

CERTIFIED BEHAVIORAL HEALTH CASE MANAGER (CBHCM) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which factors should be considered when creating a client's treatment plan?**
 - A. Only the client's financial situation
 - B. The client's goals, strengths, needs, and available resources
 - C. Only the preferences of the case manager
 - D. General trends in behavioral health
- 2. Your colleague has formed a business partnership with a former client; what is the best response?**
 - A. Encourage her to keep it a secret
 - B. Inform her it violates ethical and professional conduct
 - C. Advise her to include more clients in the business
 - D. Offer to join the business as well
- 3. What do treatment modalities encompass?**
 - A. A checklist of client assessments
 - B. Only psychological approaches
 - C. Various methods for treating mental health issues
 - D. A single standardized procedure for all clients
- 4. In case management, what is the role of progress notes?**
 - A. To provide a subjective account of client behaviors
 - B. To track client payments and financial information
 - C. To document a clear link between service needs and services delivered
 - D. To focus on the personal life of the case manager
- 5. What is the significance of relapse prevention planning?**
 - A. It exclusively focuses on medication adjustments
 - B. It helps clients identify triggers and develop strategies to maintain recovery
 - C. It is a form of client punishment
 - D. It reduces the need for ongoing therapy sessions

- 6. How should a case manager respond to a client who needs to cancel a home visit due to unexpected guests?**
- A. Visit the client at another location instead
 - B. Cancel the visit and reschedule
 - C. Insist on completing the assessment regardless
 - D. Inquire about the nature of the visit
- 7. What could be a potential outcome if a service plan does not incorporate client feedback?**
- A. Greater client satisfaction with the service
 - B. Enhanced alignment with client goals
 - C. Increased likelihood of client disengagement
 - D. Improvement in documentation accuracy
- 8. What is the primary purpose of conducting a risk assessment in case management?**
- A. To evaluate required funding for services.
 - B. To identify potential harm to the client or others and develop safety plans.
 - C. To assess the case manager's performance.
 - D. To determine the best treatment modality.
- 9. What should a case manager know before making referrals to service providers?**
- A. Client's personal history
 - B. The availability of resources
 - C. The eligibility criteria of resource agencies
 - D. The provider's location
- 10. What types of populations are commonly served by behavioral health case managers?**
- A. Individuals with physical disabilities
 - B. Individuals with acute medical conditions
 - C. Individuals with mental health disorders, substance use issues, and co-occurring disorders
 - D. Individuals seeking holistic wellness

Answers

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

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Explanations

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1. Which factors should be considered when creating a client's treatment plan?

- A. Only the client's financial situation
- B. The client's goals, strengths, needs, and available resources**
- C. Only the preferences of the case manager
- D. General trends in behavioral health

The most comprehensive approach to creating a client's treatment plan involves considering the client's goals, strengths, needs, and available resources. This holistic view ensures that the treatment plan is tailored specifically to the individual, addressing the unique aspects of their situation. By focusing on the client's goals, the plan aligns the treatment with what the client aims to achieve, fostering engagement and motivation throughout the process. Recognizing strengths allows the case manager to leverage any existing positive attributes or skills that can enhance the client's journey toward recovery. Assessing needs is crucial for identifying areas that require immediate attention or support, ensuring that the client receives the appropriate interventions. Finally, considering available resources allows for practical implementation of the treatment plan, enabling clients to utilize community or personal resources to facilitate their healing journey. This multifaceted approach is essential for effective case management, as it promotes client-centered care, which has been shown to lead to better outcomes in behavioral health settings.

2. Your colleague has formed a business partnership with a former client; what is the best response?

- A. Encourage her to keep it a secret
- B. Inform her it violates ethical and professional conduct**
- C. Advise her to include more clients in the business
- D. Offer to join the business as well

The best response in this scenario is to inform your colleague that forming a business partnership with a former client violates ethical and professional conduct. This response is appropriate because it helps maintain the integrity of the professional relationship and safeguards the principles of confidentiality, trust, and professional boundaries that are foundational in behavioral health practice. When professionals engage in business relationships with clients, it can create conflicts of interest, undermine the trust that clients place in their providers, and lead to situations where ethical standards are compromised. By addressing this issue directly, you are supporting ethical practice and helping your colleague understand the potential repercussions of their actions. This not only protects their professional reputation but also ensures the well-being of clients and the integrity of the field as a whole. Encouraging secrecy or advising inclusion of more clients would not uphold ethical standards and could lead to further complications, while offering to join the business could escalate the situation without addressing the underlying ethical issue. Thus, highlighting the violation of ethical conduct is a responsible and professional approach to this matter.

