

## Chapter 1: Recovery

### Multiple Choice

1. Which of the following best describes recovery?
  - a. Recovery is a personal, holistic process.
  - b. Recovery defines a sense of purpose focused on the limitations of the disability.
  - c. Recovery means being disease-free.
  - d. Recovery is a process where individuals learn to rely on others to achieve their goals.

ANS: a

Topic: Definitions of Recovery

LO: 1.1

2. A client with schizophrenia is working with her occupational therapist on achieving her goal of returning to work. During your last session, she told you that for the first time she was feeling motivated to return to work and was beginning to see a brighter future. Which of the 10 Guiding Principles of Recovery does this best represent?

- a. Respect
- b. Strengths and responsibilities
- c. Hope
- d. Person-driven

ANS: c

Topic: Principles of Recovery

LO: 1.1

3. During an inpatient group, the occupational therapy group members are asked to identify social supports, including family, friends, community members, and so on, who they find supportive and offer hope and encouragement. Which principle of recovery does this represent?

- a. Respect
- b. Relational
- c. Peer support
- d. Hope

ANS: b

Topic: Principles of Recovery

LO: 1.1

4. The Substance Abuse and Mental Health Services Administration identifies four dimensions of recovery: health, home, purpose, and community. The ability to engage in meaningful daily activities is an example of \_\_\_\_\_.

- a. Health
- b. Home

- c. Purpose
- d. Community

ANS: c

Topic: Dimensions of Recovery

LO: 1.2

5. A client with depression has come to the local community center to learn more about health and wellness. Which of the following best describes health, as defined by the Substance Abuse and Mental Health Services Administration?

- a. Managing one's disorder(s) and making healthy choices that support physical and emotional well-being
- b. Focusing on the physical aspects of one's well-being
- c. Fulfillment of one's potential through meaningful activities
- d. Full engagement in one's community

ANS: a

Topic: Dimensions of Recovery

LO: 1.2

6. Which of the following most accurately defines how an occupational therapist can support someone in recovery?

- a. The occupational therapist should set goals for the individual based on the individual's deficit areas.
- b. The occupational therapist should encourage the individual to maintain medication compliance.
- c. The occupational therapist should focus on improving client factors.
- d. The occupational therapist should assess areas of occupation the individual wants to engage in and complete an analysis of occupational performance to identify skills and abilities that support or impede engagement.

ANS: d

Topic: Dimensions of Recovery

LO: 1.1 & 1.2

7. Recovery has not only changed people's lives but it has changed policy as well. Which of the following U.S. policies has been cited as moving the health system toward a more integrated, holistic model of care addressing physical and behavioral health needs?

- a. Recovery-to-Practice Act
- b. Affordable Care Act
- c. Excellence in Mental Health Act
- d. Return to Work Act

ANS: b

Topic: Recovery as a Change Agent

LO: 1.4