

1. Make the case that Twelve Step approaches and harm reduction are not polar opposites or even mutually exclusive.

ANSWER: Answers May Vary

POINTS: 1

REFERENCES: Finding the Strengths in Divergent Models

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 5a - Theories and models of counseling

United States - EPAS 6a - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies

United States - NOHS Standards 1 and 26

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2. Discuss three major benefits of a harm reduction philosophy for society.

ANSWER: Answers May Vary

POINTS: 1

REFERENCES: Themes in Recovery

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

LEARNING OBJECTIVES: ADTR.VANW.18.01.06 - To introduce the concept of harm reduction as a flexible, public health approach that is compatible with the strengths perspective;

NATIONAL STANDARDS: United States - CACREP 3f

United States - EPAS 3a;6a

United States - NOHS Standards 1 and 31

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3. Discuss in depth the methodology used in Project MATCH and the treatment implications of the findings.

ANSWER: Answers May Vary

POINTS: 1

REFERENCES: Finding the Strengths in Divergent Models

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY Basic

MODE:

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 8e

United States - EPAS 4b; 9c

United States - NOHS Standard 18 - Human service professionals describe the effectiveness of treatment programs, interventions and treatments, and/or techniques accurately, supported by data

whenever possible.

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DATE MODIFIED: 1/16/2018 12:10 AM

4. Define interactionism and show how the addicted family member's behavior affects the family system.

ANSWER: Answers May Vary

POINTS: 1

REFERENCES: Biopsychosocial-Spiritual Model

QUESTION TYPE: Essay

HAS VARIABLES: False

STUDENT ENTRY MODE: Basic

MODE:

LEARNING OBJECTIVES: ADTR.VANW.18.01.02 - To show how alcoholism and other drug addiction affect us all;

NATIONAL STANDARDS: United States - CACREP 3a - multicultural and pluralistic characteristics within and among diverse

ARDS: groups nationally and internationally

United States - EPAS 6a; 8b

United States - NOHS Standard 31 - Human service professionals continually seek out new and effective approaches to enhance their professional abilities and use techniques that are conceptually or evidence based. When practicing techniques that are experimental or new, they inform clients of the status of such techniques as well as the possible risks.

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5. According to Shavelson (2001), which three words define harm reduction?

A. any positive change

B. recovery from pain

C. a controlled life

D. I'm in recovery

ANSWER: A

POINTS: 1

REFERENCES: Introduction

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.06 - To introduce the concept of harm reduction as a flexible, public health approach that is compatible with the strengths perspective;

NATIONAL STANDARDS: United States - CACREP 3e

ARDS: United States - EPAS 6a - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies

United States - NOHS Standards 1 and 7

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6. The DSM-5 has made the following change from the previous version of the DSM:

A. The term dependence will now be used instead of addiction

B. Abuse and dependence are now to be dichotomized

C. Specific criteria for diagnosis will no longer be provided

D. The term dependence will now be used only for physiological dependence

ANSWER: D

POINTS: 1

REFERENCES: What is Addiction?

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.01 - To offer a survey of the contemporary context of addiction therapy with attention paid to social, ideological, and economic factors;

NATIONAL STANDARDS: United States - CACREP 3e

ARDS: United States - EPAS 6a - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies
United States - NOHS Standards 1 and 7

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7. According to the *DSM-5* what term or terms replace(s) the word dependence?

- A. a personal choice
- B. a bad habit
- C. a brain disease
- D. addiction

ANSWER: D

POINTS: 1

REFERENCES: What is Addiction?
4

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.01 - To offer a survey of the contemporary context of addiction therapy with attention paid to social, ideological, and economic factors;

NATIONAL STANDARDS: United States - CACREP 3d

ARDS: United States - EPAS 7b - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in the analysis of assessment data from clients and constituencies
United States - NOHS Standard 26 - Human service professionals seek the training, experience, education, and supervision necessary to ensure their effectiveness in working with culturally diverse individuals based on age, ethnicity, culture, race, ability, gender, language preference, religion, sexual orientation, socioeconomic status, nationality, or other historically oppressive groups. In addition, they will strive to increase their competence in methods which are known to be the best fit for the population(s) with whom they work.

