

8. In December of 2002 the Department of Health and Human Services provided Congress with a comprehensive report on treatment and prevention of co-occurring substance abuse and mental disorders which included all of the following EXCEPT:
- A. The report emphasizes that people with co-occurring disorders usually will not recover even with appropriate treatment so support services need to always be in place
 - B. It states there are many longstanding systemic barriers to appropriate treatment and support services for people with co-occurring disorders
 - C. The report identifies the need for various involved parties to work together to create a system in which both disorders are addressed as primary and treated as such
 - D. It outlines a 5-year blueprint for action to improve the opportunity for recovery by increasing the availability of quality prevention, diagnosis, and treatment for people with COD

9. **Chapter 2: Definitions, Terms, and Classification Systems for Co-Occurring Disorders**

In describing co-occurring disorders, it is very important to use psychotherapeutic terminology as a way of acknowledging each client's individuality.

- A. True
- B. False

10. Substance abuse-as defined by maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated use of substances-is more serious than substance dependence.
- A. True
 - B. False

11. It is recommended that counselors working with antisocial personality disordered clients:

- A. Confront antisocial behavior and dishonesty gently as not to alienate the client
- B. Hold clients responsible for the behavior and its consequences
- C. Use peer communities to confront behavior and foster change
- D. Both B and C above

12. Cluster A Personality Disorders include which of the following:

- A. Avoidant, dependent, and obsessive-compulsive personality disorders
- B. Antisocial, borderline, histrionic, and narcissistic personality disorders
- C. Paranoid, schizoid, and schizotypal personality disorders
- D. None of the above

13. In addiction treatment populations, the most common anxiety syndrome seen is social phobia.

- A. True
- B. False

14. Integrated interventions are specific treatment strategies or therapeutic techniques in which interventions for co-occurring disorders are used. These include:

- A. Integrated screening and assessment processes
- B. Individual recovery mutual self-help meetings
- C. Individual recovery groups in which recovery skills for each disorder are discussed separately
- D. All of the above

15. In most mental health systems, services are provided for a wide range of mental disorders, but in many publicly financed mental health programs, the priority is on acute crisis intervention and stabilization and on the provision of ongoing treatment and rehabilitative services.

- A. True
- B. False

- A. Hire staff members who have familiarity with both substance abuse and mental disorders and have a positive regard for clients with either disorder
- B. Provide structured opportunities for staff feedback in the areas of program design and implementation
- C. Provide staff with a framework of realistic expectations for the progress of clients with COD
- D. All of the above

25. **Chapter 4: Assessment**

In the screening process to determine whether a client does or does not warrant further attention in regard to a particular disorder and the possibility of a co-occurring substance use or mental disorder, which of the following is an accurate statement:

- A. The screening process will always identify what kind of problem the person might have and how serious it might be
- B. There are many legal and professional restraints on who can be trained to conduct a screening.
- C. Every clinician who conducts an assessment should be able to screen for the most common COD and know how to implement the assessment information
- D. Screening tools are usually all that a clinician needs to complete an accurate assessment

26. Assessment is a process for evaluating the possible presence of a particular problem and screening is a process for defining the nature of that problem and developing specific treatment recommendations for addressing the problem.

- A. True
- B. False

27. The most valuable assessment tool for the diagnosis and treatment of co-occurring disorders is:

- A. The Beck Depression Inventory
- B. The Mental Health Screening Form-III
- C. The Lowell/Savage Screening Instrument for COD
- D. None of the above

28. Which of following is NOT part of the twelve steps in the assessment process?

- A. Create a safe and nonjudgmental environment
- B. Determine disability and functional impairment
- C. Identify cultural and linguistic needs and supports
- D. Determine quadrant and locus of responsibility

29. In screening for past and present substance abuse, the process begins with inquiry about past and present use and substance-related problems and disorders so that if the client answers yes to having problems and/or a disorder, further assessment can be initiated.

