

## PREPARATION AND REVIEW

### Sample Examination

For each of the following, select the response that **best** answers the question. Place your answer on the answer sheet provided; making sure that the question number is the same as the response number.

1. Collection of information that typically uses observation, interviewing, and document review to produce narrative reporting is called:
  - a. firsthand knowledge.
  - b. focus group.
  - c. qualitative data.
  - d. quantitative data.
  
2. The closest description for an Asset Development Model is one that:
  - a. looks at the risk factors of each person.
  - b. was developed by Search Institute and identifies forty developmental assets.
  - c. helps prevent risky behaviors among youth.
  - d. is based on resiliency only.
  
3. The strategic planning process primarily includes:
  - a. knowledge about chemical dependency in the family.
  - b. experience of working in a treatment setting.
  - c. skills in community development and needs assessment.
  - d. knowledge on drug testing and its legality.
  
4. What drug causes more economic, social, and personal damage than all of the other drugs combined?
  - a. Methamphetamine
  - b. Oxycontin
  - c. Alcohol
  - d. Heroin

5. In the planning process, it is important to assess the community's awareness, ability, willingness, or resistance to support substance abuse prevention initiatives. The term best associated with this action is:
  - a. Community Readiness
  - b. Resource Assessment
  - c. Evaluation Planning
  - d. Intervention Planning
  
6. What type of activity best describes the following situation?

*At a meeting, various after school programs share their summer schedules with each other.*

  - a. Coordination
  - b. Communication/Networking
  - c. Cooperation
  - d. Collaboration
  
7. A strategic planning process begins with:
  - a. a comprehensive needs assessment.
  - b. implementation of programming.
  - c. formulation of a strategic plan.
  - d. building a coalition.
  
8. In the prevention field this technique is used with the mass media to promote healthy behaviors.
  - a. Public Television Access
  - b. Media Mentoring
  - c. Promotional Advocacy
  - d. Social Marketing
  
9. Which of the following would NOT be included in a community assessment?
  - a. The favorite beer of choice at a local bar.
  - b. A demographic social and economic profile.
  - c. A profile of social indicators of local ATOD problems.
  - d. A survey of community prevention and healthy promotion programs.

10. Which of the following would NOT be considered culturally competent in prevention planning?
- Experts from the dominant culture plan the program
  - The teaching styles used by the facilitators match the learning styles of the students
  - The organizational culture reflects diversity as evidenced by the ethnic composition of the staff
  - Instructional materials used in the program illustrate events, situations and concepts from the perspectives of color being proportionately represented
11. Focus groups in prevention are MOST commonly used to:
- bring together people with common characteristics for implementing programs and reviewing budgets.
  - bring together people with common characteristics for needs assessment and hiring of staff.
  - bring together people to evaluate the type of program materials that are proposed.
  - bring together people from diverse backgrounds to give input on a specific topic about substance abuse prevention.
12. The conditions that build resilience to buffer the negative effects of exposure to substance abuse risks are called:
- Support Factors.
  - Risk Factors.
  - Protective Factors.
  - Mentoring Factors.
13. Methamphetamine is particularly dangerous because:
- it is available over the counter in gel pill form.
  - the clinics who distribute it are often burglarized.
  - it can be injected, smoked, snorted or taken orally.
  - doctors are over prescribing it for pain management.

14. The best prevention definition for “risk factor” would be:
- a. supports in a community that can help promote efforts to reduce substance abuse.
  - b. conditions or characteristics for a group, individual, or defined geographic area, identified in research, that increase the likelihood of a substance use/abuse problem occurring.
  - c. conditions or characteristics that build resilience and buffer young people from the negative consequences of exposure to substance abuse.
  - d. components of compulsive gambling that facilitates the loss of control over financial matters.
15. Effective prevention strategies include:
- a. Information Dissemination
  - b. Treatment Intervention
  - c. Drug Interdiction
  - d. Professional Certification
16. This illegal club drug is one that is MOST associated with date rape.
- a. Ritalin
  - b. alcohol
  - c. ketamine
  - d. psilocybin
17. A professional that provides advice in a particular area of expertise such as substance abuse prevention, technology or personal health is called:
- a. a consultant.
  - b. a mentor.
  - c. an advocate.
  - d. a volunteer.
18. Which of the following would NOT be an example of Information Dissemination?
- a. Displaying workplace policies on substance use
  - b. Television and radio spots in choice air times
  - c. On-going parent and family skills training and education
  - d. Public Service announcements

