, Efficient use of existing resources, incorporation of best practices and

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**Integrated treatment philosophy**

5. There are 25 principlas that research has found to be associated with effective addictions treatment.

True

False There are 13 principles

# Answer Sheet

## Anxiety

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Learning Objectives: Describe the symptoms of anxiety disorders, describe effective treatments, explain the role of research in understanding the causes of these conditions and be able to suggest ways to make treatment more effective.**

**1. Although anxiety disorders have different symptoms, all symptoms cluster around excessive, irrational fear and dread.**

- A. True
- B. False

**2. All of the following are accurate statements about panic disorder EXCEPT:**

- A. Panic disorders are characterized by sudden attacks of terror, usually accompanied by a pounding heart, sweatiness, weakness, faintness, or dizziness
- B. A fear of one's own unexplained physical symptoms is an actual symptom, and when having panic attacks people may believe they are having heart attacks or losing their minds
- C. Panic attacks can occur at any time, and an attack usually peaks within 20 minutes, but some symptoms may last much longer (usually peaks in about 10 minutes)
- D. Panic disorder affects about 6 million American adults and is twice as common in women as men.

**3. People with obsessive-compulsive disorder (OCD) have persistent, upsetting thoughts (obsessions) and use rituals (compulsions) to control the anxiety these thoughts produce. Even though performing these rituals may interfere with daily life, those with OCD do so because they find the repetition pleasurable and comforting.**

- A. True
- B. False (Symptoms end up controlling them)

**4. Social phobia affects about \_\_\_\_\_ American adults, and women are \_\_\_\_\_ to develop the disorder.**

- A. 10 million; more likely than men
- B. 15 million; equally likely as men
- C. 20 million; less likely than men
- D. None of the above

**5. Specific phobias do not usually appear until adulthood and by that time their causes are usually well understood.**

- A. True
- B. False (usually begin in childhood or early adolescence)

# Answer Sheet

## Bipolar Disorder

Name:

Date:

Time:

**Learning Objective:** Identify the signs and symptoms of Bipolar Disorder in the Manic, Hypomanic, Mixed, Depressed, Depressive with Hypomanic episodes, Cyclothymic and Unspecified episodes. Learn about other illness/diagnosis's that co-occur with bipolar diagnosis. Identify when an individual with the diagnosis of Bipolar Disorder may need mental health services

1: At least half of all cases of bipolar disorder start before the age of \_\_\_\_\_.  
 18  21  25  35

2: Which of the following is not a symptom of mania or a manic episode?

Extremely irritable  Racing Thoughts  Restlessness  Feeling tired

3: A person having a hypomanic episode may feel very good, be highly productive, and function well.

X True  False

4: Feeling very sad or hopeless while feeling extremely energized describes

Maic State  Depressed State  Mixed State

5: Which of the following is an example of an illness that co-occurs with bipolar disorder?

Substance abuse  Anxiety Disorders, such as PTSD and Social phobia

attention deficit hyperactivity disorder  all the above

6: Children with a parent or sibling who has bipolar disorder are \_\_\_\_\_ more likely to develop the illness, compared with children who do not have a family history of bipolar disorder.

2-3 times  4-6 times  7-8 times  10 times

7: Bipolar disorder can be identified through a brain scan.

True  False

8: People with bipolar disorder are more likely to seek help when they are

- depressed
- experiencing mania
- experiencing hypomania

## Answer Sheet

### Borderline Personality Disorder

Name:

Date:

Time:

**Learning Objectives:** Identify signs and symptoms of borderline personality disorder. Identify other illnesses that often co-occur with borderline personality disorder. Identify treatment options.

**1: Borderline personality disorder is a serious mental illness marked by unstable**  
 Moods     Relationships     Behavior     All three

**2: According to data from a subsample of participants in a national survey on mental disorders, about \_\_\_\_\_ of adults in the United States have borderline personality disorder in a given year.**

1.6%     3.1%     4.4%     5.9%

**3: Which of the following is not a symptom of BPD?**

- extreme reactions
- a pattern of intense and stormy relationships with family, friends, and loved ones
- distorted and unstable self-image or sense of self
- impulsive and often dangerous behavior
- intense and highly changeable moods
- having stress-related paranoid thoughts or severe dissociative symptoms
- behavior that is difficult to treat and not responsive to treatment

**4: As many as \_\_\_\_\_ of people with borderline personality disorder have suicidal behaviors.**

- 20%
- 40%
- 60%
- 80%

**5: When does borderline personality disorder *usually* begin?**

- childhood
- adolescence or early adulthood
- middle adulthood



# Answer Sheet

## Depression

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Learning Objectives: Recognize the signs and symptoms of major depressive disorder (MDD)**

1. Depression interferes with daily life and causes pain for both you and those who care about you. Depression is a common but serious illness.

True

False

2. Symptoms that interfere with your ability to work, sleep, study, eat, and enjoy life is Major Depression

True

False

3. An depressive episode can occur only once in a person's lifetime

True

False

4. Persistent sad, anxious, or "empty" feelings, irritability, restlessness, feelings of guilt, worthlessness, or helplessness, fatigue and decreased energy, feelings of hopelessness or pessimism, difficulty concentrating, remembering details, and making decisions, overeating, or appetite loss, thoughts of suicide, suicide attempts are all signs and symptoms of depression.

