

Mindful Continuing Education

Treatment for Co-Occurring Behavioral Health Disorders

1. How many people had a co-occurring disorder in the United States in the past year?

- A. 47.6 million
- B. 19.3 million
- C. 11.4 million
- D. 9.2 million

2. Which of the following things can be a risk factor for mental health disorders and substance use?

- A. Stress
- B. Family
- C. Work
- D. School

3. What process determines if a problem is possibly present?

- A. Genetic Testing
- B. Screening
- C. Assessment
- D. Drug Testing

4. Determining a client's diagnosis is part of what process?

- A. Genetic Testing
- B. Screening
- C. Assessment
- D. Drug Testing

5. Under the Four Quadrant Model someone with a severe mental health disorder and a less severe substance use disorder would be grouped as which of the following?

- A. Category 1
- B. Category 2
- C. Category 3
- D. Category 4

6. Which of the following steps of the assessment process is often considered the most positive one?

- A. Identify strengths and supports.
- B. Determine disability and functional impairment.
- C. Identify cultural and linguistic needs and supports.
- D. Determine the stage of change.

7. What percentage of adults with SMI and SUD did not receive any treatment in the past year?

- A. 56%
- B. 48.6%
- C. 30.5%
- D. 24%

8. Which of the following is the most powerful way to maintain and extend treatment effectiveness?

- A. Prescribing medications.
- B. Requiring participation in therapy.
- C. Clearly assessing the client's functional impairment.
- D. Engaging and using the client's support system.

9. Which of the following treatments is shown to be ineffective and worsens outcomes for patients with COD?

- A. Sequential Treatment
- B. Simultaneous Treatment
- C. Integrated Treatment
- D. Cognitive Behavioral Treatment

10. Which of the following builds resiliency, reestablishes trust, prevents retraumatization, and provides hope for the future?

- A. Trauma-specific services
- B. Trauma-informed care
- C. Integrated Treatment
- D. EMDR

11. What percentage of people who seek SUD treatment have experienced trauma?

- A. 25%
- B. 50%
- C. 75%
- D. 90%

12. Which of the following treatment models strengthens a person's commitment to change in a way that is consistent with their values?

- A. CBT
- B. DBT
- C. Motivational Interviewing
- D. Exposure Therapy

13. Which of the following is a present-focused treatment that focuses on cognitive, behavioral, and interpersonal coping skills and case management needs of the client to address trauma issues and substance use disorder?

- A. CBT
- B. DBT
- C. Assertive Community Treatment
- D. Seeking Safety

14. Which treatment method engages clients in the helping relationship, assists them in meeting their basic needs, stabilizes the client in the community, and provides direct, integrated treatment for their SUD and mental health needs?

- A. CBT
- B. ACT
- C. ICM
- D. Exposure Therapy

15. Which adjunct treatment method rewards goal accomplishments and has been shown to improve treatment compliance?

- A. Contingency Management
- B. Motivational Interviewing
- C. Therapeutic Communities
- D. Dual Recovery Mutual Support Programs

16. Those with bipolar are most frequently prescribed which of the following medications?

- A. mood stabilizer
- B. antipsychotic
- C. antidepressant
- D. stimulant

17. What type of medication should only be prescribed for short-term or as needed and should be monitored closely for those with CODs due to its potential for dependence?

- A. SNRIs
- B. mood stabilizers
- C. antipsychotics
- D. benzodiazepines

18. Which of the following acronyms can be a reminder of potential relapse prevention risks?

- A. EVENT
- B. PROCESS
- C. HALT
- D. CM/MI

19. Barriers to care may include all except for which of the following?

- A. stigma
- B. a person desires to seek treatment
- C. socioeconomic factors
- D. organizational red tape

20. While there is no one-size-fits-all approach to treating co-occurring disorders which of the following is the most effective approach?

- A. integrated care.
- B. trauma-informed care.
- C. CCBHCs.
- D. family systems care.

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