

# Mindful Continuing Education

## Substance Abuse Among School-Aged Children

### Keeping a Perspective on the Problem of Substance Abuse

**1. For young people, the fact that certain substances are illegal and forbidden often adds to the allure of using them, as risk-taking and experimentation are a natural part of the developmental processes of moving toward individuation and independence.**

- A. True
  - B. False
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**2. Which of the following is NOT an accurate statement about students who make drug use a way of life and reshape their choices around it?**

- A. They are seldom influenced by strategies to inform and educate
  - B. They are rarely influenced by concerns about losing out on long-term goals such as graduation, college, and a career
  - C. They often don't fear health or legal consequences because they have convinced themselves they are immune, or they believe the consequences will not be all that bad
  - D. Because of their attitudes and choices, interventions to meet their needs must be fixed, selective, and specific
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### Determinants of Substance Use and Abuse

**3. Empirical evidence suggests that the majority of substance abuse likely reflects some degree of interaction between internal and environmental factors that are grouped along an interrelated continuum.**

- A. True
  - B. False
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### Primary Locus of Cause

**4. In general, substance abuse problems caused by a significant mismatch between individual vulnerabilities and the nature of the person's environment tend to be moderate to profoundly severe and broadly pervasive.**

- A. True
  - B. False
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**5. The 2015 Monitoring the Future (MTF) survey of drug use and attitudes among American 8th, 10th, and 12th graders indicated that past-month marijuana use exceeded cigarette use among high school seniors, but that daily cigarette use continued to be higher than daily marijuana use.**

- A. True
  - B. False
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## **Top 8 Reasons Why Teens Try Alcohol and Drugs**

**6. According to the Partnership for Drug Free America, the top eight reasons why teens try alcohol and drugs are because of other people, popular media, escape and self-medication, boredom, rebellion, instant gratification, and:**

- A. Lack of confidence and misinformation
  - B. To improve performance or enhance competition
  - C. Genetic or environmental vulnerability
  - D. None of the above
- 

## **Prescription Drugs Abuse Among Youth**

**7. Prescription and over-the-counter medications may have a particular appeal to teens because they are easily accessible and are often perceived as safe compared to street drugs.**

- A. True
  - B. False
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## **Programmatic Approaches to Prevention**

**8. Preventing substance abuse among youth requires an integrated, information-oriented and skills-based approach that includes strategies to:**

- A. Develop cognitive and behavioral skills
  - B. Change school and community norms and practices
  - C. Enhance social supports
  - D. All of the above
- 

## **Frequently Asked Questions About Drug Testing in Schools**

**9. Although some schools have initiated random drug testing and/or reasonable suspicion/cause testing, the only students who can be legally tested are competitive athletes.**

- A. True
  - B. False
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**10. In general, research pertaining to the utility of random drug testing in schools shows mixed results, and proposes that prevention programs should place a greater emphasis on:**

- A. Improved screening and assessment
  - B. Creating a positive school climate
  - C. Parental and community involvement
  - D. Strategic selective intervention programs
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## **What to Do if You Have a Problem with Drugs: For Teens and Young Adults**

**11. Although some changes in mood, peer group, and eating/sleeping habits may be part of normal adolescent development, they can also be an indication of a developing substance abuse problem.**

- A. True
  - B. False
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**12. One way that school officials can help young people with drug use concerns is to encourage them to see a doctor who can screen for multiple issues and refer to treatment if necessary.**

- A. True
  - B. False
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## **What to Do If Your Teen or Young Adult Has a Problem with Drugs-What Kind of Counseling is Best**

**13. Recent research suggests that the most effective substance abuse treatments for teens are those that involve peers in group counseling settings.**

- A. True
  - B. False
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## **What are Risk and Protective Factors**

**14. The primary focus of research-based prevention programs is to intervene early in a child's development in order to eliminate risk factors immediately once a behavior problem has developed.**

- A. True
  - B. False
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## **Prevention Principles-Risk and Protective Factors**

**15. When focusing on enhancing protective factors and reversing or reducing risk factors, prevention programs should consider each of the following EXCEPT:**

- A. The risk of becoming a drug abuser involves the relationship among the number and type of risk factors and protective factors
  - B. Early intervention with risk factors often has a greater impact than later intervention as it focuses on changing a child's life path away from problems and toward positive behaviors
  - C. The potential impact of specific risk and protective factors remains constant with age
  - D. While risk and protective factors can affect people of all groups, these factors can have a different effect depending on a person's age, gender, ethnicity, culture, and environment
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## **Prevention Planning-Family Programs**

