

## RPD1020 Non-Violent Crisis Intervention Post Test

1. A crisis is a brief, non illness response to severe stress?
  - A. True
  - B. False
  
2. The following may be symptom(s) of a person in crisis?
  - A. Suicide attempt
  - B. Depression
  - C. Fighting
  - D. All of the above
  
3. Most who suffer a crisis will never recover without expert psychiatric help?
  - A. True
  - B. False
  
4. A situational (or accidental) crisis can result from:
  - A. Loss of Job
  - B. Divorce
  - C. Home invasion
  - D. Any of the above
  
5. A complex (or accidental) crisis can result from?
  - A. Hurricane flooding
  - B. Tornado
  - C. Violent assault
  - D. Any of the above
  
6. All stressful situations cause crisis.
  - A. True
  - B. False
  
7. If a counselor observes an offender in crisis and there is reasonable evidence to suggest he may pose a threat to himself or others, the counselor should immediately call?
  - A. Unit Warden
  - B. Unit Psychologist/Mental Health Professional
  - C. Security Staff
  - D. The Senior Counselor

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- 8** As a first responder in a prison setting, the most important factor to determine when seeing an offender in crisis is?
- A. Determine the type of crisis (developmental, situational, or complex)
  - B. Assess whether the offender poses a threat to self or others.
  - C. Identify the stage of crisis.
  - D. Gather information – Type, Severity, and Duration of crisis.
- 9** First responders are usually called to address an offender at what stage of crisis?
- A. Stage I – mounting tension
  - B. Stage II – Plateau of disorganization (chaotic)
  - C. Stage III – Mobilization (maximum arousal - attempting emergency solutions)
  - D. Stage IV – Adaptation or Maladaptation
- 10.** Who is well placed to manage and individual's crisis from start to finish?
- A. Correctional Officer
  - B. Senior Counselor
  - C. General Practitioner (may include a mental health professional)
  - D. Case Manager
- 11.** When talking to someone in Phase I or II crisis, one thing you should do includes?
- A. Allow the person to vent in a reasonable manner.
  - B. Verbally challenge the person and snap them back to reality.
  - C. Separate them from everyone and don't let them say anything for half an hour.  
This will give ample time for them to adapt to the crisis.
  - D. Call in a trained crisis negotiator.
- 12.** In a prison setting, we want to isolate an offender in crisis because it?
- A. Protects other offenders.
  - B. May remove the offender in crisis from the source of the crisis.
  - C. Provides the offender some space to think.
  - D. All of the above.
- 13.** Of the choices below, which is the most obvious symptom of Stage III (Mobilization of all Internal and External Resources)?
- A. Signs of Depression
  - B. Assaulting Someone
  - C. Feeling Anxious
  - D. Feeling Chaotic

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14. One goal of utilizing non-violent crisis intervention skills is to?
- A. Use learned skills and knowledge to reduce the number of offenders that experience crisis.
  - B. Minimize the risk for the offender to harm staff, other offenders, or himself.
  - C. Use caution while attending the Coconut Grove nightclub.
  - D. None of the above.
15. Physical symptoms that an offender in crisis may be becoming violent include?
- A. Voice continues to get louder.
  - B. Red or flushed face.
  - C. Balled fists
  - D. All of the above.
16. When dealing with an offender in crisis and begin to feel uneasy about your safety, you should practice the following?
- A. Call for assistance and have the offender restrained before you continue.
  - B. Stay out of striking distance.
  - C. Don't allow the offender to put his hands where you can't see them.
  - D. All of the above.
17. Physical symptoms that an offender in crisis may be calming include?
- A. Dropped shoulders.
  - B. Eyes remain dropped on the floor.
  - C. Anger is now directed towards staff.
  - D. None of the above.
18. What variable(s) exist within a prison population that may increase the number of offenders in crisis and potentiate the reactions of those in crisis?
- A. CoOccurring Disorders
  - B. Substance abuse issues
  - C. Prison related stressors
  - D. All of the above.
19. Within a prison setting you should allow an offender to vent anyway they choose?
- A. True
  - B. False

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- 20.** All people in crisis will react with a standard pattern of predictable behavior?
- A. True
  - B. False

**Please Complete the Following:**  
*(Please write legibly)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Your TDCJ Division or Contracted Provider: \_\_\_\_\_

License Type & Number: \_\_\_\_\_

Date Session Completed: \_\_\_\_\_

Was the session of value to you?	1	2	3	4
	Not at all	Somewhat	Mostly	Very

How and why?

What suggestions do you have for making the materials more relevant for you and your job?

*If you have additional comments, you can write on the back or attach extra pages.*

Send this completed test and your evaluation to:

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