

# Cheap Nursing CEUs

## Behavioral Health Treatment for Major Racial and Ethnic Groups

### COUNSELING FOR AFRICAN AND BLACK AMERICANS

**1. Overall, African Americans are more likely to believe that drinking and drug use are activities for which one is personally responsible, thus, they may have difficulty accepting alcohol abuse/dependence as a disease.**

- A. True
  - B. False
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**2. Which of the following factors contribute to substance use among Black adults?**

- A. Lower incomes
  - B. Lower education levels
  - C. Lower marriage rates
  - D. All of the above
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**3. Rates of abuse for all of the following substances are lower among Blacks than White Americans or Latinos, except for:**

- A. Crack cocaine
  - B. Methamphetamine
  - C. Inhalants
  - D. Prescription drugs
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**4. African Americans are more likely than White Americans to receive treatment for which of the following?**

- A. Anxiety
  - B. Mood disorders
  - C. Drug use disorders
  - D. All of the above
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**5. Research findings strongly suggest that cultural responses to some disorders, and possibly the rates of those disorders, do vary among different groups of Blacks, and that these differences appear to be reflections of differences in acculturation.**

- A. True
  - B. False
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**6. According to the Treatment Episode Data Sets from 2001 to 2011, African American clients entering substance abuse treatment most often reported marijuana as their primary substance of abuse, followed by alcohol.**

- A. True
  - B. False
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**7. African Americans are more likely to be referred to treatment from criminal justice settings rather than self-referred or referred by other sources.**

- A. True
  - B. False
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**8. Node-link mapping is associated with all of the following among African Americans when compared to White Americans, except for:**

- A. Lower rates of substance use.
  - B. Higher employment rates after treatment.
  - C. Better treatment attendance.
  - D. Better counselor ratings of motivation and confidence.
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**9. With regard to medication use, all of the following statements are true, except for:**

- A. One study found that African Americans were more likely than Latinos or White Americans to indicate that they found methadone helpful.
  - B. One study found that African Americans reported greater perceived quality of life as a result of participation in a methadone program.
  - C. One study reported that African Americans in a methadone program had significantly more adverse medical events (e.g., infections, gastrointestinal complaints) than did White American participants.
  - D. A study found that African Americans who were treated for cocaine dependence remained in treatment significantly longer than other African Americans if they received disulfiram.
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**10. To build a support network for African American clients, counselors should start by asking clients to identify people who would be willing and able to support their recovery and then ask clients for permission to contact those people and include them in the treatment process.**

- A. True
  - B. False
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**11. Maude-Griffin et al. found that individuals who identified as highly religious did significantly better when receiving CBT than when receiving 12-Step facilitation, but that pattern was reversed for those who did not consider themselves highly religious.**

- A. True
  - B. False
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## **COUNSELING FOR ASIAN AMERICANS, NATIVE HAWAIIANS, AND OTHER PACIFIC ISLANDERS**

**12. Acknowledging a substance abuse problem often leads to shame for Asian American clients and their families. Families may deny the problem and inadvertently, or even intentionally isolate members who abuse substances.**

- A. True
  - B. False
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**13. Research has regularly found that, of all major racial/ethnic groups in the United States, Asian Americans have the lowest rates of alcohol use disorders, due in part by the fact that some Asians lack which enzyme, which chemically breaks down alcohol?**

- A. Alcohol dehydrogenase
  - B. Aldehyde dehydrogenase
  - C. Alcohol decarboxylase
  - D. Aldehyde decarboxylase
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**14. Compared with the general population, Asian Americans are less likely to:**

- A. Have confidence in their medical practitioners.
  - B. Feel respected by their doctors.
  - C. Believe that they are involved in healthcare decisions.
  - D. All of the above
- 

**15. It is advisable to educate Asian American clients on which of the following?**

- A. The role of the counselor/therapist.
  - B. The purpose of therapeutic intervention.
  - C. How particular aspects of the treatment process can help clients with their presenting problems.
  - D. All of the above
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**16. Counselors should attempt to build client confidence in the first session by introducing themselves by title, displaying diplomas, and mentioning his or her experience with other clients who have similar problems.**