19. Social and environmental factors that influence binge drinking would include all of the following EXCEPT:
- a. drinking with friends.
  - b. a belief that parents approve.
  - c. a lack of sleep and exercise.
  - d. school activities such as prom night and sporting events.
20. Characteristics of Qualitative Data include all EXCEPT:
- a. they are difficult to measure
  - b. they are difficult to express in numerical terms
  - c. they are presented in narrative forms
  - d. they have a strong testing hypothesis
21. Key informants are people:
- a. who are essential information sources in needs assessments.
  - b. used by law enforcement to provide essential information for arrests.
  - c. who go undercover to provide school officials with tips on drug traffic.
  - d. who are used by program evaluators to monitor program implementation covertly.
22. Which of the following is NOT a commonly played out role for a prevention specialist?
- a. Counseling
  - b. Facilitation
  - c. Mobilization
  - d. Technical assistance
23. What type of activity best describes the following situation?
- Two organizations write a grant to hire a coordinator to implement parenting programs they are both involved in delivering.*
- a. Coordination
  - b. Communication/Networking
  - c. Cooperation
  - d. Collaboration

24. A way that the media can be used to educate and inform is through:
- parenting skills classes
  - after school programming
  - PTA meetings
  - opinion editorials
25. A strategy aims to identify those who indulge in illegal or age- inappropriate use of tobacco or alcohol or illicit drugs in order to reverse their behavior in the early stages.
- Information Dissemination
  - Prevention Education
  - ATOD Intervention
  - Problem ID and Referral
26. Which of the following is NOT a common attribute of resilient children?
- a young person places high value on helping others.
  - a young person has low tolerance for dealing with frustration.
  - a young person experiences caring neighbors and adults they can trust.
  - a young person feels he or she has control over “things that happen to me.”
27. The concept of Consensus Building is BEST described as:
- a decision making process in which those present vote and majority wins the point of discussion.
  - a process in which a mediator helps to facilitate a resolution that is suitable to all parties involved. Once a decision is made, a vote is taken by all members.
  - a negotiation process where members of a group or those in dispute, identify the facts, settle on the issues for discussion and consider options. This often includes a facilitator.
  - a decision making process based on the stratified voting mechanism which gives some members of the group more power than others.
28. Which of the following is NOT a credible source of data for substance abuse prevention?
- Emergency room admissions data
  - A community assessment survey
  - A student school survey
  - Anecdotal journaling

29. The attitude and habit that MOST increases cultural sensitivity is:
- directing the planning process
  - demonstrating sympathy
  - displaying concern about local issues
  - working alongside the target audience in the planning process
30. The Institute of Medicine health care model defines three types of prevention approaches/target populations. The terminology that BEST reflects one of these types is:
- Universal
  - Treatment Providers
  - High Risk Youth
  - Substance Abusers
31. Examples of how ethics can play out in prevention include all of the following EXCEPT:
- the level of integrity in delivery of services
  - addressing concerns of sexual harassment
  - using outcome indicators in an evaluation
  - being culturally incompetent
32. In a community mobilization effort, it is MOST important to know:
- national data
  - community demographics
  - number of businesses
  - state borders
33. An alternative prevention strategy would be:
- taking the keys from youth who are drinking
  - providing skills-based after school programming
  - providing alcohol in a safe home environment to underage youth
  - encouraging the use of marijuana over the use of more dangerous drugs
34. It is important to create a logic model because:
- they connect your outcomes to your goals.
  - they try out multiple strategies.
  - they enhance community involvement.
  - they help you determine how much to pay the coordinator.

