

Implementing a Person-Centered Planning Approach in Behavioral Health Test

Name_____ Date_____

1. How does person-centered planning contribute to individual engagement in behavioral healthcare?
 - A. By ensuring all services follow standard protocols
 - B. By empowering individuals to define their own goals
 - C. By reducing their involvement in decision-making
 - D. By requiring individuals to follow provider-selected plans
2. What is one key way that person-centered planning differs from traditional behavioral health treatment planning?
 - A. It focuses on controlling symptoms and preventing hospitalization.
 - B. It emphasizes reducing treatment resistance through strict compliance.
 - C. It centers planning on the individual's strengths, abilities, and goals.
 - D. It follows a standardized care path based on diagnosis.
3. How can providers support individuals in addressing relationship needs during person-centered planning?
 - A. By encouraging group settings for all social interactions
 - B. By helping the person explore their current support network
 - C. By focusing only on peer-based recovery support
 - D. By avoiding discussions of past trauma to prevent discomfort
4. What is the purpose of identifying life domains and top priorities during person-centered planning?
 - A. To ensure that legal mandates are removed from the treatment plan
 - B. To help the individual focus only on short-term goals
 - C. To guide discussion topics around areas most important to the individual
 - D. To align the plan with provider-selected goals
5. What should remain at the heart of person-centered planning, even when challenges arise?
 - A. Provider authority and clinical judgment
 - B. Time management and administrative compliance
 - C. Respect, inclusion, and shared decision-making
 - D. Standardized care pathways and policies

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6. Why is addressing implicit bias important in person-centered planning?
 - A. It prevents providers from forming emotional connections with clients.
 - B. It helps ensure planning decisions are inclusive and respectful.
 - C. It allows providers to use their assumptions to guide the process.
 - D. It makes treatment plans easier to standardize.
7. Why is cultural responsiveness essential in person-centered planning?
 - A. It helps providers apply standardized care practices.
 - B. It reduces the need for discussing stigma or discrimination.
 - C. It promotes healing by honoring each person's unique cultural identity.
 - D. It ensures clients follow provider-recommended coping strategies.
8. What is the primary reason person-first language is used in person-centered planning?
 - A. It reduces confusion about clinical diagnoses.
 - B. It helps ensure providers focus on compliance.
 - C. It emphasizes the person's identity over their condition.
 - D. It makes documentation more standardized.
9. What is a key purpose of a pre-planning meeting in person-centered planning?
 - A. To ensure providers can finalize treatment goals ahead of time
 - B. To allow the person to prepare by selecting the agenda, location, facilitator, and attendees
 - C. To review standardized assessments before the planning session
 - D. To confirm eligibility for behavioral health services
10. Why is setting ground rules at the beginning of planning meetings important?
 - A. It ensures that providers remain in control of the process.
 - B. It reduces the time needed for the meeting.
 - C. It creates a respectful, safe environment for open conversation.
 - D. It guarantees everyone agrees on treatment outcomes.