Mental Health Crisis Prevention and De-escalation Video

Quiz

Name __________________________________________________________ Date __________ Score __________

Circle your answer to each question listed below.

1. What determines the outcome of a mental health crisis?
   a. Good teamwork
   b. Your response
   c. The actions and decisions of the person with the mental health crisis

2. What happens during Stage 2 in the Mental Health Crisis Life Cycle?
   a. The person’s actions begin to disrupt others
   b. The caregiver intervenes to stop verbal and physical abuse
   c. The person begins to calm down

3. What was the cause of Jon’s aggressive behavior in the second de-escalation example?
   a. Anger
   b. Headache
   c. Agitation

4. One example of a mental health crisis is:
   a. Pacing the floor
   b. Destructive actions like hitting, kicking and breaking things
   c. Big moods swings between mania and depression

5. Many mental health crises happen because of:
   a. Poorly trained caregivers
   b. Power struggles
   c. Roommate disagreements

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6. What is the three-step process you should use to de-escalate a mental health crisis.
   a. Airway…Breathing…Circulation
   b. Act…Listen…Learn
   c. Listen…Understand…Act

7. Never say __________ when trying to de-escalate a crisis.
   a. “I’m here to help you”
   b. “Why can’t you be reasonable?”
   c. “You’re looking fine today”

8. What is the top concern you should have when de-escalating a mental health crisis?
   a. Keeping the volume low of the person yelling, hitting or throwing things
   b. The safety of you and others
   c. Not allowing a person to challenge your authority when you ask them to stop their actions

9. One mental health crisis prevention tip is:
   a. Developing a personal prevention plan
   b. Removing heavy and sharp objects from a person’s room
   c. Asking others for help before a crisis happens

10. A past history of aggression is a good predictor of:
    a. How well someone will respond to group therapy
    b. Future mental health crises
    c. Post-traumatic stress disorder (PTSD)