True

False

5. One way I can be assistance to someone who may be experiencing signs or symptoms of depression is: Various Answers

\_\_\_\_\_

\_\_\_\_\_

# Answer Sheet

## Eating Disorders

Name:

Date:

Time:

Learning Objectives: Identify 3 major types of eating disorders, List the diagnostic criteria for each, Determine the healthy weight & BMI, Discuss the bio-psychosocial etiology of eating disorders, Discuss the treatment approaches

1. Eating disorders are real, treatable medical illnesses.

- True
- False

2. Symptoms associated with Bulimia Nervosa include.

- fear of gaining weight
- acid reflux
- severe dehydration
- All the above

3. To meet the diagnostic criteria for anorexia nervosa, the person must have an intense fear of?

- Gaining weight or becoming fat.
- Losing weight.
- Becoming ugly.
- None of the above.

4. Males who have an eating disorder exhibit the same signs and symptoms as females.

X True      \_\_\_ False

5. People with anorexia nervosa are \_\_\_ times more likely to die early compared with people of similar age in the general population.

\_\_\_ 12x      X 18x      \_\_\_ 24x      \_\_\_ 28x

# Answer Sheet

## PTSD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**Learning Objective: Describe the epidemiology, etiology, diagnosis, comorbidity, course, and prognosis of PTSD. 2. Understand the pharmacotherapeutic and psychotherapeutic options for PTSD.**

**1: Some people get PTSD after a friend or family member experiences danger or is harmed.**

- True
- False

**2: Feeling tense or 'on edge' would be an example of**

- re-experiencing symptoms
- avoidance symptoms
- hyperarousal symptoms

**3: Most people who live through a dangerous event will not get PTSD.**

- True
- False

**4: Risk factors for PTSD include which of the following:**

- living through dangerous events and traumas
- having a history of mental illness
- getting hurt
- having little or no social support after the event
- all of the above

# Answer Sheet

## Schizophrenia

Name:

Date:

Time:

**Learning Objectives:** Learn the prevalence of schizophrenia and how it varies by gender and ethnicity. Describe the disorganized thought and speech that occurs with schizophrenia. Distinguish between disorganized and catatonic behavior. Describe common negative symptoms of schizophrenia. Discuss the history of diagnostic criteria for schizophrenia, as well as the current criteria for schizophrenia and disorders that are similar to it. Identify the key features of each of the five subtypes of schizophrenia: paranoid, disorganized, catatonic, undifferentiated, and residual.

1.

Schizophrenia is a chronic, severe and disabling brain disorder that affects about 1% of all Americans.

- A) True
- B) False

2.

Positive symptoms are psychotic behaviors not seen in healthy individuals; these include hallucinations, delusions, thought and movement disorders.

- A) True
- B) False

3.

People holding delusions typically acknowledge that their beliefs may be wrong.

- A) True
- B) False

4.

Blunted affect is a severe reduction of affective responses to the environment.

- A) True
- B) False

5.

The inability to persist at common, goal-directed activities is known as avolition.

- A) True
- B) False

6.

Negative symptoms include flat affect, and may need help with everyday tasks.

- A) True
- B) False

Schizoaffective disorder is a mix of schizophrenia and mood disorders.

- A) True
- B) False

## Co-occurring Mental and Substance abuse Disorders

Name: \_\_\_\_\_

Date : \_\_\_\_\_

Time: \_\_\_\_\_

**Learning Objectives:** Become familiar with common terminology and current research regarding co-occurring issues 2. Gain knowledge on the number of individuals in this country who have both mental health and substance related disorders. 3. Learn best practices 4. Discover the role of planning councils in regard to effective services for individuals with co-occurring disorders.

5 Million

6 Million

7 Million

8 Million

2: A key responsibility of behavioral health care systems is to deliver effective services in an environment that is both welcoming and responsive to individual needs, irrespective of ethnicity, national origin, language, race, religion, age, disability, gender, sexual orientation, or socioeconomic standing.

True

False

3: Mental Health and Substance abuse fields agree that the most effective treatment for persons with substance abuse and mental health issues are to have the services provided independently.

True

False

4. Of the 600,000 people who are homeless on any given day, approximately what percent have a mental illness.

10-15%

25-30%

30-35%

40-45%

# Answer Sheet

## Science of Addiction

Name:

Date:

Time:

**Learning Objectives:** To enhance skills and knowledge by identifying key issues related to the science of addiction. Identify risk factors and protective factors for addiction. Describe how drugs can change the brain, the structure of the brain, and behavior.

Please answer the following 10 questions related to the reading material.

**1: Drugs change the brain's structure and how it works.**

True     False

**2: Brain imaging studies from drug-addicted individuals show physical changes in areas of the brain that are critical to**

Judgment and Decision making

Learning and Memory

Behavior Control

All are correct

**3: What factors reduce a person's risk for developing addiction?**

Environmental Factors

Social Factors

Genetic Factors

Protective Factors

**4: Risk of drug abuse increases greatly during times of**

Transition     Stability

**5: When youth perceive drug abuse as harmful, they reduce their level of abuse.**

True     False

**6: Most drugs of abuse directly or indirectly target the brain's reward system by**

flooding the circuit with dopamine

blocking dopamine

# Answer Sheet

## Science of Addiction

Name:

Date:

Time:

7: When a person must take larger amounts of the drug than they first did to create the dopamine high- this is an effect known as

Addiction  Overdose  Tolerance

8: What is the most commonly abused illicit substance?

marijuana  cocaine  heroin  inhalants

9: On page 25, images of the dopamine transporter show the brain's remarkable potential to recover, at least partially, after \_\_\_\_\_ months of abstinence.

6  12  14

10: According to the table on page 26, drug addicted patients relapse at a rate of

40 to 60%  30 to 50%  50 - 70%