

ODMHSAS Behavioral Health Case Management Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is a key difference between short-term and long-term goals in case management?**
 - A. Short-term goals are less important than long-term goals**
 - B. Short-term goals are immediate, achievable outcomes, while long-term goals represent broader objectives**
 - C. Short-term goals can be set without client input**
 - D. Short-term goals are typically irrelevant in case management**
- 2. Which of the following best describes psychiatric rehabilitation services?**
 - A. Focused solely on medication management**
 - B. Collaborative, person directed, and individualized**
 - C. Standardized and one-size-fits-all approaches**
 - D. Primarily based on theoretical knowledge**
- 3. Which term describes the partnership aspect of a helping relationship in case management?**
 - A. Trusting**
 - B. Reciprocal**
 - C. Purposeful**
 - D. Genuine**
- 4. What does OHCA represent?**
 - A. Oklahoma Health Care Authority**
 - B. Oklahoma Healthcare Commission**
 - C. Office of Health Care Administration**
 - D. Oklahoma Health Coverage Agency**
- 5. The Strengths Model primarily focuses on which aspect of an individual?**
 - A. Deficits**
 - B. Support systems**
 - C. Strengths**
 - D. Challenges**

- 6. Why is stigma significant in mental health services?**
- A. It encourages more funding for mental health facilities**
 - B. It can deter individuals from seeking help**
 - C. It promotes community awareness**
 - D. It makes therapy more appealing**
- 7. What does the concept of wraparound services entail in case management?**
- A. A disjointed approach to client care**
 - B. A method focused exclusively on direct services**
 - C. A holistic care approach coordinating multiple services around client needs**
 - D. A temporary solution for client crises**
- 8. What essential factors should be assessed during risk evaluations?**
- A. Client's financial stability**
 - B. Potential threats to client safety**
 - C. Client's social media presence**
 - D. Levels of client satisfaction**
- 9. True or False: All individuals with psychiatric disabilities face difficulties in every life domain.**
- A. True**
 - B. False**
 - C. Partially true**
 - D. Depends on individual cases**
- 10. Which dimension of wellness involves personal and emotional connections with others?**
- A. Spiritual**
 - B. Social**
 - C. Intellectual**
 - D. Environmental**

Answers

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1. B
2. B
3. B
4. A
5. C
6. B
7. C
8. B
9. B
10. B

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Explanations

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1. What is a key difference between short-term and long-term goals in case management?

A. Short-term goals are less important than long-term goals

B. Short-term goals are immediate, achievable outcomes, while long-term goals represent broader objectives

C. Short-term goals can be set without client input

D. Short-term goals are typically irrelevant in case management

The distinction between short-term and long-term goals is fundamental in case management, particularly in how they guide the treatment and support provided to clients. Short-term goals are formulated to be immediate and attainable, focusing on specific, measurable results that can be achieved in a relatively brief period. These goals often serve as stepping stones that lead to the accomplishment of longer-term ambitions. In contrast, long-term goals tend to encompass broader, more comprehensive objectives that may require a sustained effort over an extended time frame. They often reflect the overall aspirations that the client has for their recovery or improvement, such as achieving stability in their mental health, gaining employment, or establishing a supportive social network. This approach of setting both short-term and long-term goals is vital for effective case management as it helps clients recognize progress in a manageable way, instilling motivation and reinforcing a sense of accomplishment while working toward larger life changes. By achieving short-term goals, clients can build self-efficacy and confidence that contribute to their ability to pursue long-term goals. This process also encourages ongoing engagement in their treatment plan, allowing for continued assessment and adjustment of strategies based on the client's evolving needs and circumstances.

2. Which of the following best describes psychiatric rehabilitation services?

A. Focused solely on medication management

B. Collaborative, person directed, and individualized

C. Standardized and one-size-fits-all approaches

D. Primarily based on theoretical knowledge

Psychiatric rehabilitation services are best described as collaborative, person-directed, and individualized. This approach emphasizes the importance of tailoring services to meet the unique needs, preferences, and goals of each individual. These services are designed to empower individuals to take an active role in their recovery process, ensuring that they have a say in the planning and implementation of their treatment strategies. Collaborative efforts involve working closely with multiple stakeholders, including the individual receiving services, their family, and a team of professionals. This teamwork fosters a support system that is responsive to the person's changing needs and encourages engagement in various aspects of life, such as social, vocational, and educational opportunities. In contrast, focusing solely on medication management does not encompass the holistic nature of psychiatric rehabilitation, which aims for broader functional outcomes beyond just managing symptoms. Standardized and one-size-fits-all approaches do not align with the personalized framework that is crucial to effective rehabilitation, as these methods fail to recognize that each individual has distinct circumstances and concerns. Additionally, prioritizing theoretical knowledge without practical application or consideration for individual experiences limits the effectiveness of rehabilitation services. Therefore, the best characterization aligns with the collaborative, person-directed, and individualized nature of psychiatric rehabilitation services.

