

CHAPTER 1

The Context of Mental Health Social Work Practice in Canada

Multiple Choice Questions

1. The Canadian Association of Social Workers states that mental health encompasses _____.
 - a) an external locus of control
 - b) stable housing
 - c) general well-being
 - d) ability to maintain adequate employment
2. The World Health Organization (WHO) states that determinants of mental health include not only individual attributes but also _____.
 - a) geographic influences
 - b) cultural influences
 - c) religious influences
 - d) educational influences
3. Social workers' skills are well suited to mental health practice, due in part to which of the following?
 - a) Their focus on social dimensions of well-being
 - b) Their deficit-based approach
 - c) Their knowledge of psychotropic medications
 - d) Their adherence to long-standing policies
4. According to Brien (2015), what percentage of national health care funding was spent on non-dementia related mental health care in 2015?
 - a) 2.8%
 - b) 1.3%
 - c) 8.2%
 - d) 7.2%
5. In 2015, the document *Informing the Future: Mental Health Indicators for Canada* identified serious challenges with respect to the nation's mental health, including _____.
 - a) lack of access to stable housing
 - b) lack of access to medications
 - c) suicide rates and self-harm, especially among youth and young adults
 - d) lack of mental health services for seniors
6. The Canadian government recognizes social determinants of health that provide a foundation for advocating for basic human rights such as _____.
 - a) adequate housing
 - b) subsidies for medication

- c) employment insurance
 - d) food banks in every community
7. The Canadian Association of Social Workers (2019) identified three main areas of mental health social work practice. Which of the following was NOT identified?
- a) Prevention
 - b) Rehabilitation
 - c) Treatment
 - d) Diagnosis
8. The literature notes that interprofessional teams can experience challenges to collaboration, including _____.
- a) pay inequities
 - b) divergent diagnostic tools
 - c) lack of respect
 - d) confidentiality breaches
9. According to the CASW *Code of Ethics* (2005), there are six core areas of social work values. Which of the following is NOT among these?
- a) Integrity in professional practice
 - b) Pursuit of social justice
 - c) Confidentiality
 - d) Dedication to self-care
10. The Culturally-Responsive Model of Recovery focuses on three recovery elements. Which of the following is NOT one of these elements?
- a) Individuals live in a web of relations.
 - b) Social determinants of health are central to recovery.
 - c) Recovery centres around the mental health care system.
 - d) Culture is a central factor in recovery.
11. Psychiatric medications include _____.
- a) NSAIDS
 - b) mood stabilizers
 - c) anticholinergics
 - d) diuretics
12. The social worker's role in supporting clients with their medications includes _____.
- a) reporting directly to the physician if the client does not take their medications
 - b) informing the client that the benefits of taking medications always outweigh the risks
 - c) advocating for the client by consulting with other interprofessional team members
 - d) directing the client to stop taking medications if they experience side effects

13. In 1993, the US Supreme Court cited four factors to assess whether a particular test used to support expert evidence has a reliable foundation. Which of the following is NOT included in these factors?
- a) Has the theory or technique been tested?
 - b) Has the theory or technique been peer reviewed?
 - c) Has the rate of error been established?
 - d) Has the theory or technique been used in other countries?
14. According to Proctor and Rosen (2004), evidence-based practice (EBP) has three main points, including which of the following?
- a) EBP is based on anecdotal information.
 - b) EBP is monitored infrequently.
 - c) EBP is critically assessed for appropriateness of practice.
 - d) EBP should be the main practice model for Canadian social workers.
15. Bellamy et al. (2011) asserted that EBP includes _____.
- a) updated training manuals
 - b) a commitment to lifelong professional learning
 - c) adherence to a medical practice model
 - d) a top-down approach to client care
16. Decision-making using EBP involves a series of steps. Which of the following is NOT included in these steps?
- a) Evaluation of the presenting issue
 - b) Critical evaluation of available evidence
 - c) Imposition of professional assessment on the client
 - d) Evaluation of intervention outcomes
17. Regehr et al. (2007) suggest a model for choosing the most appropriate intervention, including which of the following factors?
- a) Client adherence to intervention protocol
 - b) Frequent physician follow-ups
 - c) Access to third-party insurance for medication coverage
 - d) Consideration of agency constraints
18. Farkas et al. (2005) posit that the recovery model should integrate with EBP. Which of the following is NOT one of their recommended components?
- a) Person orientation
 - b) Self-determination
 - c) Medication compliance
 - d) Growth potential
19. Social workers play key roles in supporting individuals with mental health issues, including _____.
- a) working independently from interprofessional teams
 - b) focusing solely on the client's needs, without family or community inclusion

- c) participating in mental health policy change
 - d) minimizing the importance of addressing client concerns
20. According to the text, social work assessments address _____.
- a) the disparity in access to client services
 - b) whether or not the client can afford treatment
 - c) the psychodynamic factors informing client mental health
 - d) the client's ability to adhere to a treatment regimen
21. According to the text, knowledge of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM) is _____.
- a) invaluable for social work practice
 - b) not necessary for social workers
 - c) important, especially when communicating across disciplines
 - d) only helpful when practicing clinical social work
22. According to the text, mental health social work has the potential for exposure to which of the following?
- a) Civil unrest
 - b) Criminal activity
 - c) Threats to personal safety
 - d) Contagious diseases
23. Which of the following is NOT included in the list of negative reactions to mental health social work practice?
- a) Posttraumatic stress
 - b) Vicarious trauma
 - c) Hypertension
 - d) Acute stress
24. Health care agencies can take measures to mitigate the impact of stress, including _____.
- a) designing safer working environments
 - b) hiring security personnel
 - c) providing "danger pay"
 - d) reducing the number of sick days for staff
25. The British Association of Social Workers (2017) states that prior to entering practicum, students must demonstrate which of the following?
- a) An understanding of the importance of personal and professional boundaries
 - b) The ability to relocate for work after graduation
 - c) Leadership skills
 - d) High grades

