

Which of the following accurately describes the relationship between correctional populations and substance abuse?

- a. 43% of people in state prisons and 37% of people in federal prisons meet the criterion for drug abuse or dependence
- b. One in three people in state prisons reported using drugs at the time of their crime
- c. 21.4% of people in state prisons and 16.1% in federal prisons reported committing their crimes to obtain money for drugs
- d. 57% of people in state prisons who committed a property offense reported drug use in the month prior to arrest

___ 7. Working with addicts within the criminal justice system requires a straightforward approach that encourages open and honest interaction and facilitates immediate progress.

- a. True
- b. False

___ 8. **Chapter Three: Treatment Knowledge**

Evidence-Based Practices (EBPs) for substance abuse treatment should be implemented for all of the following reasons EXCEPT:

- a. To improve client outcomes and increase access to effective treatment
- b. To engage staff and improve operating margins
- c. To support traditional and anecdotal theories of addiction and treatment
- d. To save time and provide justification for funding

___ 9. **Evidence-Based Practice Defined**

In order to be considered valid, substance abuse prevention or treatment evidence must be established through scientific research such as clinical trials.

- a. True
- b. False

___ 10. **In Brief**

In 2009, ___ of substance abuse facilities used relapse prevention and ___ percent used motivational interviewing as part of their treatment strategies.

- a. 87%; 55%
- b. 78%; 48%
- c. 64%; 41%
- d. 57%; 36%

___ 11. **Substance Abuse Counseling: Implementing Change in Substance Abuse Treatment Programs**

Supportive techniques used in substance abuse counseling are those which enable the patient to work through interpersonal relationship issues while gaining greater self-understanding.

- a. True
- b. False

___ 12. Relapse prevention uses _____ strategies to help facilitate abstinence and provide help for those who experience relapse.

- a. 12 step program
- b. Contingency management
- c. Cognitive-behavioral
- d. Brief intervention

___ 13. The operational assumption of motivational interviewing is that ambivalent attitudes and lack of determination are primary obstacles to behavioral change, so the central focus becomes resolving ambivalence and enhancing motivation to change.

- a. True
- b. False

___ 14. Trauma-related counseling uses a psychoeducational approach to help clients learn coping skills that will promote healing and behavioral strategies for reducing trauma symptoms and substance use relapse.

- a. True
- b. False

___ 15. **Chapter Four: Application to Practice-Diagnostic Criteria Related to Substance Use Disorder**

Which of the following is NOT one of the criteria for a diagnosis of substance abuse?

- a. Recurrent substance use in situations in which it is physically hazardous
- b. Consistent substance abuse despite persistent or recurrent social or interpersonal problems caused by or exacerbated by effects of the substance
- c. Recurrent substance-related legal problems
- d. Significant amount of time spent in activities necessary to obtain the substance

___ 16. **Stages of Change**

Research indicates that behavioral change for substance abusers is much more likely to occur when external consequences and restrictions are present.

- a. True
- b. False

___ 17. During which stage of change is the individual likely to become aware that a problem exists and begin to experience ambivalence about the need for change?

- a. Pre-contemplation
- b. Contemplation
- c. Preparation
- d. Action

___ 18. **Levels of Care**

Individuals who have severe substance use disorders and low or moderate severity mental disorders are generally well accommodated in intermediate level treatment programs.

- a. True
- b. False

____ 19. **Improve Treatment Outcomes by Delivering Effective, Evidence-Based Substance Abuse Services-Basic Principles**

Basic principles of effective treatment include each of the following EXCEPT:

- a. Treatment needs to focus on the multiple needs of the person, not just the drug use
- b. Medications, when combined with counseling, increase the chance of success
- c. Treatment needs to be voluntary in order to work
- d. Recovery from drug abuse can be a long-term process with multiple episodes of treatment necessary

____ 20. **Duration of Care**

Research indicates that treatment achieves the best results when clients are engaged in it for at least ____ days.

