IDAHO DEPARTMENT OF CORRECTION
Inmate Companion Program Quiz

True or False:

1. _____ It is the role of the inmate companion to analyze behavior and report security issues to staff.
2. _____ As an inmate companion, I should report all concerns to the nearest staff member, even if I am not sure if it is an emergency.
3. _____ I should report any changes in the suicidal inmate’s behavior to the clinician as soon as possible.
4. _____ Once someone is suicidal, he/she will be suicidal forever.
5. _____ I should maintain the watch log at 5-minute intervals.
6. _____ I am responsible for keeping track of the hours I work as an inmate companion.
7. _____ If another inmate attempts to communicate with me while conducting a watch, I should inform the clinician when my shift is complete.
8. _____ When observing the inmate on suicide watch, I should sit slightly to the side of the utility port.
9. _____ If I witness a suicide attempt, I should first attempt to stop it, and then notify the nearest staff member.

Multiple Choice:

1. _____ Active Listening is:
   a) Paraphrasing and repeating.
   b) Paraphrasing, feedback, empathy, summarizing, lamenting, and showing understanding.
   c) A process in which we first try to understand the meaning behind the person’s words, and then communicate that meaning back to them.
   d) A non-passive feedback loop that expresses mutual meaning in a circular manner.

2. _____ In your training you were taught that feedback is:
   a) A pro-social way to share your opinion with the suicidal inmate.
   b) The best way to communicate to a suicidal inmate
   c) Never to be used while you are on watch.
   d) Giving someone objective information about observed behavior changes, such as, “You’re smiling today.”

3. _____ I should maintain the watch log at ___ minute intervals.
   a) 5
   b) 10
   c) 15
   d) 30

4. _____ When a suicidal inmate tells me that they want to die, I should…
   a) Try to talk them out of it by telling them, “But God has a plan for you”.
   b) Use an active listening skill, such as reflecting: “You seem very sad right now.”
   c) Use an active listening skill, such as, “In time things will get better for you.”
   d) Try to convince them that they want to live.
5. _____ If I know another watch member has broken confidentiality, I should:
   a) Speak to them about this.
   b) Tell correctional officer that I need to speak with the clinician about an immediate watch issue.
   c) Use my lines of communication to contact the clinician.
   d) Tell the watch coordinator as soon as possible.

6. _____ If the person on suicide watch is someone I do not get along with, I should…?
   a) Put the past behind me and focus on being a positive support for that person while I am on watch.
   b) Ask the watch coordinator to be taken off the schedule ASAP.
   c) Arrange for someone else to cover my shift.
   d) Tell the nearest staff member ASAP.

7. _____ If the person on suicide watch asks me if they can look at my book, I should…
   a) Have them reach through the utility port to take it from me, as I should never put my hand through the utility port.
   b) Hand it to them, but tell them that they cannot keep in the cell with them.
   c) Report this request to security immediately.
   d) Inform them that I am not allowed to hand anything to them through the utility port.