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8. Which of the following are NOT typical symptoms defined by the *DSM-5* to diagnose substance use disorder:

- A. tolerance
- B. unsuccessful attempts to control or reduce consumption
- C. nervous facial tics
- D. withdrawal problems

ANSWER: C

POINTS: 1
REFERENCES: Substance Use Disorder
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: ADTR.VANW.18.01.04 - To show how substance use disorder is diagnosed in the most widely used manual of mental disorders;
NATIONAL STANDARDS: United States - CACREP 3d
ARDS: United States - EPAS 7e,k,l
United States - NOHS Standard 26 - Human service professionals seek the training, experience, education, and supervision necessary to ensure their effectiveness in working with culturally diverse individuals based on age, ethnicity, culture, race, ability, gender, language preference, religion, sexual orientation, socioeconomic status, nationality, or other historically oppressive groups. In addition, they will strive to increase their competence in methods which are known to be the best fit for the population(s) with whom they work.
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9. A behavior pattern of compulsive substance abuse is the definition of:

- A. contemporary perspective
- B. metacommunication
- C. incompatible with the biopsychosocial model
- D. the concept of addiction

ANSWER: D
POINTS: 1
REFERENCES: Substance Use Disorder
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: ADTR.VANW.18.01.03 - To introduce definitions of key terms in the addiction field;
NATIONAL STANDARDS: United States - CACREP 3d
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10. According to the text, to understand the pain connected with addictive and compulsive behavior, one must:

- A. focus on harm reduction
- B. understand the pleasure side of the activity
- C. emphasize character weakness
- D. attend an AA meeting

ANSWER: B
POINTS: 1
REFERENCES: Substance Use Disorder
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: ADTR.VANW.18.01.05 - To discuss addiction as a bio-psycho-social-spiritual phenomenon;
NATIONAL STANDARDS: United States - CACREP 3d,e,f
United States - EPAS 6a; 8b
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11. According to the text, alcoholism is described in this book as an illness because:

- A. the concept recognizes alcoholism as both a medical and social problem
- B. the use of disease as a term is victim blaming
- C. to avoid the notion of alcoholism as a brain disease
- D. to increase the popularity of the book

ANSWER: A

POINTS: 1

REFERENCES: Substance Use Disorder

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.05 - To discuss addiction as a bio-psycho-social-spiritual phenomenon;

NATIONAL STANDARDS: United States - CACREP 3d,e,f
United States - EPAS 6a; 8b

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12. As stated in the text, addiction is an illness of the:

- A. body only
- B. mind only
- C. soul only
- D. body, mind, and soul

ANSWER: D

POINTS: 1

REFERENCES: Biopsychosocial-spiritual model

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.02 - To show how alcoholism and other drug addiction affect us all;
CTIVES:

NATIONAL STANDARDS: United States - CACREP 2g;3e

ARDS: United States - EPAS 6a - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies

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13. The third leading cause of death after heart disease and cancer is

- A. illicit drug use
- B. head injuries
- C. asthma
- D. alcohol misuse

ANSWER: D

POINTS: 1

REFERENCES: Prevalence of substance misuse

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.03 - To introduce definitions of key terms in the addiction field;

NATIONAL STANDARDS: United States - CACREP 2g;3e

ARDS: United States - EPAS 6a - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies

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14. According to the text, the following behaviors can become addictive except for:

- A. drug/alcohol use
- B. eating
- C. shopping
- D. studying

ANSWER: D

POINTS: 1

REFERENCES: Substance use disorder

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.04 - To show how substance use disorder is diagnosed in the most widely used manual of mental disorders;

NATIONAL STANDARDS: United States - CACREP 3e

ARDS: United States - EPAS 7b; 8b

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15. A concept that is stressed in the text for its explanatory value is

- A. interactionism
- B. dichotomization
- C. abuse versus misuse
- D. codependency

ANSWER: A

POINTS: 1

REFERENCES: Biopsychosocial-spiritual model

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.02 - To show how alcoholism and other drug addiction affect us all;

NATIONAL STANDARDS: United States - CACREP 3a,e,f

ARDS: United States - EPAS 6a - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies
United States - NOHS 34

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16. _____ is the basic principle that cause and effect are intertwined.

- A. Interactionism

- B. Intolerance
- C. Pathology
- D. Medical model

ANSWER: A
 POINTS: 1
 REFERENCES: Biopsychosocial-spiritual model
 QUESTION TYPE: Multiple Choice
 HAS VARIABLES: False
 LEARNING OBJECTIVES: ADTR.VANW.18.01.02 - To show how alcoholism and other drug addiction affect us all;
 NATIONAL STANDARDS: United States - CACREP 3f
 United States - EPAS 6a; 7b
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17. Interactionism is seen most vividly, according to the text, in

