

Certified Alcohol and Drug Counselor (CADC) Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. Dealing with smoking cessation during a substance abuse treatment program is considered?**
 - A. Something too overwhelming for the majority of individuals**
 - B. Something that should not be brought up by anyone but the client**
 - C. Something to be seriously considered if the client desires it**
 - D. Something that should be required during any treatment program**
- 2. How do group therapy and 12-step groups compare in substance abuse treatment?**
 - A. Very different types of groups with very different purposes**
 - B. Somewhat different group types with modestly different purposes**
 - C. Inherently similar groups, though with some different purposes**
 - D. Different names for the same groups with the same purposes**
- 3. Which organ is most affected by cocaine abuse?**
 - A. The brain**
 - B. The lungs**
 - C. The kidneys**
 - D. The heart**
- 4. How many problem domains are addressed in the Addiction Severity Index (ASI)?**
 - A. Six**
 - B. Eight**
 - C. Ten**
 - D. Twelve**
- 5. If a client has previously met the criteria for stimulant use disorder but not in the last 10 months, what type of remission are they in?**
 - A. Full remission**
 - B. Partial remission**
 - C. Early remission**
 - D. Sustained remission**

- 6. What is an appropriate response to receiving a substantial gift from a client?**
- A. Accept the gift graciously**
 - B. Politely refuse while expressing gratitude**
 - C. Ask another colleague for advice**
 - D. Discuss the implications of such gifts**
- 7. How many categories does SAMHSA's Service Coordination Framework for Co-Occurring Disorders have?**
- A. Two categories**
 - B. Four categories**
 - C. Six categories**
 - D. Eight categories**
- 8. Which stage focuses on sustaining abstinence and enhancing emotional functioning?**
- A. Treatment engagement**
 - B. Early recovery**
 - C. Maintenance**
 - D. Community support**
- 9. What are the two key mental health treatment paradigms of Western medicine?**
- A. Objectivity and the scientific method**
 - B. Theoretical and applied practice**
 - C. Pharmacological therapy and psychotherapy**
 - D. Biological and environmental perspectives**
- 10. What outcome is linked to the involvement of clients in twelve-step programs?**
- A. Clients are less likely to attend additional therapy sessions.**
 - B. Clients feel more pressured by therapeutic staff.**
 - C. Clients tend to express less concern over their addiction.**
 - D. Clients generally remain abstinent longer.**

Answers

SAMPLE

1. C
2. A
3. D
4. A
5. C
6. B
7. B
8. C
9. C
10. D

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Explanations

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1. Dealing with smoking cessation during a substance abuse treatment program is considered?

- A. Something too overwhelming for the majority of individuals**
- B. Something that should not be brought up by anyone but the client**
- C. Something to be seriously considered if the client desires it**
- D. Something that should be required during any treatment program**

Addressing smoking cessation within a substance abuse treatment program is a critical component that can significantly enhance a client's overall recovery process. When a client expresses a desire to quit smoking, it indicates their motivation to improve their health and is essential to their treatment journey. Research shows that tobacco use can undermine the effectiveness of treatment for other substances, as nicotine can activate similar pathways in the brain. Moreover, when clients feel empowered to take control of multiple aspects of their health - including quitting smoking - they are often more engaged and motivated to continue their overall substance abuse recovery. This consideration aligns with a holistic approach to treatment, where addressing all substance dependencies positively impacts the likelihood of long-term success. In contrast, the other options either dismiss the importance of addressing smoking cessation or limit the discussion to the client alone. This neglects the counselor's role in advocating for comprehensive care that includes tobacco cessation as part of their substance abuse treatment strategy.

2. How do group therapy and 12-step groups compare in substance abuse treatment?

- A. Very different types of groups with very different purposes**
- B. Somewhat different group types with modestly different purposes**
- C. Inherently similar groups, though with some different purposes**
- D. Different names for the same groups with the same purposes**

