



## Continuing Education Quiz for Counselors

Substance abuse counselors can earn two nationally certified continuing education (CE) hours by reading the indicated articles and completing the multiple-choice quiz below. This is an open-book exam. Complete the quiz by circling **ONE OR MORE** of the multiple-choice answers. Be sure to answer all questions; unanswered questions will be scored as incorrect. You must score at least 70 percent to earn CE hours. Please note that we must receive your quiz by July 15, 2009.

### Interventions to Promote Successful Re-Entry Among Drug-Abusing Parolees—page 4

1. The primary goals of correctional treatment are to:

- rehabilitate the whole person by addressing issues such as self-esteem, emotional trauma, and substance abuse;
- prepare offenders for Twelve-Step programs upon release;
- reduce arrests and reincarceration;
- reintegrate offenders into the community.

2. Positive outcomes from prison-based drug treatment programs are most likely to be sustained when:

- offenders participate in community treatment after release;
- offenders' participation in treatment is voluntary rather than mandatory;
- finding regular employment is a condition of parole or probation;
- all of the above.

3. Research has shown that the following evidence-based practices are effective for drug-abusing offenders after release from prison:

- contingency management and therapeutic community treatments;
- motivational interviewing and cognitive behavioral therapy;
- pharmacotherapy and Twelve-Step programs;
- all of the above.

### Nutrition Issues in Chronic Drug Users Living With HIV Infection—page 16

4. Studies have shown that the following has the greatest impact on the nutritional status of HIV-positive injection drug users:

- HIV infection;
- injection drug use;
- the synergistic effect of HIV infection and injection drug use;

d. none of the above, as the data are inconclusive.

5. In injection drug users infected with HIV, wasting and weight loss may result from:

- malabsorption related to Kaposi's sarcoma, the side effects of antibiotics or other medications, or gastrointestinal infections;
- metabolic alterations caused by illicit drugs, medications, or hormonal deficiencies;
- decreased dietary intake due to food insecurity, diarrhea, nausea, or anorexia;
- all of the above.

6. In treating nutritional deficits for patients infected with HIV, care providers may recommend:

- healthy diet, consultation with a nutritionist, and diet supplements;
- light exercise and increased calorie intake with up to 50 percent of calories coming from unsaturated fats;
- changes in the regimen of highly active antiretroviral therapy (HAART) and increased salt intake;
- all of the above.

### Recovery-Oriented Care for Drug-Abusing Offenders—page 31

7. The authors' concept of a recovery-oriented system of care would provide the following for drug-abusing offenders:

- a mix of incentives and sanctions;
- a coherent program of drug treatment interventions;
- assistance reintegrating into the community and family relationships;
- all of the above.

8. The authors believe that an agency that is independent of both the criminal justice and treatment systems is uniquely well-positioned to:

- mediate between the criminal justice and drug treatment systems;
- determine appropriate sentencing;

c. ensure continuity of care throughout a person's involvement with the criminal justice system;

d. provide evidence-based treatment.

9. In treatment plans that Illinois TASC advocates, lapses and relapses to substance abuse are treated as:

- immediate grounds for criminal sanctions;
- learning experiences, especially early in recovery;
- reasons to reassess treatment plans and consider sanctions;
- indications that criminal recidivism is probable.

This issue of *Addiction Science & Clinical Practice* has the following objectives for drug abuse treatment providers and researchers:

- to convey that drug treatment in prison can be effective and that positive outcomes are more likely to be sustained after release when offenders participate in community treatment and case managers track and/or co-manage offenders' movement through both the treatment and criminal justice systems;
- to discuss specific programs designed to help drug-abusing offenders decrease recidivism, sustain recovery, and practice healthy behaviors; and
- to increase awareness of how drug use and abuse can produce or complicate co-occurring medical conditions, such as HIV infection.

Please rate the following on a 1 to 5 scale, by circling the appropriate number:

1. To what extent did these articles accomplish these learning objectives?

Completely	Adequately	Not at All
1	2	3
4	5	

2. To what extent did you learn something useful to your profession?

Completely	Adequately	Not at All
1	2	3
4	5	

3. Was the information well presented?

Completely	Adequately	Not at All
1	2	3
4	5	

Please print legibly, copy page, and mail with your \$25 payment to: AS&CP CE Quiz, MasiMax Resources, Ste. 175, 1375 Piccard Drive, Rockville, MD 20850. Quiz and payment must be received by July 15, 2009.

Name \_\_\_\_\_

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I certify that I have answered the test questions without any help.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Check  VISA  MasterCard

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Make checks payable to MasiMax Resources, Inc. In about 6 weeks you will receive notification of the results and, if you score 70 percent or higher, a certificate of completion. The National Institute on Drug Abuse, publisher of *Addiction Science & Clinical Practice*, is a NAADAC-approved provider of continuing education home study.