**Which of the following is NOT a main challenge professionals are faced with in diagnosing children?**

Children don't always have the verbal or comprehension skills to describe their issues like adults do, so they are often reliant on others to make interpretations.

Because children are young and their symptoms are emerging, diagnosis may change over time.

Children lie all the time, and it can be very hard to tell when they are making things up.

The child might not have a medical or family history available to give details or clues to the mental health professionals involved.

**True or False: It’s important for foster parents to share cultural information with mental health professionals as part of their diagnostic assessment.**

False

True

**Which of the following should NOT be used to help diagnose a child with a mental health disorder?**

Mental Health Professional's opinion of the symptoms

Your neighbor's opinion, after seeing your foster child once when he dropped over

Reports from others who know the child and have observed their symptoms

Child’s report of their symptoms

**True or false, a child can function at different ages cognitively, socially, and emotionally than the age they actually are.**

TRUE

FALSE

**What is ADHD?**

Attention Deficit Hyperactivity Disorder. A disorder where the brain is overstimulated resulting in the child having behavior problems.

Attention Download Helplessness Diagnosis. A disorder where the child will starve themselves or reduce their food intake drastically in order to lose weight.

Alert Desensitivity Hybrid Disorder A disorder where the child purposefully acts out to get a need met.

Attention Deficit Hyperactivity Disorder. A disorder where the brain is under stimulated, resulting in the child seeking out mental and/or physical stimulation.

**Neurobehavioral Disorder Associated with Prenatal Alcohol Exposure (ND-PAE) impacts how the brain and body function. Which of the following DOES NOT describe the developmental and behavioral issues that are common to children with ND-PAE ?**

Are able to easily slow down, so they can stop and think about their choices and how those decisions may impact them before they act.

Are often impulsive and have a difficult time controlling emotions and urges.

Have difficulty with their behavior ranging from learning and remembering things, to applying what they have learned to everyday experiences.

Often have cognitive, emotional, and/or behavioral difficulties that cause them to act like children at a younger developmental age.

**True or False: If you think your child or foster child has depression, it’ important to give them their privacy and space to let them try to work it out for themselves.**

FALSE

TRUE

**You are working with a young man with severe depression and anxiety. An officer calls the house to inform you he was walking on the outside ledge of a bridge. He told the officer that he just wanted to see what it would be like to come that close to death, it wasn’t like he was trying to kill himself. What do you think is the best course of action?**

Let the young man figure it out; this is a phase that will pass and he’ll work through it on his own.

Call the person’s friend for more advice.

Teens who take unnecessary risks respond to anger; let the young man know how disappointed you are that he would do this, and that he should never pull that kind of stunt again.

Contact the crisis line or his therapist and see what they recommend. Contact your supervisor.

**Which of the following correctly fills in the blanks in the following sentence? In anxiety disorders, worries become \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.**

Overwhelming, intrusive

Inexplicable, mundane

Large, easy

Common, normal

**If you are working with someone who is constantly checking on something to assure that they and others are safe, the best course of action is to just tell the person to stop worrying and move on.**

TRUE

FALSE

**Which of the following statements is True about Bipolar Disorder:**

Bipolar Disorder is a serious mental illness characterized by recurrent episodes of depression, mania, and/or mixed symptom states.

Bipolar Disorder is where a child’s perception is twisted and they believe that what they see and hear is reality.

Bipolar Disorder is a minor mental illness easily treated with therapy alone.

Bipolar Disorder is a personality disorder, where the person has an inflated ego and brags about themself.

**Which statement below best describes the impact of prolonged trauma on the brain?**

The child's ability to survive will strengthen their brain and help them be more thoughtful and in control.

The physical brain is unaffected by trauma.

The brain stem will be most affected by trauma.

The brain will change based on this continued use of the emotional and instinctive areas of the brain, leaving the child to feel constantly under a sense of threat.

**What is one thing you do not want to do to help your child overcome food hoarding/anxiety?**

Use food as a reward.

Allow them to have an approved stash of food somewhere.

Include them in meal planning and preparation.

Have consistent meals and meal times.

**Which statement below best describes how to encourage rather than praise a child?**

Give approval for good behavior. Make sure they know that their behavior is considered good by other people's standards.

Tell the child they did a good job and that you value what they do.

Help a child to notice the things they value, their progress towards goals and their strengths. Teach them to be proud of themselves.