Group therapy and 12-step groups are fundamentally different in structure, purpose, and approach to substance abuse treatment. Group therapy typically involves a trained therapist leading a group of individuals who share the common experience of substance use disorders. The therapist facilitates discussions, provides guidance, and helps participants explore underlying issues, develop coping strategies, and learn new skills for recovery. The process is structured and may follow specific therapeutic modalities such as cognitive-behavioral therapy (CBT) or motivational interviewing. The focus is primarily on individual growth and healing within the supportive environment of the group. In contrast, 12-step groups, such as Alcoholics Anonymous (AA), emphasize a peer-led approach rooted in shared experiences and self-help principles. They operate on a framework of fellowship, where participants share their stories, support one another, and adhere to a set of guiding principles known as the 12 steps. The goals are often fellowship and mutual support rather than therapist-led intervention, focusing on spiritual growth and community connection as paths to recovery. This distinction illustrates that while both group therapy and 12-step groups aim to support individuals in overcoming substance abuse, their methods, leadership, and underlying philosophies vary significantly. While they may complement each other in a comprehensive treatment plan, they serve

3. Which organ is most affected by cocaine abuse?

- A. The brain**
- B. The lungs**
- C. The kidneys**
- D. The heart**

Cocaine abuse has a profound impact on various organs, but it is particularly damaging to the heart. The heart is most affected due to the stimulant nature of cocaine, which increases heart rate and blood pressure, leading to significant cardiovascular risks. Chronic use can result in arrhythmias, heart attacks, and other serious heart conditions. Cocaine causes vasoconstriction, which restricts blood flow to the heart muscle, increasing the likelihood of ischemic events. Though cocaine does affect other organs, such as the brain, where it alters neurotransmitter levels and can lead to addiction, cognitive deficits, and other neurological issues, its acute and chronic effects on the cardiovascular system are among the most severe and immediately life-threatening. Thus, the heart's vulnerability to the pharmacological effects of cocaine underscores why it is the most affected organ in cases of abuse.

4. How many problem domains are addressed in the Addiction Severity Index (ASI)?

- A. Six**
- B. Eight**
- C. Ten**
- D. Twelve**

The Addiction Severity Index (ASI) is a widely used assessment tool that evaluates multiple dimensions of a person's life that may be affected by substance use. It consists of several problem domains that are crucial for understanding the comprehensive impact of addiction on an individual's functioning and well-being. The ASI specifically addresses six key areas of concern: 1. Medical status 2. Employment and support status 3. Alcohol use 4. Drug use 5. Legal status 6. Family/social status. These domains allow clinicians to gather vital information that informs treatment planning and helps in monitoring progress. By focusing on these six areas, the ASI provides a holistic view of the patient's challenges related to addiction, which is essential for effective intervention and support. Understanding these problem domains is crucial for any counselor working in the field of addiction as they provide a framework for assessing client needs.

5. If a client has previously met the criteria for stimulant use disorder but not in the last 10 months, what type of remission are they in?

A. Full remission

B. Partial remission

C. Early remission

D. Sustained remission

The client in this scenario has met the criteria for stimulant use disorder in the past but has not done so in the last 10 months. This 10-month period falls within the criteria for "early remission" as defined in the DSM-5. Early remission applies to individuals who have not met the criteria for substance use disorder for a duration of at least three months but less than 12 months following the criteria for a substance use disorder. Full remission would apply if the individual had not met the criteria for over 12 months, while sustained remission indicates a longer period of abstinence and often implies additional support and recovery measures. Partial remission, on the other hand, would refer to the client still experiencing some symptoms but not meeting full criteria for the disorder. In this case, the client's absence of criteria for a substantial period of time—though less than 12 months—indicates they are in early remission.

6. What is an appropriate response to receiving a substantial gift from a client?

A. Accept the gift graciously

B. Politely refuse while expressing gratitude

C. Ask another colleague for advice

D. Discuss the implications of such gifts

Receiving a substantial gift from a client can create ethical dilemmas in professional relationships. Politely refusing the gift while expressing gratitude is an appropriate response because it helps maintain professional boundaries and safeguards the integrity of the counselor-client relationship. This response acknowledges the client's generosity without compromising the ethical standards of the profession, which often discourage accepting gifts of significant value to prevent any perception of favoritism or influence. Refusing the gift also protects both the client and counselor from potential complications that could arise, such as the expectation of special treatment or the perception that the counselor might be biased in their professional decisions. This approach upholds the principle of maintaining professional roles and ensuring that the therapeutic relationship remains focused on the client's needs rather than financial or material exchanges. Although discussing the implications of gifts or seeking advice from colleagues might also be valuable practices in certain situations, these options do not directly address the immediate need to respond to the gift in a way that preserves ethical professionalism. Accepting the gift graciously could lead to an unintentional breach of ethical guidelines, while simply asking a colleague for advice may not provide a timely or appropriate response to the situation at hand.