- A. True
- B. False

30. In screening for a history of trauma with COD clients:

- A. It is important to ask the client to describe traumatic events in detail in order to have a better understanding of the client's past
- B. The clinician should ask very specific and detailed questions throughout the assessment
- C. The Modified PTSD Symptom Scale: Self-Report Version is a good choice to assess PTSD and trauma
- D. None of the above

31. With both mental and substance use disorders, which of the following is a true statement?

- A. Diagnosis is established more by history than by current symptom presentation
- C. History and current symptom presentation are equally important in diagnosis

- B. Diagnosis is established more by current symptom presentation than by history D. None of the above
32. In working with COD clients, for each disorder or problem, interventions have to be matched not only to specific diagnosis, but also to stage of change, and the interventions should be consistent with the stage of treatment for each disorder.
A. True B. False
33. The Substance Abuse Treatment Scale (SATS) is a case-manager scale with eight items identified by the degree of the clients engagement in treatment. These items include:
A. Change and motivational enhancement C. Both A and B above
B. Remission and relapse prevention D. None of the above
34. In the process of matching individual clients to available treatment, the variables that need to be considered are acute safety needs, strengths and skills, level of care, and _____
A. History of mental illness C. Medication management
B. Motivational enhancements D. Diagnosis
35. **Chapter 5: Strategies for Working With Clients With Co-Occurring Disorders**
In a study of clients with opioid dependence and psychopathology, fewer than _____ percent of those with weak therapeutic alliances completed treatment, while more than _____ percent of those with strong therapeutic alliances completed treatment.
A. 15%; 65% C. 25%; 75%
B. 20% ; 70% D. 30%; 80%
36. Achieving a therapeutic alliance with clients with serious mental illness and substance use disorders can be challenging as many people who abuse substances also may have some antisocial traits.
A. True B. False
37. In maintaining a recovery perspective, it is important for a clinician to remember:
A. It is generally recognized that recovery refers solely to a change in substance use C. Much of the recovery process is therapist-driven and occurs typically within the professional environment
B. Markers such as improved health and better ability to care for oneself and others are indicators of progress in the recovery process D. None of the above
38. Which of the following is an important consideration in dealing with countertransference with patients with COD?
A. The clinician should be aware of strong personal reactions and biases toward the client C. The clinician should obtain further supervision when countertransference may be interfering with counseling
B. Clinicians should have formal and periodical supervision to discuss countertransference and the opportunity to discuss these issues at clinical meetings D. All of the above
39. Persons with mental disorders are at _____ greater risk for suicide than the general population, and of the adults who commit suicide, _____ have a mental disorder.
A. 10 times; 90 percent C. 12 times; 80 percent
B. 5 times; 85 percent D. 15 times; 75 percent

