

# Mindful Continuing Education

## Behavioral Health Services for Homeless Populations

**1. What percentage of people experiencing homelessness also have a mental health disorder?**

- A. 30%
  - B. 50%
  - C. 75%
  - D. 90%
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**2. What is the one consistent contributing factor across population groups for homelessness?**

- A. Poverty
  - B. Substance Use
  - C. Chronic Illness
  - D. Domestic Violence
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**3. Each of the following is an accurate statement about youth and homelessness EXCEPT:**

- A. Contributing factors to youth homelessness include poverty, housing insecurity, racial disparities, and poor mental health
  - B. Youth who have had involvement with the child welfare and juvenile justice systems are more likely to become homeless
  - C. Youth experiencing homelessness are often involved in risky sexual behaviors and are susceptible to commercial sexual exploitation
  - D. Approximately 40% of youth who are homeless are unsheltered, and the greatest precipitating factor for youth homelessness is chronic substance misuse
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**4. What homeless subpopulation is most likely to have shelter?**

- A. Youth
  - B. Veterans
  - C. Families
  - D. Individual Adults
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**5. What therapeutic approach has had the best results when working with people who are homeless?**

- A. Cognitive Behavioral Therapy
  - B. Trauma Informed Care
  - C. Functional Family Therapy
  - D. Psychodynamic Therapy
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**6. What is the most cost effective type of housing that also has a high long term success rate?**

- A. Transitional Housing
  - B. Recovery Housing
  - C. Emergency Shelter
  - D. Rapid Rehousing
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**7. The first part of an intake assessment when working with those experiencing homelessness should be:**

- A. A lethality assessment - are there any suicidal or homicidal ideations
  - B. A health assessment -what are the immediate physical and mental health needs
  - C. A legal assessment - are there any pressing legal issues that need immediate attention
  - D. An employment assessment - are they working, what are their hours and pay rate and is this enough to sustain housing
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**8. Lack of transportation, communication difficulties, companion animals and legal issues are all examples of:**

- A. Barriers to treatment
  - B. Safety considerations
  - C. Community factors
  - D. Risk Factors
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**9. Field visit safety and risk assessment should include:**

- A. Food Accessibility
  - B. Environmental Factors
  - C. Garbage & Waste Disposal
  - D. Community Gardens
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**10. The strategy that helps people find public and entitlement benefits such as Social Security Disability Insurance, veterans' benefits, food stamps, child care assistance, Medicaid, and low-income energy assistance is known as:**

- A. Community Policy
  - B. Housing Trust Fund
  - C. Benefits Advocacy
  - D. Office of Children and Family Services
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