**16. According to the authors, family bonding is the bedrock of the relationship between parents and children, and it can be strengthened through skills training on parent-child communication, parental involvement, and:**

- A. Parental supportiveness of children
  - B. Appropriate boundary setting
  - C. Creating family loyalty and security
  - D. Parent-child acceptance of one another
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## **Prevention Program Delivery**

**17. When communities adapt programs to match their needs, community norms, or differing cultural requirements, they should retain core elements of the original research-based intervention such as structure, content, and delivery.**

- A. True
  - B. False
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## **Prevailing Approaches to Substance Abuse Prevention-The Many Facets**

**18. Preventative programs that use strategies to focus on interrupting drug use are known as:**

- A. Constructed programs
  - B. Implicit programs
  - C. Indicated programs
  - D. Designated programs
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## **Prevention of Substance Abuse and Mental Illness**

**19. A critical consideration in the prevention of mental and/or substance use disorders and related problems in children, adolescents, and young adults is that behaviors and symptoms that signal the development of a behavioral disorder often manifest one to two years before a disorder is present.**

- A. True
  - B. False
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## **Prevention Strategies**

**20. Environmental change strategies have specific advantages over strategies that focus exclusively on the individual, including:**

- A. They target a much broader audience and have the potential to produce widespread changes in behavior at the population level
  - B. When implemented effectively, they can create shifts in both individual attitudes and community norms, including substance use reduction among youth
  - C. Attitude and norm shifts can have long-term, substantial effects
  - D. All of the above
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## **Community Coalitions**

**21. Community coalitions are increasingly used as a vehicle to foster improvements in community health, and their activities focus on outreach, education, prevention, service delivery, capacity building, empowerment, community action, and systems change.**

- A. True
  - B. False
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## **Prevention-Drug Free Communities (DFC)**

**22. One promising strategy in substance abuse prevention has been the creation of the DFC program, which has provided funding to communities so that they may implement approaches to meet their needs that are organized, data-driven, multi-sector, and comprehensive.**

- A. True
  - B. False
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## **Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide**

**23. The authors propose that many factors influence whether an adolescent tries drugs, including personality traits such as poor impulse control and:**

- A. Lack of conscientiousness
  - B. High need for excitement
  - C. Negative affect
  - D. Lack of trust in others
- 

**24. The teenage years are a critical window of vulnerability to substance use disorders, because the brain is still developing and malleable, and in particular because the cerebral cortex, which is responsible for assessing situations, making sound decisions, and controlling our emotions and impulses, is not yet mature.**

- A. True
  - B. False
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**25. Exposure to stress in childhood primes the brain to be sensitive to stress and seek relief from it throughout life, which greatly increases the likelihood of subsequent drug abuse and of starting drug use early.**

- A. True
  - B. False
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**26. Compared to adults who use drugs, adolescents are:**

- A. More likely to report withdrawal symptoms when not using a drug
  - B. Unable to stop using a drug in spite of physical or mental health problems in greater numbers
  - C. More likely than adults to report hiding their substance use
  - D. All of the above
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**27. When treating adolescents for substance misuse, clinicians must be ready and able to manage complications related to their young patients' confidentiality and their dependence on family members who may or may not be supportive of recovery.**

- A. True
  - B. False
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## **Principles**

**28. Which of the following is NOT an accurate statement about the general principles of adolescent substance abuse?**

- A. Adolescent substance use needs to be identified and addressed as soon as possible, as most adults who develop a substance use disorder report having started drug use in adolescence or young adulthood
  - B. Adolescents who are merely in the "experimentation" phase of drug use are not likely to benefit from a prevention or treatment intervention
  - C. Legal interventions and sanctions or family pressure may play an important role in getting adolescents to enter, stay in, and complete treatment
  - D. Effectively treating substance use disorders in adolescents requires also identifying and treating any other mental health conditions they may have, and sensitive issues such as violence and child abuse or risk of suicide should be identified and addressed
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**29. The minimal length of drug treatment depends on the type and extent of the adolescent's problems, but studies show outcomes are better when a person stays in treatment for:**

- A. 30 days or more
  - B. 60 days or more
  - C. 3 months or more
  - D. 6 months or more
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## **Racial and Ethnic Minority Populations**

**30. Racial and ethnic minorities have unique behavioral health needs, and communities of color tend to experience a greater burden of mental and substance use disorders, which is likely due to poorer care as well as higher social, environmental, and economic risk factors.**

- A. True
  - B. False
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