7. How many categories does SAMHSA's Service Coordination Framework for Co-Occurring Disorders have?

- A. Two categories**
- B. Four categories**
- C. Six categories**
- D. Eight categories**

The correct answer is four categories. SAMHSA's Service Coordination Framework for Co-Occurring Disorders is designed to address the complex needs of individuals dealing with both substance use and mental health issues. By organizing services into four distinct categories, the framework helps to ensure that individuals receive comprehensive and integrated care that addresses the full spectrum of their needs. These categories are essential for guiding treatment providers in developing strategies that coordinate care between different service systems effectively. Each category represents different aspects of treatment, such as screening and assessment, treatment planning, integrated services, and ongoing monitoring and recovery support. This structured approach facilitates collaboration among providers and promotes a more holistic treatment experience for clients coping with co-occurring disorders. Understanding how these categories work together is crucial for counselors, as it shapes the way they approach treatment and support for individuals struggling with both mental health and substance use challenges.

8. Which stage focuses on sustaining abstinence and enhancing emotional functioning?

- A. Treatment engagement**
- B. Early recovery**
- C. Maintenance**
- D. Community support**

The correct choice focuses on the stage known as Maintenance. In the context of substance use recovery, the Maintenance stage is critical as it involves individuals who have achieved abstinence and are actively working to sustain it over the long term. This stage emphasizes not only the continuation of abstinence, but also the enhancement of emotional and psychological functioning. During Maintenance, individuals develop strategies for coping with stress, triggers, and potential relapse situations. They often engage in ongoing therapy, support groups, or other forms of community support to reinforce their commitment to sobriety and to improve their emotional well-being. This stage is vital for ensuring that the gains made during the earlier stages of recovery, such as achieving abstinence and addressing immediate psychological needs, are solidified and maintained. In contrast, the other stages mentioned focus on initial engagement with treatment, the early processes of recovery, and the role of community support. While these stages set the groundwork for recovery, it is the Maintenance stage that specifically targets the long-term sustainability of behavior changes and emotional health in the context of addiction recovery.

9. What are the two key mental health treatment paradigms of Western medicine?

- A. Objectivity and the scientific method**
- B. Theoretical and applied practice**
- C. Pharmacological therapy and psychotherapy**
- D. Biological and environmental perspectives**

Pharmacological therapy and psychotherapy represent the two primary approaches within Western medicine for the treatment of mental health disorders. Pharmacological therapy involves the use of medications to manage symptoms of mental health conditions. These medications can adjust neurochemical imbalances in the brain, effectively reducing symptoms such as anxiety, depression, or psychosis. On the other hand, psychotherapy encompasses a variety of therapeutic techniques and approaches aimed at addressing psychological issues through conversation and counseling. Methods such as cognitive-behavioral therapy, psychodynamic therapy, and dialectical behavior therapy focus on helping individuals understand and change their thoughts, behaviors, and emotions. Together, these two paradigms—medication management and therapeutic conversation—form a comprehensive treatment plan that can be tailored to the individual needs of patients, allowing for a multidimensional approach to mental health care. This integration of pharmacological and psychotherapeutic methods is fundamental to modern psychiatric practice and has been shown to be effective for a wide range of psychological disorders.

10. What outcome is linked to the involvement of clients in twelve-step programs?

- A. Clients are less likely to attend additional therapy sessions.**
- B. Clients feel more pressured by therapeutic staff.**
- C. Clients tend to express less concern over their addiction.**
- D. Clients generally remain abstinent longer.**

The involvement of clients in twelve-step programs, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), is strongly linked to longer periods of abstinence from substance use. These programs provide a supportive community and structure that encourages individuals to engage in recovery actively. Members share their experiences and learn from one another, which can reinforce their commitment to sobriety. The step-by-step process helps individuals take accountability for their actions and foster a sense of belonging, both of which are essential for long-term recovery. Additionally, the regular meetings and the emphasis on spiritual growth can contribute to the development of coping strategies, resilience, and a strong support network. This network often includes others who have experienced similar struggles, further enhancing an individual's motivation to stay sober. Thus, engagement in twelve-step programs tends to correlate with improved outcomes in terms of maintaining abstinence over time.