35. According to Pransky, what question should be asked at the highest level of prevention evaluation?
- Did participants show up?
  - Did program participants' behavior change?
  - Did community-wide behaviors change?
  - Did participants' attitudes change or did self-esteem improve?
36. An example of a Selective Prevention Strategy includes:
- K-8 student Health curriculum.
  - health policy changes.
  - school Assemblies.
  - parent-peer groups for troubled youth.
37. Media Literacy is BEST described as:
- a process that educates youth, parents and community how to access, analyze, and produce media in an effort to develop critical thinking skill in relation to media impact.
  - educating newspaper reporters about the impact of substance abuse in the community.
  - the process of educating parents about their role in monitoring media consumption.
  - educating policy makers about the role of advertising and its impact on decisions to use substances.
38. An example of an effective environmental approach to substance abuse prevention includes:
- delivering a 10 week parenting course
  - delivering substance abuse curriculum to 8<sup>th</sup> graders
  - providing after school programming
  - providing store clerk trainings to better check ID's
39. Determining Community Readiness is BEST accomplished at what stage of the prevention process?
- Evaluation
  - Implementation
  - Assessment
  - Planning

40. A planning tool that enables a group or its manager to identify, among other things, strategies, best practices, guiding principles, and an evaluation plan is known as:
- a Logic Model
  - an Implementation Plan
  - a Model Program
  - a Needs Assessment
41. A prevention coalition is BEST described as a:
- a group of people appointed by elected officials
  - a group of people and organizations that come together to organize an event
  - a group of people and organizations who compete over resources
  - a group of people and organizations that work together to influence outcomes on specific problems
42. Professional growth and responsibility are inherent in being prevention professional. Which of the following would NOT be considered a skill set for this domain?
- Adhere to all legal, profession and ethical standards
  - Know all of the latest treatment assessment tools
  - Build skills to work effectively in the cultural context of the community
  - Network with others to build personal and professional relationships
43. The selection of a program, approach, or strategy should always reflect the community needs assessment, data collection, and identification of risk/protective factors, intended outcomes, and targeted audience. It should also include:
- Consideration of relevancy, appropriateness and effectiveness.
  - How many bars are in the community.
  - The number of DUI's.
  - The population of people over 65.
44. MDMA (3,4-methylenedioxy-N-methylamphetamine), is an illegally manufactured variation of mescaline and amphetamine. The MOST common street name for MDMA is:
- Ecstasy.
  - poppers.
  - Oxycontin.
  - methamphetamine.

45. Which of the following contains the MOST alcohol by content?
- An 8 oz. glass of wine
  - A one-half oz. shot of 80 proof hard liquor
  - One tablespoon of cough syrup
  - A 6 oz. glass of lite beer
46. An example of a resiliency factor would be:
- strong bonds with family and school success.
  - the availability of tobacco products.
  - a family history of substance abuse.
  - poor school performance.
47. Which of the following MOST influences a child's decision to use alcohol and other drugs?
- Laws
  - Peers
  - Neighbors
  - Parents
48. This prevention strategy provides awareness of substance use, abuse, and addiction and their effects on individuals, families, and communities. It is often applied in a single event.
- Direct Communication
  - Information Dissemination
  - Public Service Announcement
  - Prevention Education
49. When facilitating a meeting, it is important to:
- allow everyone to speak when they are compelled to do so.
  - ignore anyone who has a strong difference of opinion.
  - not add new items to an agenda already created.
  - encourage those who have not spoken to share their ideas.
50. If an ATOD abuse prevention specialist wanted to measure attitudes, values, decision making, community coordination, or cultural identification, they would use:
- a family system research and assessment instrument.
  - a psychiatric research and assessment instrument.
  - a group social psychological research instrument.
  - a drug/alcohol research and assessment instrument.

## Answer Key for the Sample Exam Questions

- |       |       |
|-------|-------|
| 1. C  | 26. B |
| 2. B  | 27. C |
| 3. C  | 28. D |
| 4. C  | 29. D |
| 5. A  | 30. A |
| 6. B  | 31. C |
| 7. A  | 32. B |
| 8. D  | 33. B |
| 9. A  | 34. A |
| 10. A | 35. D |
| 11. D | 36. D |
| 12. C | 37. A |
| 13. C | 38. D |
| 14. B | 39. C |
| 15. A | 40. B |
| 16. C | 41. D |
| 17. A | 42. B |
| 18. C | 43. A |
| 19. C | 44. A |
| 20. D | 45. A |
| 21. D | 46. A |
| 22. A | 47. D |
| 23. D | 48. B |
| 24. D | 49. D |
| 25. D | 50. C |

# Answer Key by IC&RC Domain

To identify any weak areas of your professional knowledge, first score your examination. Then look at the following list and note those questions missed. Review the information posted in the “domain” information to help you identify any areas of weakness that would benefit from additional study and review. Spend your remaining preparation time prior to taking your licensure examination efficiently by concentrating your review in those areas needed.