- A. True
  - B. False
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**17. The presence of all of the following factors may indicate that an Asian American client has shame about seeking treatment, except for:**

- A. The client insists on having a counselor of the same racial or ethnic group.
  - B. The client or a family member is extremely concerned about the qualifications of the counselor.
  - C. The client frequently misses or arrives late for treatment.
  - D. The client refuses to cover expenses with private insurance.
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**18. Asian Americans are more likely to stay in treatment and attend significantly more treatment sessions when matched with a White American counselor regardless of the type of program they attend.**

- A. True
  - B. False
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**19. Home visits, when agreed in advance with the client, can be appropriate in some cases as a way to gain the trust of, and show respect for, Asian American women.**

- A. True
  - B. False
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## **COUNSELING FOR HISPANICS AND LATINOS**

**20. Which of the following is one of the most serious substance use problems in the Latino community?**

- A. Alcohol consumption under the age of 21.
  - B. Driving under the influence of alcohol.
  - C. Binge drinking.
  - D. Illicit drug use.
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**21. Which of the following is a barrier to treatment entry for Latinos?**

- A. Limited English proficiency.
- B. Fears about immigration status and losing custody of children while in treatment.

- C. Negative attitudes toward providers.
  - D. All of the above
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**22. Even when receiving a level of substance abuse treatment services comparable to those received by White and African Americans, Latinos are more likely to be dissatisfied with treatment.**

- A. True
  - B. False
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**23. The level of family support for people who have substance use or mental disorders varies among Latinos depending on all of the following, except for:**

- A. Country of origin
  - B. Level of acculturation
  - C. Religious affiliation
  - D. Socioeconomic status
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## **COUNSELING FOR NATIVE AMERICANS**

**24. Native American Tribes represent a wide variety of cultural groups that differ from one another in many ways.**

- A. True
  - B. False
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**25. With regards to substance use and substance use disorders, all of the following statements are true, except for:**

- A. According to 2012 NSDUH data, American Indian and Alaska Native peoples have the highest rates of substance use disorders and binge drinking.
  - B. According to the National Congress of American Indians, 74% of Tribal police forces ranked heroin as the drug causing the most problems in their communities.
  - C. American Indians and Alaska Natives are more likely to report no alcohol use in the past year than are members of all other major racial and ethnic groups.
  - D. The most common pattern of abusive drinking among American Indians appears to be binge drinking followed by long periods of abstinence.
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**26. Assessment and treatment of trauma should be a standard procedure for behavioral health programs serving Native Americans in substance abuse treatment.**

- A. True
  - B. False
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**27. It has been reported that focus groups of American Indian women listed which of the following as one of the primary barriers for seeking treatment?**

- A. Mistrust
  - B. Lack of transportation
  - C. Lack of time
  - D. Concerns about what one's neighbors might think
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**28. An initial inquiry into which of the following for each client is an essential step in culturally competent practice?**

- A. The connection with his or her culture.
  - B. Cultural identity.
  - C. The desire to incorporate cultural beliefs and practices into treatment.
  - D. All of the above
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**29. It is recommended that providers using group therapy with Native American clients do all of the following, except:**

- A. Invite family members of the client to participate in group sessions.
  - B. Earn support or permission from Tribal authorities before organizing group therapy.
  - C. Consult with Native professionals.
  - D. If group members consent, invite respected Tribal members, such as traditional healers or elders to participate in sessions.
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## **COUNSELING FOR WHITE AMERICANS**

**30. With regards to substance use and substance use disorders, all of the following statements are true, except for:**

- A. White Americans are more likely to have their first drink before the age of 21 and to have their first drink before the age of 16 than members of any other major racial/ethnic group except for Native Americans.
  - B. White Americans who use heroin are more likely than people who use heroin from all other major racial/ethnic groups except for Native Americans to have injected the drug.
  - C. White Americans are more likely than members of other major racial/ethnic groups, except for Native Hawaiians and other Pacific Islanders, to have tried ecstasy.
  - D. Except for Native Americans, White Americans are more likely than other racial/ethnic groups to have tried hallucinogens.
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