True or False Questions

1. The Canadian Association of Social Workers (CASW) defines mental health as a state of well-being in which individuals realize their own potential, cope with normal stresses, and contribute to their community.
2. Statistics Canada reported in 2017 that suicide was the leading cause of death among youth and young adults between the ages of 15-34 in Canada.
3. Clinical social workers are limited to providing diagnoses and treatment for mental health disorders.
4. In 2014, the Mental Health Commission of Canada produced a mental health recovery declaration based on the three core principles of hope, faith, and dignity.
5. A recent meta-analysis showed that people with schizophrenia associated a personal sense of recovery most strongly with a reduction of psychotic symptoms.
6. One of the critiques of the recovery model of mental health is that it puts the burden of recovery on the individual.
7. In a random sample survey of US social workers, 96% felt that discussing a client's feelings about taking psychiatric medications was within their scope of practice.
8. According to the Canadian Institutes of Health Research Institute of Gender and Health, diagnostics and clinical programs are always evaluated for differential effects related to gender and sex.
9. Social workers have never been in support of the Indigenous residential school system.
10. Sowers (2005) stated that the recovery model and evidence-based practice are not in opposition to one another.
11. Aspects of the Assertive Community Treatment model could undermine the effectiveness of the recovery model.
12. The most effective treatment approaches are those that are tailored to the individual's symptomology and challenges.
13. This textbook advocates for a biopsychosocial approach to mental health assessment and intervention.
14. Social workers do not experience incidents impacting personal safety.
15. Social workers can protect themselves by obtaining training in evidence-based stress reduction techniques.

Short Answer Questions

1. Identify some of the main areas of practice for social workers and clinical social workers.
2. Describe ways in which social workers can mitigate challenges when working with other professional groups.
3. Describe the recovery model of mental health care.
4. Describe some of the psychological and social factors that can affect a person's response to psychiatric medication.
5. What are some of the criticisms of evidence-based practice within the field of social work?

Answer Key

Multiple Choice Questions

1. C (Introduction)
2. B (Introduction)
3. A (Introduction)
4. D (Introduction)
5. C (Introduction)
6. A (Introduction)
7. D (The Role of Social Work in Mental Health)
8. C (The Role of Social Work in Mental Health)
9. D (An Ethical Framework for Social Work in Mental Health)
10. C (A Recovery Model for Mental Health and Social Work Values)
11. B (Psychiatric Medications and Social Work Practice)
12. C (Psychiatric Medications and Social Work Practice)
13. D (Evidence-Based Social Work)
14. C (Evidence-Based Social Work)
15. B (Evidence-Based Social Work)
16. C (Evidence-Based Social Work)
17. D (Evidence-Based Social Work)
18. C (Evidence-Based Social Work)
19. C (Multiple Levels of Influence)
20. C (Multiple Levels of Influence)
21. C (Multiple Levels of Influence)
22. C (Impacts of Mental Health Practice on Social Workers)
23. C (Impacts of Mental Health Practice on Social Workers)
24. A (Impacts of Mental Health Practice on Social Workers)

25. A (Impacts of Mental Health Practice on Social Workers)

True or False Questions

1. F (Introduction)
2. F (Introduction)
3. F (The Role of Social Work in Mental Health)
4. F (A Recovery Model for Mental Health and Social Work Values)
5. F (A Recovery Model for Mental Health and Social Work Values)
6. T (A Recovery Model for Mental Health and Social Work Values)
7. T (Psychiatric Medications and Social Work Practice)
8. F (Evidence-Based Social Work)
9. F (Evidence-Based Social Work)
10. T (Evidence-Based Social Work)
11. T (Evidence-Based Social Work)
12. T (Multiple Levels of Influence)
13. T (Multiple Levels of Influence)
14. F (Impacts of Mental Health Practice on Social Workers)
15. T (Impacts of Mental Health Practice on Social Workers)

Short Answer Questions

1. Areas of social work practice include client assessment, community and service advocacy, crisis intervention, and program development and evaluation. Clinical social workers can also provide therapy for individuals, families, and groups; develop and monitor treatment plans; and work alongside other health care professionals to strengthen client support. (The Role of Social Work in Mental Health)
2. Social workers can mitigate the challenges of working in interprofessional teams by raising their own awareness of the potential for challenges to arise. Social work group skills are well-suited to assisting teams in conflict situations; therefore, social workers can help bring cohesion to interprofessional teamwork. (The Role of Social Work in Mental Health)
3. The recovery model of mental health care runs counter to the traditional deficit-based approach that focused on the persistence of the illness. The recovery model is based on the premise that people can and do recover from mental illness, and that individual participation is at the centre of the process. Recovery can be understood from several perspectives, ranging from complete relief of all symptoms to living successfully while managing symptoms. (A Recovery Model for Mental Health and Social Work Values)
4. To some extent, the success of medication treatment is related to a belief that the medication will work, known as the placebo effect. Other factors influencing response to

medication include readiness for change, a person's general sense of control and specific sense of control over taking the medication, and the client's alliance with the person prescribing the medication. (Psychiatric Medications and Social Work Practice)

5. Critics of EBP argue that it is inconsistent with the social work code of ethics in terms of the profession's mission, values, and diverse client population. A disconnect exists between EBP and social work's holistic view of the individual responding to their environment. Opponents also cite the potential for EBP to detract from social workers' experience and expertise. (Evidence-Based Social Work)