- A. use of robots
- B. family system dynamics
- C. creating art
- D. prayer

ANSWER: B
 POINTS: 1
 REFERENCES: Biopsychosocial-spiritual model
 QUESTION TYPE: Multiple Choice
 HAS VARIABLES: False
 LEARNING OBJECTIVES: ADTR.VANW.18.01.02 - To show how alcoholism and other drug addiction affect us all;
 NATIONAL STANDARDS: United States - CACREP 3a,f
 United States - EPAS 6a; 8b; 9b
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18. According to the text, approximately ____ of mental health clients have problems stemming from their own or their family members' addiction problems:

- A. 20%
- B. 50%
- C. 80%
- D. 90%

ANSWER: B
 POINTS: 1
 REFERENCES: Prevalence of substance misuse
 QUESTION TYPE: Multiple Choice
 HAS VARIABLES: False
 LEARNING OBJECTIVES: ADTR.VANW.18.01.03 - To introduce definitions of key terms in the addiction field;
 NATIONAL STANDARDS: United States - CACREP 3a,f
 United States - EPAS 7b,8b, 9b
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19. Approximately _____ of U.S. prison inmates meet the DSM criteria for substance misuse

- A. 100,000
- B. 300,000
- C. 700,000
- D. 1.5 million

ANSWER: D

POINTS: 1

REFERENCES: Prevalence of substance misuse

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.03 - To introduce definitions of key terms in the addiction field;

NATIONAL STANDARDS: United States - CACREP 3f

ARDS: United States - EPAS 3a - Apply their understanding of social, economic, and environmental justice to advocate for human rights at the individual and system levels.
United States - NOHS Standard 14 and 15

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20. Which of the following treatment modalities was not highly rated in empirical research for effectiveness?

- A. self-control and social skills training
- B. use of educational tapes, lectures, and films
- C. motivational enhancement strategies
- D. cognitive therapy

ANSWER: B

POINTS: 1

REFERENCES: More recent research findings

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 5a,j; 8b, e, f - CACREP 5a,j; 8b, e, f

ARDS: United States - EPAS 4a,b,c; 7d; 8a
United States - NOHS Standard 31 - Human service professionals continually seek out new and effective approaches to enhance their professional abilities and use techniques that are conceptually or evidence based. When practicing techniques that are experimental or new, they inform clients of the status of such techniques as well as the possible risks.

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21. According to the NIAAA (National Institute of Alcohol Abuse and Alcoholism), about how many previously diagnosable alcoholics matured out of their dependence?

- A. none
- B. only a fraction
- C. one third
- D. most

ANSWER: C

POINTS: 1

REFERENCES: More recent research findings

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 3e; 5h
United States - EPAS 4a,b,c; 7a,b; 8a
United States - NOHS Standard 26 - Human service professionals seek the training, experience, education, and supervision necessary to ensure their effectiveness in working with culturally diverse individuals based on age, ethnicity, culture, race, ability, gender, language preference, religion, sexual orientation, socioeconomic status, nationality, or other historically oppressive groups. In addition, they will strive to increase their competence in methods which are known to be the best fit for the population(s) with whom they work.

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22. According to Hester and Miller's empirical research, the highest treatment effectiveness scores were obtained for
- A. harsh confrontational techniques
 - B. motivational enhancement
 - C. psychoanalytical treatment
 - D. treatment that focused on the underlying cause of the drinking or drug use

ANSWER: B

POINTS: 1

REFERENCES: More recent research findings

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 8a,b, e,f
United States - EPAS 9a,b,c,d
United States - NOHS Standard 31 and 32

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23. The following are trends in substance abuse treatment today except for
- A. chain smoking regarded as an addiction
 - B. human rights seen as a practical philosophy
 - C. counseling of clients in moderate drinking
 - D. public opinion favoring more imprisonment of drug users

ANSWER: D

POINTS: 1

REFERENCES: Calls for a paradigm shift

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.01 - To offer a survey of the contemporary context of addiction therapy with attention paid to social, ideological, and economic factors;

NATIONAL STANDARDS: United States - CACREP 5a,h

ARDS: United States - EPAS 7c,d;8b,

United States - NOHS Standard 31 - Human service professionals continually seek out new and effective approaches to enhance their professional abilities and use techniques that are conceptually or evidence based. When practicing techniques that are experimental or new, they inform clients of the status of such techniques as well as the possible risks.

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24. The drug court movement promotes what action with individuals whose legal problems are related to their addiction?

- A. decarceration – treatment in the community
- B. incarceration – treatment in the prison system
- C. requirement to serve out the remainder of prison term, in case of relapse
- D. moving clients into “wet house”

ANSWER: A

POINTS: 1

REFERENCES: Summary and Conclusion

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.01 - To offer a survey of the contemporary context of addiction therapy with attention paid to social, ideological, and economic factors;

NATIONAL STANDARDS: United States - CACREP 2h; 3f

ARDS: United States - EPAS 3a,b; 6a; 8d

United States - NOHS Standard 31 - Human service professionals continually seek out new and effective approaches to enhance their professional abilities and use techniques that are conceptually or evidence based. When practicing techniques that are experimental or new, they inform clients of the status of such techniques as well as the possible risks.

