

# Self-Test for Children's Mental Health Training

Video is available online at <https://www.youtube.com/watch?v=WUephhoUB9g&feature=youtu.be>  
(2 hours of CMH training is required the prior to licensure; 1 hour annually thereafter)

**Please complete and return to your licensor for training credit.**

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 \_\_\_\_\_

\_\_\_\_\_  
**Applicant signature**

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