

Mental Health 101 - Initial Licensing Requirement

245A.175 MENTAL HEALTH TRAINING REQUIREMENT.

Prior to a nonemergency placement of a child in a foster care home, the child foster care provider, licensed after July 1, 2007, must complete two hours of training that addresses the causes, symptoms, and key warning signs of mental health disorders; cultural considerations; and effective approaches for dealing with a child's behaviors. At least one hour of the annual 12-hour training requirement for foster parents must be on children's mental health issues and treatment. Training curriculum shall be approved by the commissioner of human services.

The following websites are being provided in order to fulfill the statutory requirement for mental health training. Please be advised:

- **The videos do not have chapters. If you have to stop it, note the time so you can return to the same spot.**
- **As this was taped as a video conference, please excuse the introduction and intermission.**

Wright County:

<http://www.co.wright.mn.us/853/CFC-Videos>

(If you are unable to view the videos, you may need to install a media player such as FlashPlayer.)

Complete the attached quiz and return it to your licensor.

1. Describe mental health.
2. Children in foster care are in what kind of environment?
3. Define diagnosis:
4. Define regulation:
5. Mental health affects child development <input type="checkbox"/> True OR <input type="checkbox"/> False
6. What tool is used in diagnosing young children?

AUTISM

7. What causes autism?

8. List 3 symptoms of autism.

9. List 2 interventions for children with autism.

DEPRESSION

10. Depression is a brain-based illness. True OR False

11. How many teenagers are depressed?

12. Depression symptoms last longer than a week. True OR False

13. You can ignore children who say "I want to kill myself". True OR False

ANXIETY

14. _____ in _____ children are born with anxiety.

15. Anxiety is environmentally and neurologically based. True OR False

16. The goal of therapy is to _____ emotion.

17. Medication may need to be adjusted. True OR False

PTSD

18. _____ formation has changed in a child with PTSD.

19. List 3 characteristics or symptoms of someone with PTSD.

20. What are 3 key factors to success in school that are affected by PTSD?

ODD

21. Children between the ages of 0-12 typically show extremely argumentative behaviors? True OR False

22. _____ therapy is the best treatment option for a child with ODD.

23. Tangible rewards and consequences work with children who have ODD. True OR False

ADHD

24. To correctly diagnose ADHD, behaviors must be observed in what 3 settings?

25. Familiar, consistent, structure and routines are helpful to children with ADHD. True OR False

26. What are 2 strategies that you can implement to help a child with ADHD?

Name:	Name:
Date:	Date:

Please return to your foster care licensor

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