- A. 30 percent; 56 percent
B. 40 percent; 66 percent
- C. 50 percent; 76 percent
D. 60 percent; 86 percent
69. When working with homeless COD clients, it is very important to address issues such as substance abuse treatment, legal issues, healthcare and financial needs as well as housing issues.
A. True
B. False
70. In a U.S. Department of Justice Survey report, offenders had a high incidence of drug and alcohol abuse. Approximately _____ were alcohol dependent, while _____ were under the influence of alcohol or drugs at the time of their offense.
A. 1/4 ; 5/10
B. 1/3; 6/10
C. 1/2; 7/10
D. None of the above
71. Specialized programs for women with COD have been developed primarily to address pregnancy and childcare issues as well as certain kinds of trauma, violence, and victimization that may best be dealt with in women only programs.
A. True
B. False
72. Which of the following is a true statement about substance abuse and mental health problems in women?
A. In general, drugs of abuse for women today are less available and more expensive than in the past
B. The lower rate of addictions in women compared to men remains stable
C. As compared to their male counterparts, women with substance use disorders have fewer mental disorders and higher self-esteem
D. While women with substance use disorders have more difficulty with emotional problems, their male counterparts have more trouble with functioning
73. **Chapter 8: A Brief Overview of Specific Mental Disorders and Cross-Cutting Issues**
Studies indicate that the most promising way to prevent suicide and suicidal behavior is through the early recognition and treatment of family dysfunction and unhealthy family patterns.
A. True
B. False
74. According to a 2003 National Survey on Drug Use and Health, an estimated _____ percent of the general population aged 12 or older report current (past month) use of a tobacco product.
A. 18.9 %
B. 29.8%
C. 38.9%
D. 49.8%
75. All of the following are true statements about the treatment of personality disorders (PDs) EXCEPT:
A. Those who have PDs tend to have difficulty forming a genuinely positive therapeutic alliance
B. Those with PDs show rigid, inflexible, and maladaptive behavior patterns which cause internal distress or significant impairment in functioning
C. People with PDs carry with them destructive patterns of thinking, feeling, and behaving as their way interacting with the world and others
D. They tend to frame reality in terms of their own needs and perceptions and to easily understand the perspectives of others
76. The essential feature of Borderline Personality Disorder (BPD) is a pervasive pattern of instability of interpersonal relationships, self-image, and affects, along with marked impulsivity.
A. True
B. False

77. Much of substance abuse treatment is particularly targeted to those with Antisocial Personality Disorders, but substance abuse treatment alone has not been particularly effective for these disorders.
A. True B. False
78. About ____ percent of individuals with a substance use disorder have an affective or anxiety disorder at some time in their lives.
A. 30 % C. 50 %
B. 40 % D. 60 %
79. In treating a Substance Abuse client with Bipolar Disorder, it is very important that the counselor take a detailed history, attempt to establish the linkage between co-occurring disorders, and appreciate the client's understanding of the relationship between the two.
A. True B. False
80. Counselors working with schizophrenic COD clients should be aware of the following:
A. There is a clear pattern of drug choice among clients with schizophrenia which may make treatment more manageable
B. What looks like resistance or denial may in reality be a manifestation of negative symptoms of schizophrenia
C. For clients with co-occurring disorders involving psychosis, a short-term approach is imperative to keep the client engaged
D. None of the above
81. Approximately ____ percent of adults with Attention Deficit/ Hyperactivity Disorders have histories of alcohol abuse or dependence, and approximately ____ percent have other drug abuse or dependence histories.
A. 25%; 15% C. 33% ; 20%
B. 29%; 18% D. 36%; 23%
82. Most women with Post Traumatic Stress Disorder and a substance abuse problem experienced childhood physical and/or sexual abuse while men with both disorders typically experienced crime victimization or war trauma.
A. True B. False
83. Which of the following is NOT an accurate statement about substance abuse and eating disorders?
A. Substance abuse is more common in anorexia nervosa than in bulimia nervosa
B. Many individuals alternate between substance abuse and eating disorders
C. Several studies have suggested that the presence of co-occurring substance-related disorders does not affect treatment outcome adversely for bulimia nervosa
D. Studies in inpatient substance abuse treatment centers suggest that approximately 15 percent of women and 1 percent of men had an eating disorder in their lifetime
84. **Chapter 9: Substance-Induced Disorders**
Substance-induced disorders are distinct from independent co-occurring mental disorders in that all or most of the psychiatric symptoms are the direct result of substance use.
A. True B. False
85. Diagnoses of substance-induced mental disorders will typically be provisional and will require reevaluation.
A. True B. False
86. Which of the following is included in the criteria for diagnosis of substance-induced mood disorders:
A. The disturbance is better explained by a C. The symptoms cause clinically significant

- mood disorder
- B. A prominent and persistent in mood predominates, characterized by a depressed mood or an elevated or irritable mood
- distress or impairment
- D. Both B and C above

87. APPENDIXES

I will review the appendixes on my own time and use the information within as is appropriate for my practice.

- A. Yes
- B. No