3. What do treatment modalities encompass?

- A. A checklist of client assessments
- B. Only psychological approaches
- C. Various methods for treating mental health issues**
- D. A single standardized procedure for all clients

Treatment modalities encompass various methods for treating mental health issues, which can include a wide range of approaches tailored to meet the individual needs of clients. This can involve psychological therapies, medication management, holistic approaches, and other evidence-based treatments that address the complexities of mental health disorders. By recognizing the diversity of treatment modalities, practitioners can select the most effective methods for each client, enhancing the overall quality of care and increasing the likelihood of positive outcomes. The diversity in treatment modalities allows for personalized interventions that take into account the specific challenges and circumstances faced by each individual. This flexibility is essential in behavioral health because different individuals respond differently to various treatments, making it crucial for case managers and mental health professionals to have a broad understanding of the available options. In contrast, a checklist of client assessments merely serves as a tool for evaluating client needs and is not indicative of the treatment methods themselves. Relying solely on psychological approaches would limit the practitioner's toolkit and potentially overlook other effective treatments. Lastly, a single standardized procedure for all clients does not accommodate the unique characteristics and requirements of each individual, which is fundamentally contrary to the person-centered philosophy that underpins effective behavioral health care.

4. In case management, what is the role of progress notes?

- A. To provide a subjective account of client behaviors
- B. To track client payments and financial information
- C. To document a clear link between service needs and services delivered**
- D. To focus on the personal life of the case manager

Progress notes play a crucial role in case management by documenting a clear link between the client's service needs and the services that have been delivered. This documentation is essential for several reasons: it helps ensure continuity of care, allows for effective communication among team members, and provides a detailed record that can be referred to in future assessments or case reviews. By clearly associating specific needs identified during case assessments with the corresponding services provided, progress notes support accountability and facilitate quality assurance within the case management process. This linkage is vital for evaluating the effectiveness of interventions and making necessary adjustments to the care plan, ensuring that clients receive the appropriate support tailored to their evolving needs. Being precise about services that were delivered in relation to the identified needs is also important for documentation and compliance purposes, such as during audits or evaluations by funding sources. Moreover, it contributes to the overall therapeutic process by providing insights into the client's growth and development over time. In contrast, focusing on subjective accounts of client behaviors, tracking payments, or delving into the personal life of the case manager does not fulfill the primary objective of progress notes in case management.

5. What is the significance of relapse prevention planning?

- A. It exclusively focuses on medication adjustments
- B. It helps clients identify triggers and develop strategies to maintain recovery**
- C. It is a form of client punishment
- D. It reduces the need for ongoing therapy sessions

The significance of relapse prevention planning lies primarily in its role in helping clients identify triggers and develop strategies to maintain their recovery. This process involves educating clients about the specific situations, emotions, or stressors that may lead them to relapse into unhealthy behaviors or substance use. By recognizing these triggers, clients can proactively design coping mechanisms and alternative responses, empowering them to handle challenging situations without reverting to past behaviors. Relapse prevention planning underscores the importance of self-awareness and personal accountability within the recovery journey. It encourages clients to engage actively in their recovery process by setting concrete goals and preparing to face potential challenges. Additionally, it often includes developing a strong support network and utilizing resources that can assist clients in maintaining their sobriety or mental health stability. This planning is not about punishment or reducing therapy sessions; instead, it encompasses comprehensive strategies aimed at sustaining the positive changes achieved during treatment. Through this proactive approach, clients have better outcomes in avoiding relapse and maintaining long-term recovery.

6. How should a case manager respond to a client who needs to cancel a home visit due to unexpected guests?

- A. Visit the client at another location instead
- B. Cancel the visit and reschedule**
- C. Insist on completing the assessment regardless
- D. Inquire about the nature of the visit

When a client needs to cancel a home visit due to unexpected guests, the most appropriate and considerate response for a case manager is to cancel the visit and reschedule. This approach respects the client's current circumstances and acknowledges their need for privacy and comfort in their own home. By offering to reschedule, the case manager demonstrates flexibility and a focus on the client's needs, ensuring that the visit can occur at a time that is more conducive to an open and productive environment for both the client and the case manager. Prioritizing a successful and effective interaction reflects a strong understanding of client-centered care, which is essential in behavioral health case management. This allows the client to feel empowered and in control of their situation. Additionally, rescheduling ensures that the necessary assessment or support can still take place, fostering a positive relationship between the client and the case manager.