- a. 120
- b. 90
- c. 60
- d. 30

____ 21. **Variety of Treatment Intensities**

Treatment modalities for substance abuse include outpatient, intensive outpatient, residential, and medication-assisted programs, with outpatient services accounting for about 85% of treatment in the United States.

- a. True
- b. False

____ 22. **Effective Treatment Strategies**

Motivational Enhancement Therapy (MET) is based on principles from cognitive and social psychology and has been found to be particularly successful with:

- a. Marijuana-dependent and alcohol-addicted clients
- b. Opioid dependence
- c. Alcohol-dependent clients with co-occurring disorders
- d. All of the above

____ 23. **Chapter Five: Professional Readiness**

A 2009 report determined that the highest percentage of persons age 12 or older who met criteria for substance abuse or dependence by race/ethnicity were American Indian/Alaskan Natives followed by bi/multiracial persons.

- a. True
- b. False

___ 24. **Ethical Standards for Addiction Counselors**

While clinicians in other disciplines generally have a two year rule regarding sexual or other intimate contact with current or former clients, in addiction counseling the general rule is:

- a. Three years
- b. Four years
- c. Five years
- d. Never allowed

___ 25. **Californis Association for Alcohol/Drug Educators Code of Ethics**

The code of ethics dictates that counselors shall maintain the highest standards while serving clients and must espouse _____ and integrity.

- a. Objectivity
- b. Probity
- c. Uniformity
- d. Deference

___ 26. **Self-Care and Stress Management**

Common behavioral stress reactions include:

- a. Difficulty setting priorities or making decisions
- b. Difficulty in giving or accepting help
- c. Difficulty communicating or listening
- d. Difficulty maintaining objectivity

___ 27. **Exercises/Activities: Glossary of Culture Terms**

The term multicultural is defined as that which is designed for or pertains to three or more distinctive cultures.

- a. True
- b. False

___ 28. **Culture of Addiction Enmeshment Scale**

Which of the following correctly describes the patterns in which people with AOD problems relate to a larger culture of addiction?

- a. Clients with acultural styles of addiction are involved in the culture of addiction, but maintain relationships and activities in the civilian world as well
- b. Clients with bicultural styles of addiction initiate and sustain their addiction without significant involvement with others who
- c. Clients with culturally enmeshed styles of addiction relate almost exclusively within the culture of addiction and may have minimal abilities to function outside the culture
- d. All of the above

At a minimum, an individualized treatment plan should address issues related to substance abuse and each of the following EXCEPT:

- a. Relationships with family and significant others
- b. Potential mental health conditions
- c. Readiness for significant lifestyle changes
- d. Social and legal needs

___ 36. **Competency 38: Explain Assessment Findings to the Client and Significant Others**

When summarizing assessment results, the assessment information should be translated into treatment goals and objectives and communicated in a manner that is sensitive to the client's age, developmental level, gender, and culture.

- a. True
- b. False

___ 37. **Competency 40: Examine Treatment Options in Collaboration with the Client and Significant Others**

An approach to treatment that ties several intervention services together and often delivers them in a specific treatment center is known as:

- a. Matching
- b. Combining Care
- c. Synthesizing
- d. Bundling

___ 38. **Competency 42: Prioritize the Client's Needs in the Order They Will be Addressed in Treatment**

Contingency planning is described as a coordinated approach to the delivery of health, substance abuse, mental health, and social services, linking clients with appropriate services to address specific needs and achieve stated goals.

- a. True
- b. False

___ 39. **Maslow's Hierarchy of Needs**

The need to be a unique individual with self-respect and to enjoy general esteem from others falls under _____ in Maslow's hierarchy.

- a. Esteem needs
- b. Social needs
- c. Self-actualization
- d. Basic needs

___ 40. **Competency 46: Develop with the Client a Mutually Acceptable Treatment Plan and Method for Monitoring and Evaluating Progress**

Counselors need to prioritize short-term intervention strategies that can be accomplished while the person is in treatment, while also developing long-term treatment planning objectives.

