

Thank you for participating the Crisis Intervention/Prevention Course

To achieve 3 hours of continuing education credit:

- ____ 1. Read the Understanding People in Crisis and Suicide Prevention Presentations.
- ____ 2. Complete the following: quiz, program evaluation, and payment information.
- ____ 3. Mail to Mainstream Inc., P.O. Box 47054, Topeka, KS 66647-0054 or
Email to info@mainstreaminc.net

Name: _____ Date: _____

Organization: _____

Street: _____

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Payment Information - \$15

____ Check Enclosed

____ Visa

____ Master Card

Credit Card # _____ Exp. Date _____

Name on Card _____

Signature _____

Quiz: 80% correct to pass

Circle the most correct answer.

1. According to the Social Readjustment Rating Scale:

- T / F a. Death of a spouse is the most stressful life event.
T / F b. Marital separation is slightly less stressful than a jail term.
T / F c. Divorce is more stressful than the death of a family member.
T / F d. Only negative events are on the Social Readjustment Rating Scale.
T / F e. Effects of events are cumulative.

2. Which of the following statements are true:

- T / F a. The outcome of a crisis is determined by internal strengths and social supports.
T / F b. During a crisis, tension and anxiety can be bearable.
T / F c. Becoming psychotic reduces tension.
T / F d. During the post-crisis phase of the stress cycle, the individual is still agitated.
T / F e. Alternative thinking can prevent a crisis.

3. Which of the following statements are true:

- T / F a. A positive relationship between two people can prevent a crisis.
T / F b. Anger is an expression of fear or frustration.
T / F c. Coping strategies are primarily cognitive.
T / F d. Lying is a way to buy time.
T / F e. Restricted perception is a phase of the stress cycle.

4. Which of the following statements are true:

- T / F a. A crisis is an opportunity to learn new ways to problem solve.
T / F b. Confrontation is a characteristic of people who assist others in forming attachments.
T / F c. When a person is not being compliant it is likely they are willful or defiant.
T / F d. An example of a loss of a core dream or value statement is "I'll never be loved."
T / F e. Intervention can take place at multiple intervals in the stress cycle.

5. Which of following define a crisis:

- Yes / No a. Length of time
Yes / No b. Internal resources
Yes / No c. Problem solving skills
Yes / No d. Emotional state
Yes / No e. Self-confidence

6. Which of the following are defusing tools:

- Yes / No a. Listening
Yes / No b. Debating the facts
Yes / No c. Apologizing
Yes / No d. Agreeing
Yes / No e. Inviting criticism

7. The following circumstances are associated with a higher suicide completion rate:

- T / F a. Black, female
T / F b. Use of firearm as the means
T / F c. White, male
T / F d. Native American, adolescent
T / F e. Nevada residency

8. The following are general warning signs of suicide:

- T / F a. Acting out
T / F b. Alcohol and other drug use
T / F c. Obsession with suicide
T / F d. Poor grades at school
T / F e. Changes in eating habits

9. The following components are aspects of the SLAP Method:

- T / F a. Effectiveness of means
T / F b. Situational risk factors
T / F c. Details of plan
T / F d. Availability of means
T / F e. Alcohol abuse

10. The following factors increase risk of successful suicide in the elderly:

- T / F a. Use of firearm
T / F b. Untreated depression
T / F c. Living alone
T / F d. Prolonged illness
T / F e. Major changes in social roles

Program Evaluation: Crisis Intervention/Suicide Prevention Modules

Part I – General

Please check the following:	Satisfied	Moderately Satisfied	Dissatisfied
Balance and variety of presentation			
Organization of presentation			
Quality of written material			

Part II – Application

(4) Strongly Agree (3) Agree (2) Disagree (1) Strongly Disagree (NA) Not Applicable

Please circle a number according to the scale:	4	3	2	1	NA
Understanding the nature of a crisis					
Tips for preventing crisis					
Do's and Don'ts in a crisis					
Dispelling the myths of suicide					
Understanding risk and prevention factors					
Identifying suicide potential					
Identify issues specific to elder suicide					
Value of topics					

Part III – Comments

1. How did you hear about this course?

2. What other course topics would interest you?

3. Do you have any comments regarding this course? What format changes would you like to see in your next online course?