7. What could be a potential outcome if a service plan does not incorporate client feedback?

- A. Greater client satisfaction with the service
- B. Enhanced alignment with client goals
- C. Increased likelihood of client disengagement**
- D. Improvement in documentation accuracy

When a service plan fails to incorporate client feedback, one significant potential outcome is increased likelihood of client disengagement. Engaging clients in the planning process is essential for ensuring that their needs, preferences, and goals are acknowledged and addressed. When clients feel their perspectives are ignored, they may become less motivated to participate in their own care, leading to a breakdown in the therapeutic alliance and decreased commitment to the service plan. This disengagement can ultimately result in poorer health outcomes, as clients may not adhere to the plan of care or may withdraw from services altogether. In contrast to this correct outcome, higher client satisfaction and improved alignment with goals are less likely to occur if clients do not feel involved in the process. Additionally, while accurate documentation is important in case management, it does not directly correlate with client engagement or satisfaction when feedback isn't sought. Therefore, neglecting to include client input can critically undermine the effectiveness of the service plan and the overall therapeutic relationship.

8. What is the primary purpose of conducting a risk assessment in case management?

- A. To evaluate required funding for services.
- B. To identify potential harm to the client or others and develop safety plans.**
- C. To assess the case manager's performance.
- D. To determine the best treatment modality.

The primary purpose of conducting a risk assessment in case management is to identify potential harm to the client or others and develop safety plans. This process is critical for ensuring the well-being of clients, especially those dealing with severe behavioral health issues. By systematically evaluating risks, case managers can pinpoint specific dangers—such as self-harm, harm to others, or environmental hazards—that may affect the client's safety and stability. Moreover, acknowledging these risks allows case managers to proactively develop and implement safety plans tailored to the individual's needs. This not only empowers the client by involving them in the safety planning process but also enhances the overall effectiveness of the treatment approach by addressing immediate safety concerns. While evaluating funding and assessing performance are important aspects of case management, they do not hold the same level of urgency or priority as ensuring the safety of the client and those around them. Similarly, determining the best treatment modality is significant but comes after the critical step of assessing and mitigating risks to ensure that any interventions provided are safe and appropriate given the context of identified risks.

9. What should a case manager know before making referrals to service providers?

- A. Client's personal history
- B. The availability of resources
- C. The eligibility criteria of resource agencies**
- D. The provider's location

Understanding the eligibility criteria of resource agencies is crucial for a case manager before making referrals to service providers. This knowledge ensures that the referred clients meet specific conditions required by the service providers, which can vary significantly depending on the nature of the services offered. Eligibility criteria might include age, income level, diagnosis, residency requirements, or specific behavioral health issues. Being well-versed in these criteria allows case managers to streamline the referral process, thereby increasing the likelihood that clients will receive the necessary support without unnecessary delays or frustrations. If a case manager does not take these criteria into account, they risk referring clients to agencies that cannot assist them, potentially exacerbating the clients' challenges or leading to disengagement from the service system. While knowing the client's personal history, the availability of resources, and the provider's location are also important factors, the eligibility criteria are foundational for ensuring that successful and appropriate matches are made between clients and services. This leads to a more effective case management process, ultimately benefiting the clients in accessing the care they need.

10. What types of populations are commonly served by behavioral health case managers?

- A. Individuals with physical disabilities
- B. Individuals with acute medical conditions
- C. Individuals with mental health disorders, substance use issues, and co-occurring disorders**
- D. Individuals seeking holistic wellness

Behavioral health case managers primarily focus on individuals who are experiencing mental health disorders, substance use issues, and co-occurring disorders. This specialization is centered on addressing the complexities associated with mental health and substance use, including the problems that arise when these issues occur simultaneously. Case managers work collaboratively with clients to navigate treatment options, access resources, and support recovery, making them integral to helping individuals manage their behavioral health needs effectively. Individuals with physical disabilities and acute medical conditions may require case management, but these areas often fall outside the specific realm of behavioral health. Holistic wellness may encapsulate a broader range of health considerations, including physical, emotional, and social well-being, but it does not specifically focus on the unique challenges faced by those with mental health and substance use disorders. Thus, the focus on individuals with mental health disorders, substance use issues, and co-occurring disorders accurately reflects the primary target population for behavioral health case managers.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://cbhcmcasemanager.examzify.com>

We wish you the very best on your exam journey. You've got this!

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