

Empowering Futures: Youth Mental Health Pre-Apprenticeship Pre- and Post-Test

Name: _____

Date: _____

Instructions: Please indicate whether each statement is True (T) or False (F). **(Circle One)**

1. (T/F) Mental health is solely the absence of mental illness.
2. (T/F) Active listening involves interrupting the speaker to offer advice.
3. (T/F) Empathy means feeling sorry for someone.
4. (T/F) De-escalation techniques are used to calm a person experiencing a mental health crisis.
5. (T/F) Stigma surrounding mental health can prevent people from seeking help.
6. (T/F) It is always best to tell someone experiencing a panic attack to "calm down."
7. (T/F) Confidentiality is essential in building trust with individuals seeking mental health support.
8. (T/F) Peer support can be a valuable resource for young people facing mental health challenges.
9. (T/F) It is appropriate to diagnose a peer with a mental health condition.
10. (T/F) Self-care is important for mental health practitioners to avoid burnout.
11. (T/F) If someone mentions suicidal thoughts, you should ignore it to avoid giving them ideas.
12. (T/F) Cultural competency means understanding and respecting diverse cultural backgrounds in mental health care.

13. (T/F) Motivational interviewing involves telling someone what they should do to improve their mental health.
14. (T/F) Trauma can have a significant impact on mental health and well-being.
15. (T/F) A mental health navigator is a person who helps individuals access mental health resources and support.
16. **Roles and Responsibilities:** Match the mental health role with its primary responsibility.

Role	Responsibility
___ Mental Health Technician	a. Providing medication management.
___ Peer Support Specialist	b. Facilitating support groups based on lived experience.
___ Case Manager	c. Assisting clients with daily living skills.
___ Counselor	d. Providing therapy and guidance.
___ Psychiatrist	e. Coordinating client services and resources.

17. **Education and Credentials:** Match the mental health career with the required education or credential.

Career	Responsibility
___ Licensed Clinical Social Worker (LCSW)	a. Bachelor's or Associate's degree, plus certification exam.
___ Registered Nurse (RN) specializing in mental health	b. Master's degree in social work, plus licensure.
___ Mental Health Aid	c. Bachelor's degree in nursing, plus licensure.
___ Psychologist	d. Doctoral degree in psychology.
___ Certified Peer Specialist	e. High school diploma or GED, and on the job training.

18. **Key Terms:** Match the term with its definition.

Term	Definition
___ Empathy	a. The ability to understand and share the feelings of another.
___ Confidentiality	b. The ability to bounce back from adversity.
___ Advocacy	c. The act of supporting or pleading on behalf of someone else.
___ Resilience	d. The negative attitudes and beliefs about a group of people.
___ Stigma	e. Keeping client information private.

19. **Interview Skills:** Match the interview term with its description.

Term	Definition
___ Behavioral interview	a. A technique for structuring responses to interview questions.
___ Situational interview	b. Demonstrating respectful and appropriate conduct.
___ STAR Method	c. Focusing fully on the speaker and understanding their message.
___ Active Listening	d. Questions that ask about how you handled past situations.
___ Professionalism	e. Questions that present hypothetical scenarios.

Answer Key (for instructor use):

1. (F)
2. (F)
3. (F)
4. (T)
5. (T)
6. (F)
7. (T)
8. (T)
9. (F)
10. (T)
11. (F)
12. (T)
13. (F)
14. (T)
15. (T)

16.

Mental Health Technician - Assisting clients with daily living skills.
Peer Support Specialist - Facilitating support groups based on lived experience.
Case Manager - Coordinating client services and resources.
Counselor - Providing therapy and guidance.
Psychiatrist - Providing medication management.

17.

LCSW - Master's degree in social work, plus licensure.
RN specializing in mental health - Bachelor's degree in nursing, plus licensure.
Mental Health Aide - High school diploma or GED, and on the job training.
Psychologist- Doctoral degree in psychology.
Certified Peer Specialist- Bachelor's or Associate's degree, plus certification exam.

18.

Empathy - The ability to understand and share the feelings of another.
Confidentiality - Keeping client information private.
Advocacy - The act of supporting or pleading on behalf of someone else.

Resilience - The ability to bounce back from adversity.

Stigma - The negative attitudes and beliefs about a group of people.

19.

Behavioral Interview - Questions that ask about how you handled past situations.

Situational Interview - Questions that present hypothetical scenarios.

STAR Method - A technique for structuring responses to interview questions.

Active Listening - Focusing fully on the speaker and understanding their message.

Professionalism - Demonstrating respectful and appropriate conduct.

Scoring:

- Each correct answer is worth 1 point.
- Total possible score: 35 points.