Mindful Continuing Education

How Behavioral Health Providers Are Addressing Substance Misuse Trends and Outcomes

1. Which factor has contributed to the increase in substance misuse related to cannabis?

A. Increased rates of incarceration for substance misuse
B. Higher THC levels available in cannabis
C. Decreased public stigma around substance use
D. Increase in the use of synthetic cannabinoids

---

2. What has been a significant barrier to the treatment of emerging drug misuse in emergency departments?

A. Lack of insurance coverage for emerging substances
B. Insufficient staffing levels to handle cases
C. Inability to test for new substances quickly and effectively
D. High cost of treatment for novel substances

---

3. How does the TAPS tool enhance screening for substance misuse?

A. By using multiple lengthy assessments for different substances
B. By focusing solely on opioid misuse
C. By integrating screening and brief assessment for frequently used substances
D. By providing genetic screening for predisposition to substance use disorders

---

4. Which evidence-based treatment is used to help mitigate alcohol cravings in individuals with alcohol use disorder?

A. Methadone
B. Naltrexone
C. Buprenorphine
D. Naloxone

---

5. What impact does socioeconomic status have on substance use among adolescents?

A. Higher socioeconomic status decreases the risk of tobacco use
B. Lower parental education increases the risk of cannabis use
C. Low socioeconomic status increases the risk of cannabis use
D. High socioeconomic status increases the risk of cocaine use

---

6. Which of the following would be considered a harm reduction strategy for substance use disorder?

A. Naloxone Distribution Programs
B. Cognitive Behavioral Therapy
C. Motivational Interviewing
D. Dialectal Behavioral Therapy

---

7. Which evidence-based treatment involves reinforcing sobriety with tangible rewards?

A. Motivational Interviewing
B. Dialectal Behavioral Therapy
C. Contingency Management
D. Eye Movement Desensitization and Reprocessing

---

8. Which of the following medications is classified as an opioid receptor antagonist?

A. Naltrexone
B. Methadone
C. Buprenorphine
D. Lofexidine

---

9. Trauma-informed care focuses on which of the following principles?

A. Promoting emotional stability and symptom reduction through dual stimulation
B. Encouraging client safety and minimizing re-traumatization
C. Providing client-centered motivational strategies for change
D. Rewarding clients for maintaining recovery goals

---

10. What is Cognitive Behavioral Therapy primarily aimed at?

A. Encouraging client motivation through personal values
B. Teaching skills for emotion regulation and mindfulness
C. Exploring how thoughts and behaviors perpetuate substance use
D. Healing the brain's information-processing system

Copyright © 2026 Mindful Continuing Education

Visit us at https://www.mindfulceus.com