

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
