**Firefighters I - Members Assistance Programs Quiz**

1. \_\_\_\_\_ Eligible dependents in a Members Assistance Program include all of the following except:
   1. Spouses
   2. Common law spouses
   3. Elderly parents
   4. Cousins
2. \_\_\_\_\_ Employers benefit from the establishment of Members Assistance Programs in which of the following?
   1. Decrease in employee absenteeism
   2. Reduction in employee grievances
   3. Improved moral
   4. Decrease in inappropriate treatment.
   5. All of the above
3. \_\_\_\_\_ Firefighters should participate in a full critical incident stress debriefing session within what time frame of a completed incident with associated stress?
   1. 12 hours
   2. 24 hours
   3. 72 hours
   4. Immediately after the incident is mitigated
4. \_\_\_\_\_ How is a Wellness Program different from a Members Assistance Program?
   1. Wellness Programs are established to assist fire service personnel with health-related issues
   2. Wellness Programs are established to assist fire service personnel with mental health issues only
   3. Wellness Programs are established to assist fire service personnel with managing stress directly related to incident response
   4. All of the above
5. \_\_\_\_\_ Firefighters should be
   1. Defused before entering a scene that could cause emotional or psychological stress
   2. Debriefed before entering a scene that could produce severe stress in the firefighter
   3. Counseled immediately after every fire involving a civilian death
   4. None of the above
6. \_\_\_\_\_ Which of the following statements is true?
   1. Members Assistance Programs are confidential counseling/referral services provided to employees and their eligible dependents
   2. MAPs are designed to help employees with problems that can affect all families at one time or another
   3. Member Assistance Programs assist with problems involving marital difficulties, family and/or job stress, alcohol abuse or dependency, drug abuse, and emotional health
   4. All of the above
7. \_\_\_\_\_ What are often considered to be integral parts of a department’s Members Assistance Program because of the purpose they serve?
   1. Wellness Programs
   2. Critical Incident Stress Management Programs
   3. Members Assistance Programs
   4. Debriefing Programs
   5. All of the above
8. \_\_\_\_\_ Information gathering responsibilities are assigned in preparation of the post-incident analysis at
   1. Defusings
   2. Debriefings
   3. Pre-incident planning sessions
   4. None of the above
9. \_\_\_\_\_ If it is anticipated that the fire service responders may be working over several shifts exposed to extremely stressful conditions, a defusing is recommended at the end of each shift.
   1. True
   2. False
10. \_\_\_\_ A defusing is a formal discussion with incident responders that addresses chemical and medical exposure information, addresses damaged equipment and apparatus, and identifies any unsafe operating procedures that may have occurred.
    1. True
    2. False