

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

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