

**CPSP Virtual Empowering Moms: A Journey to Mental Wellnes Training
Post-Test**

Please circle the correct answer(s).

Name: _____
Clinic: _____
Phone: _____
Email: _____
Date Training Completed: _____

1. Which of the following is not a self-assessment tool?
 - a. PHQ-9
 - b. GAD-7
 - c. Edinburgh
 - c. HDRS

2. Which of the following resources is patient directed?
 - a. UCLA IOP
 - b. DMH ACCESS line
 - c. Clinician administered tool
 - d. Cognitive Behavioral Strategies

3. Postpartum International Support offers all the services except:
 - a. Zoom consultations
 - b. Chat with an Expert
 - c. Peer Mentor
 - d. Support Group

4. The following resources are available expect:
 - a. Tips to manage stress and anxiety
 - b. List of psychiatrists
 - c. Improving Sleep Hygiene
 - d. Coloring sheets/ Mandalas

THIS SECTION TO BE COMPLETED BY LA COUNTY CPSP STAFF
Score: ___ / 4 = _____ %
Passing: <input type="checkbox"/> YES <input type="checkbox"/> NO
Follow-up call completed: <input type="checkbox"/> YES

**Please submit your completed test to LA County CPSP:
Email: cpsp@ph.lacounty.gov**
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