Quiz Key/Answers

## Domain I - Planning and Evaluation

- 1. C
- 3. C
- 5. A
- 7. A
- 9. A
- 10. A
- 21. D
- 23. D
- 29. D
- 36. D
- 50. C

## Domain II - Education and Skill Development

- 2. B
- 6. B
- 12. C
- 15. A
- 16. C
- 19. C
- 20. D
- 22. A
- 30. A
- 39. C
- 40. B
- 43. A
- 46. A

### **Domain III - Community Organization**

- 11. D
- 17. A
- 25. D
- 27. C
- 28. D
- 31. C
- 32. B
- 34. A
- 41. D
- 48. B

### **Domain IV - Public Policy and Environmental Change**

- 8. D
- 18. C
- 24. D
- 33. B
- 35. D
- 37. A
- 38. D

### **Domain V - Professional Growth and Responsibility**

- 4. C
- 13. C
- 14. B
- 26. B
- 42. B
- 44. A
- 45. A
- 47. D
- 49. D

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

STARTING TIME \_\_\_\_\_ ENDING TIME \_\_\_\_\_

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| 2. [A] [B] [C] [D] [E]  | 22. [A] [B] [C] [D] [E] | 42. [A] [B] [C] [D] [E] |
| 3. [A] [B] [C] [D] [E]  | 23. [A] [B] [C] [D] [E] | 43. [A] [B] [C] [D] [E] |
| 4. [A] [B] [C] [D] [E]  | 24. [A] [B] [C] [D] [E] | 44. [A] [B] [C] [D] [E] |
| 5. [A] [B] [C] [D] [E]  | 25. [A] [B] [C] [D] [E] | 45. [A] [B] [C] [D] [E] |
| 6. [A] [B] [C] [D] [E]  | 26. [A] [B] [C] [D] [E] | 46. [A] [B] [C] [D] [E] |
| 7. [A] [B] [C] [D] [E]  | 27. [A] [B] [C] [D] [E] | 47. [A] [B] [C] [D] [E] |
| 8. [A] [B] [C] [D] [E]  | 28. [A] [B] [C] [D] [E] | 48. [A] [B] [C] [D] [E] |
| 9. [A] [B] [C] [D] [E]  | 29. [A] [B] [C] [D] [E] | 49. [A] [B] [C] [D] [E] |
| 10. [A] [B] [C] [D] [E] | 30. [A] [B] [C] [D] [E] | 50. [A] [B] [C] [D] [E] |
| 11. [A] [B] [C] [D] [E] | 31. [A] [B] [C] [D] [E] |                         |
| 12. [A] [B] [C] [D] [E] | 32. [A] [B] [C] [D] [E] |                         |
| 13. [A] [B] [C] [D] [E] | 33. [A] [B] [C] [D] [E] |                         |
| 14. [A] [B] [C] [D] [E] | 34. [A] [B] [C] [D] [E] |                         |
| 15. [A] [B] [C] [D] [E] | 35. [A] [B] [C] [D] [E] |                         |
| 16. [A] [B] [C] [D] [E] | 36. [A] [B] [C] [D] [E] |                         |
| 17. [A] [B] [C] [D] [E] | 37. [A] [B] [C] [D] [E] |                         |
| 18. [A] [B] [C] [D] [E] | 38. [A] [B] [C] [D] [E] |                         |
| 19. [A] [B] [C] [D] [E] | 39. [A] [B] [C] [D] [E] |                         |
| 20. [A] [B] [C] [D] [E] | 40. [A] [B] [C] [D] [E] |                         |