3. Which term describes the partnership aspect of a helping relationship in case management?

- A. Trusting
- B. Reciprocal**
- C. Purposeful
- D. Genuine

The correct term that describes the partnership aspect of a helping relationship in case management is "reciprocal." In the context of case management, a reciprocal relationship involves both the case manager and the client working together collaboratively, supporting each other in the process of achieving the client's goals. This mutual exchange is crucial for fostering a sense of equality and empowerment in the relationship, allowing the client to actively participate in their own care and decision-making. Reciprocity indicates that both parties bring something valuable to the table, which strengthens the bond and trust between them. When case managers adopt a reciprocal approach, it enhances client engagement and motivation, ultimately leading to better outcomes in the client's journey toward recovery and improved well-being. This kind of partnership is foundational in ensuring that clients feel respected and understood, which is vital for an effective helping relationship. Other terms like trusting, purposeful, and genuine are also significant in forming a successful case management relationship, but they do not specifically encapsulate the partnership dynamic as clearly as "reciprocal" does. Trusting refers to the belief in mutual reliability, and purposeful highlights the intentionality behind actions within the relationship, while genuine relates to authenticity in interactions. However, reciprocal is the term that most accurately reflects the collaborative nature of the

4. What does OHCA represent?

- A. Oklahoma Health Care Authority**
- B. Oklahoma Healthcare Commission
- C. Office of Health Care Administration
- D. Oklahoma Health Coverage Agency

The Oklahoma Health Care Authority (OHCA) is the state agency primarily responsible for administering the Medicaid program in Oklahoma, known as SoonerCare, as well as other health-related programs for the state's residents. It plays a crucial role in the oversight of healthcare services, ensuring they meet quality standards and are accessible to those in need. The focus of OHCA includes managing budgets for healthcare programs, creating policies for service delivery, and working to improve overall health outcomes for Oklahomans who rely on public health assistance. The other choices do not accurately reflect the designated agency's proper name or its role in Oklahoma's healthcare system. The Oklahoma Healthcare Commission, while it may relate to healthcare in the state, does not represent the agency responsible for Medicaid. The Office of Health Care Administration is a general term and does not specify the agency in Oklahoma. Lastly, the Oklahoma Health Coverage Agency is not an official entity in the state's healthcare administration system, leading to confusion. Therefore, the correct answer highlights the specific agency tasked with vital healthcare oversight in Oklahoma.

5. The Strengths Model primarily focuses on which aspect of an individual?

- A. Deficits**
- B. Support systems**
- C. Strengths**
- D. Challenges**

The Strengths Model emphasizes identifying and leveraging an individual's inherent strengths to support their recovery and well-being. This approach is grounded in a belief that every person possesses unique talents, abilities, and resources that can be harnessed to help them thrive, rather than solely focusing on their limitations or challenges. By concentrating on strengths, practitioners encourage individuals to recognize their capabilities, which fosters empowerment and promotes resilience. This model contrasts with traditional deficit-focused approaches, which often dwell on what a person cannot do rather than what they can achieve. Therefore, the correct answer highlights the core principle of the Strengths Model, which seeks to build interventions and support systems around the positive attributes of individuals, helping them achieve their personal goals and improve their quality of life.

6. Why is stigma significant in mental health services?

- A. It encourages more funding for mental health facilities**
- B. It can deter individuals from seeking help**
- C. It promotes community awareness**
- D. It makes therapy more appealing**

Stigma is significant in mental health services primarily because it can deter individuals from seeking help. This reluctance often stems from the fear of being judged, discriminated against, or labeled negatively because of their mental health issues. When people perceive mental illness as something to be ashamed of, they may avoid reaching out for the support they need, which can exacerbate their conditions and hinder their recovery. Stigma creates barriers to accessing care, making it critical for mental health services to actively work toward reducing misconceptions and fostering an environment where individuals feel safe and empowered to seek assistance. The other options do not accurately reflect the impact of stigma in the context of mental health services. For example, while stigma may not lead to increased funding or community awareness in a positive way, it primarily serves as a hurdle for those in need. Additionally, rather than making therapy more appealing, stigma often has the opposite effect, discouraging individuals from participating in therapeutic options.