- a. True
- b. False

___ 41. **Screening Instruments**

The brief screening instrument that is designed to identify alcohol abuse by asking four basic questions is _____.

- a. The Michigan Alcoholism Screening Test
- b. The Alcohol Severity Index
- c. The CAGE Questionnaire
- d. The Screening and Brief Intervention Index

___ 42. **Chapter Eight: Practice Dimension III: Referral**

Adopting a holistic view of clients in substance abuse treatment is especially important for any service provider making referrals to other providers or agencies.

- a. True
- b. False

___ 43. **Competency 49: Establish and Maintain Relationships with Outside Agencies and Other Professionals**

Agencies who collaborate to assist those with substance abuse disorders should be aware that their efforts are likely to be ineffective unless all the client's life areas are addressed.

- a. True
- b. False

___ 44. **Competency 53: Explain in Clear and Specific Language the Necessity for Referral**

When a client is flatly denying substance abuse and resisting treatment, it may be helpful to ask permission to discuss your concerns and get feedback from them, which is known as the "Inquire-Evaluate-Summarize" approach.

- a. True
- b. False

___ 45. **Integrating Substance Abuse Treatment and Vocational Services-Characteristics of Authentically Connected Referral Networks**

Multiple agencies must work as equal partners with one another and with clients, and it is imperative that all parties demonstrate:

- a. Vision-based accountability
- b. Mutual responsibility and trust
- c. Individualized negotiation styles
- d. Static networking

___ 46. **Chapter Nine: Practice Dimension IV: Service Coordination-Definition of Case Management**

Case management should assist the patient in re-establishing an awareness of internal resources such as intelligence, problem solving skills, and:

- a. Assurance
- c. Prudence

- b. Responsibility
- d. Competence

___ 47. **Sharing Information with an Outside Agency**

A Qualified Service Agreement (QSOA) is a written agreement between a program and a person providing services to the program, and it may be used a substitute for individual consent.

- a. True
- b. False

___ 48. **Continuum of Services System Re-Engineering**

According to the principles for an effective continuum of alcohol and other drug services:

- a. Services must be comprehensive, integrated, and high quality
- b. Potential problems can be prevented by reducing risk factors and increasing protective factors in both communities and individuals
- c. Recovery from severe and persistent problems can be achieved through continuing and comprehensive alcohol and other drug treatment services
- d. All of the above

___ 49. **Chapter Ten: Practice Dimension V-Individual Counseling**

When a client's behavior is inconsistent with stated recovery goals, the clinician should make constructive therapeutic responses while helping the client recognize that certain behaviors are interfering with treatment progress.

- a. True
- b. False

___ 50. **The Successful Counselor**

Carl Rogers was a humanistic psychologist who believed that therapists should use three basic tools to impact their clients, including congruence, unconditional positive regard, and:

- a. Authentic communication
- b. Absolute affirmation
- c. Accurate empathic understanding
- d. Unequivocal acceptance

___ 51. **Body Language**

Since approximately 30 percent of information is communicated through the body, the matching of body language to spoken words is fundamental to genuine communication.

- a. True
- b. False

___ 52. **Motivation for Change**

When working with family members of a recovering client, it is important to treat them in a gentle manner which encourages them to focus primarily on the recovery of the their loved one.

- a. True
- b. False

___ 53. **Skills Enhancement**

Substance abuse counselors often need to work with clients to cultivate life skills that were neglected or underdeveloped as a result of the addiction.