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25. Human rights apartments for formerly homeless people in San Francisco

- A. are abstinence based.
- B. reduce costs to the cities by \$1,000 per month.
- C. actually increase the hospitalization rates of residents
- D. have been shown to be cost-ineffective.

ANSWER: B

POINTS: 1

REFERENCES: Other Promising Initiatives

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACRE 8a,j - CACREP 8a,j

DS: United States - EPAS 5a,b,c; 9 b,c,d

United States - NOHS Standard 31,32

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26. Using a holistic basis for measurement, which of the following is considered a standard measurement for successful treatment outcomes?

- A. total abstinence as the only standard
- B. length of time of abstinence from all psychoactive substances
- C. improvement that might include moderate drug/alcohol use
- D. ability to secure stable housing

ANSWER: C

POINTS: 1

REFERENCES: Summary and Conclusion

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.01 - To offer a survey of the contemporary context of addiction therapy with attention paid to social, ideological, and economic factors;

NATIONAL STANDARDS: United States - CACREP 8d,e

ARDS: United States - EPAS 4b; 9a
United States - NOHS Standard 32

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27. Restorative justice

- A. advocates adversarial criminal justice practices.
- B. is the guiding philosophy of PEASE academy
- C. is an opposing philosophy to harm reduction.
- D. uses a hierarchical structure for decision making

ANSWER: B

POINTS: 1

REFERENCES: Other Promising Initiatives

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 3i;5k; 6b,c,e,f,g

ARDS: United States - EPAS 5a,b,c
United States - NOHS Standard 1,32

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28. Reentry programs focus primarily on

- A. persons released from prison
- B. aftercare following treatment
- C. persons returning to prison after relapse
- D. addicted people who have insurance

ANSWER: A

POINTS: 1

REFERENCES: Other Promising Initiatives

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 5k

DS: United States - EPAS 3a,b; 5a,b,c
United States - NOHS Standard 1,26

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29. The DSM-5 uses the term addiction instead of dependence.

- A. True
- B. False

ANSWER: True

POINTS: 1

REFERENCES: What is Addiction?

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.01 - To offer a survey of the contemporary context of addiction therapy with attention paid to social, ideological, and economic factors;

NATIONAL STANDARDS: United States - NOHS Standard 30

DS: United States - CACREP 3d
United States - EPAS 7b - Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in the analysis of assessment data from clients and constituencies

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30. This text examines diverse theoretical frameworks from a strengths perspective.

- A. True
- B. False

ANSWER: True

POINTS: 1

REFERENCES: Finding the Strengths in Divergent Models

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 3h

DS: United States - EPAS 6a; 7b; 8b
United States - NOHS Standard 1, 11

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31. The text recommends total abstinence as the best criterion by which to measure treatment success.

- A. True
- B. False

ANSWER: False

POINTS: 1

REFERENCES: Finding Strengths in Divergent Models

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 8d,e

United States - EPAS 9a,b,c

United States - NOHS Standard 32

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32. Harm reduction is the approach known for its pragmatism.

A. True

B. False

ANSWER: True

POINTS: 1

REFERENCES: Harm Reduction and the Strengths Approach

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.06 - To introduce the concept of harm reduction as a flexible, public health approach that is compatible with the strengths perspective;

NATIONAL STANDARDS: United States - CACREP 5a,h

United States - EPAS 6a; 8b

United States - NOHS Standard 1, 31

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33. Project MATCH is criticized by researchers for its lack of a control group.

A. True

B. False

ANSWER: True

POINTS: 1

REFERENCES: Empirical Research

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 8e,g,j

United States - EPAS 9b,c

United States - NOHS Standard 18 - Human service professionals describe the effectiveness of treatment programs, interventions and treatments, and/or techniques accurately, supported by data whenever possible.

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34. Restorative justice has its roots in both ancient tribal and modern (Mennonite) practices.

A. True

B. False

ANSWER: True

POINTS: 1

REFERENCES: The Unique Context of U.S. Substance Abuse Treatment

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: ADTR.VANW.18.01.07 - To explore the strengths in various treatment options and what evidence-based research tells us.

NATIONAL STANDARDS: United States - CACREP 2b,3h;5k

ARDS: United States - EPAS 3a - Apply their understanding of social, economic, and environmental justice to advocate for human rights at the individual and system levels.
United States - NOHS Standard 16, 26

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