7. What does the concept of wraparound services entail in case management?

- A. A disjointed approach to client care**
- B. A method focused exclusively on direct services**
- C. A holistic care approach coordinating multiple services around client needs**
- D. A temporary solution for client crises**

The concept of wraparound services in case management is centered on a holistic approach that coordinates multiple services tailored to the individual needs of the client. This approach recognizes that individuals often have a complex set of needs that cannot be adequately addressed by any single service or provider. Instead, wraparound services involve gathering a team of professionals and stakeholders who work together to create a comprehensive plan that addresses various aspects of the client's life, including healthcare, education, social services, and community support. This model promotes collaboration and communication among providers, family members, and, when appropriate, the clients themselves, ensuring that all aspects of a client's wellbeing are considered and managed in an integrated manner. The goal is to create a supportive environment that empowers clients and leads to sustainable outcomes, rather than simply managing symptoms or crises. By focusing on the whole person and their unique situation, wraparound services aim to foster long-term recovery and enhance overall quality of life.

8. What essential factors should be assessed during risk evaluations?

- A. Client's financial stability**
- B. Potential threats to client safety**
- C. Client's social media presence**
- D. Levels of client satisfaction**

During risk evaluations, assessing potential threats to client safety is paramount. This involves identifying any risks that the client may face or pose to themselves or others, which is crucial in understanding the immediate and long-term implications for their mental health and well-being. Risk evaluations often focus on factors such as suicidal ideation, self-harm behaviors, aggression towards others, and environmental factors that may contribute to safety concerns. A thorough understanding of these aspects can guide interventions, resource allocation, and the overall treatment plan, ensuring that the client's safety remains a top priority. Evaluating factors like financial stability, social media presence, and levels of client satisfaction can provide valuable information about the client's life context but are not as directly related to immediate safety risks. They may contribute to understanding the client's overall well-being but do not serve as fundamental elements in assessing risks to client safety during the evaluation process.

9. True or False: All individuals with psychiatric disabilities face difficulties in every life domain.

A. True

B. False

C. Partially true

D. Depends on individual cases

The assertion that all individuals with psychiatric disabilities face difficulties in every life domain is not accurate, which is why the statement is considered false. Individuals with psychiatric disabilities can have a wide range of experiences, capabilities, and support systems, which means that their challenges can vary significantly from one person to another. Some individuals may encounter significant barriers in multiple areas such as employment, personal relationships, daily living activities, or social engagement. However, others may thrive in certain domains due to effective coping strategies, strong support networks, or personal resilience. Additionally, not all psychiatric disabilities manifest in the same way; some individuals may have effective management of their condition through therapy, medication, or lifestyle changes, allowing them to function well in various aspects of life. This understanding highlights the importance of individualized approaches in behavioral health. It promotes the idea that support and interventions should be tailored to fit each person's unique situation, emphasizing their strengths and capabilities rather than assuming uniform difficulties across the board.

10. Which dimension of wellness involves personal and emotional connections with others?

A. Spiritual

B. Social

C. Intellectual

D. Environmental

The dimension of wellness that involves personal and emotional connections with others is social wellness. This aspect emphasizes the importance of building and maintaining healthy relationships, fostering interpersonal skills, and having a support network that contributes to overall well-being. Cultivating a sense of belonging and community, as well as engaging in meaningful interactions, enhances emotional resilience and can significantly influence mental health. In the context of wellness, social connections play a critical role in how individuals cope with life's challenges. Healthy relationships foster a sense of support, enhance communication skills, and encourage individuals to engage in life activities. The other dimensions, while important, do not focus specifically on personal and emotional connections. Spiritual wellness pertains to finding meaning and purpose in life, intellectual wellness relates to engaging in creative and stimulating mental activities, and environmental wellness involves living in harmony with the Earth and maintaining a healthy environment. Each of these dimensions contributes to overall wellness, but for personal and emotional connections, social wellness is the most relevant.