- a. True
- b. False

___ 54. **Healthy Schedules**

The counselor should help the client acknowledge the places, people, and things that contribute to substance abuse as well as to a healthy lifestyle, while also assisting the client in recognizing drinking and using patterns, relapse signs, and:

- a. Triggers
- b. Vulnerabilities
- c. Temptations
- d. Weaknesses

___ 55. **Competency 85: Make Constructive Therapeutic Responses When the Client's Behavior is Inconsistent With Stated Recovery Goals**

When facing a stressful situation that has the potential to lead to a crisis or relapse, the client is encouraged to "wraparound" with a trusted individual, which is a therapeutic technique for discussing the situation before and after the potentially upsetting interaction.

- a. True
- b. False

___ 56. **Exercises/Activities: Counseling Student Practice Triads**

When assessing the use of appropriate counselor body language, techniques to be observed include open posture, eye contact, nodding, and appropriate hand movement.

- a. True
- b. False

___ 57. **Chapter Eleven: Practice Dimension V-Counseling/Groups and Substance Abuse Treatment**

Groups that use the knowledge of the way people function psychologically to promote change and healing are:

- a. Skills development groups
- b. Expressive groups
- c. Cognitive-behavior groups
- d. Interpersonal process groups

_____ 64. **Diverse Client Populations**

Which of the following accurately describes substance abuse patterns among diverse populations in the United States?

- a. Among African Americans with a perceived need for substance abuse treatment, 15 percent reported that the need was unmet
- b. Approximately half of the people who are homeless report having an alcohol, drug, or mental disorder in the last month
- c. The number of older adults needing treatment for substance abuse is expected to increase from 1.2 million in 2001 to 3.4 million by 2020
- d. Among adults over age 25, the rates of alcohol use in rural areas is lower than in metropolitan areas, but rates for youth are much higher in rural areas than metropolitan areas

_____ 65. **Prevention**

The annual total estimated societal cost of substance abuse in the United States is approximately 372.6 billion dollars.

- a. True
- b. False

_____ 66. **Chapter Fourteen: Documentation-Competencies 108-114**

Clinicians must recognize the importance of accurate client record management and documentation as demonstrated accurately in each of the following EXCEPT:

- a. Accurate documentation helps ensure the recording of adequate treatment/recovery options and helps to keep the agency in program and fiscal compliance
- b. Progress notes should be properly written and charted to record any changes in treatment/recovery, or in the client's status and behavior
- c. Counselors must prepare accurate and concise assessment reports, while safeguarding client records at all times
- d. Clinicians need to prepare concise discharge summaries which include aftercare options based on treatment success, and resources/contacts that will assist in continued care

_____ 67. **Treatment Plan Documentation Notes**

The client and counselor should prepare a treatment plan together, with the client agreeing to outline a recovery plan of action that will be carried out over the next 59 days, and updated by day 60.

- a. True
- b. False

_____ 68. **Overall Client File Guidelines**

Charts and records are a representation of a program's professionalism, so records must be thorough, comprehensive, and exhaustive.

- a. True
- b. False

___ 69. **Chapter Fifteen: Professional and Ethical Responsibilities-Fundamental Ethical Principles**

The medical principle of _____ emphasizes that treatment providers should act for the good of patients by providing competent, timely care within the bounds of accepted treatment practice.

- a. Beneficence
- b. Nonmaleficence
- c. Justice
- d. Bonhomie

___ 70. **Professional and Ethical Standards for Supervisors**

It is good practice for clinical supervisors to develop and maintain a personal wellness plan for physical and mental health and to encourage supervisees to do the same.

- a. True
- b. False

___ 71. **Therapeutic Issues for Counselors**

Counselors who are repeatedly confronted by disclosures of victimization and exploitation may experience symptoms similar to those of posttraumatic stress disorder, which is known as:

- a. Subordinate suffering
- b. Inferential distress
- c. Secondary traumatization
- d. None of the above

___ 72. **Burnout**

Burnout occurs when the pressures of working with clients erodes a counselor's spirit and outlook, and current financially focused health care where clinicians have to assume larger and more complex caseloads makes this an even bigger concern.

- a. True
- b. False