

Trauma Informed Care Test

Instructions: Please circle the answer to each question on the attached Answer Sheet. Five correct answers (80%) are required to pass this course. Once you have completed the test, turn into your manager.

1. What are some examples of traumatic life experiences?
 - a. Neglect or abandonment
 - b. Physical abuse
 - c. Divorce
 - d. a and b
 - e. All of the Above

2. What is the Adverse Childhood Experiences (ACE) study?
 - a. A study that looked at effects of adverse childhood experiences (trauma) over the lifespan
 - b. A study that looked at the migration of birds
 - c. A study that looked at different dog breeds and their temperament

3. From the ACES study, what percentage of women experienced abuse, violence, or family strife in childhood?
 - a. 2%
 - b. 25%
 - c. 66%
 - d. 100%

4. Trauma can impact changes in brain Neurobiology?
 - a. True
 - b. False

5. Multiple trauma experiences raise the risk for:
 - a. Anxiety problems
 - b. Sleep problems
 - c. Memory problems
 - d. All of the above
 - e. None of the above

6. Trauma may also lead to Post Traumatic Stress Disorder (PTSD).
 - a. True
 - b. False



Training Unit
Answer Sheet

Name: _____ Signature: _____

Agency: _____ Work Location: _____

Date: _____

- Course (Circle one):**
- | | |
|---|---------------------------------|
| Blood Borne Pathogens/Infection Control | Cultural Competency & Diversity |
| HIPAA Privacy & Security | Environmental Safety |
| Person Centered Planning | De-Escalation Skills |
| Corporate Compliance | Limited English Proficiency |
| Recipient Rights | Trauma Informed Care |
| | Appeals and Grievances |

I attest, by filling out below, that I have reviewed the content for the circled course above and have completed the test to the best of my ability.

Once you have completed the test, turn into your manager.

Choose the one best answer for each question. Mark your answer below by circling the appropriate letter for each question.

- | | | | | | | | | | | | |
|----|---|---|---|---|---|----|---|---|---|---|---|
| 1 | A | B | C | D | E | 14 | A | B | C | D | E |
| 2 | A | B | C | D | E | 15 | A | B | C | D | E |
| 3 | A | B | C | D | E | 16 | A | B | C | D | E |
| 4 | A | B | C | D | E | 17 | A | B | C | D | E |
| 5 | A | B | C | D | E | 18 | A | B | C | D | E |
| 6 | A | B | C | D | E | 19 | A | B | C | D | E |
| 7 | A | B | C | D | E | 20 | A | B | C | D | E |
| 8 | A | B | C | D | E | 21 | A | B | C | D | E |
| 9 | A | B | C | D | E | 22 | A | B | C | D | E |
| 10 | A | B | C | D | E | 23 | A | B | C | D | E |
| 11 | A | B | C | D | E | 24 | A | B | C | D | E |
| 12 | A | B | C | D | E | 25 | A | B | C | D | E |
| 13 | A | B | C | D | E | | | | | | |

Instruction for Manager: If CLS or B-Contract, grade and keep for your own records. Records will be reviewed during site visits. If A-Contract, send completed (ungraded) answer sheet to the Training Unit.

Grade*: _____ out of _____ *must equal 80% or above to pass **Manager Initials** _____