

# Certified Prevention Specialist CPS Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is the Asset Development Model primarily focused on?**
  - A. Incorporating risk and protective factors**
  - B. Identifying 40 assets for development**
  - C. Emphasizing only resiliency factors**
  - D. Identifying tasks based on age groupings**
- 2. Which individual(s) take in the message in the communication process?**
  - A. Sender**
  - B. Receiver**
  - C. Channel**
  - D. Encoder**
- 3. To be a good facilitator, you must NOT be:**
  - A. Flexible.**
  - B. Authoritative.**
  - C. Respectful.**
  - D. Confident.**
- 4. According to Chamberlain (2005), what encompasses the values, norms, and traditions that influence how individuals of a particular group perceive, think, and make judgments?**
  - A. Best Practices**
  - B. Coalitions**
  - C. Cultural Competence (Awareness)**
  - D. Culture**
- 5. Which method falls under the strategy Community-Based Processes?**
  - A. Community and Volunteer Training**
  - B. Classroom and Small Group Sessions**
  - C. Drug-free Social and Recreational Activities**
  - D. Peer Leader and Peer Helper Programs**

- 6. What are broad, future-oriented action statements without dates or responsibilities, to be achieved by a program?**
- A. Archival Data**
  - B. Capacity**
  - C. Goal Statements**
  - D. Best Practices**
- 7. What is essential for serving individuals and communities in a culturally competent manner?**
- A. Cultural Competency**
  - B. Culture**
  - C. Facilitator**
  - D. Technical Assistance**
- 8. Which of the following is a key to creating a culturally competent prevention program?**
- A. Changing a prevention program to adjust to a community's specific characteristics**
  - B. Understanding the geographic layout of the region and how the program fits within it**
  - C. Working with the community, not just for the community, in prevention planning**
  - D. Choosing the right program to fit the community**
- 9. What is the most critical aspect of creating a logic model?**
- A. Trying out multiple strategies.**
  - B. Enhancing community involvement.**
  - C. Determining appropriate staffing patterns.**
  - D. Connecting outcomes and goals.**
- 10. Which method is associated with the strategy Alternative Activities?**
- A. Drug-free Dances and Parties**
  - B. Parenting and Family Management Classes**
  - C. Peer Leader and Peer Helper Programs**
  - D. Media Campaigns**

## **Answers**

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

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## **Explanations**

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**1. What is the Asset Development Model primarily focused on?**

- A. Incorporating risk and protective factors**
- B. Identifying 40 assets for development**
- C. Emphasizing only resiliency factors**
- D. Identifying tasks based on age groupings**

The Asset Development Model is primarily focused on identifying 40 assets for development. These assets are positive qualities and experiences that contribute to the healthy development of individuals, families, and communities. By recognizing and building on these assets, the model aims to promote overall well-being and resilience. The other options are not the primary focus of the Asset Development Model.

**2. Which individual(s) take in the message in the communication process?**

- A. Sender**
- B. Receiver**
- C. Channel**
- D. Encoder**

The correct choice is the receiver, as they are the individuals who take in or interpret the message in the communication process. The receiver actively engages with the information being transmitted and attempts to understand its meaning based on their own experiences, knowledge, and context. Understanding the role of the receiver is critical in effective communication, as their perspective can significantly influence how the message is perceived. They are responsible for decoding the sender's message, which involves interpreting the words, tone, and non-verbal cues associated with the communication. The sender, on the other hand, is the individual who initiates the message, while the channel is the medium through which the message is delivered, such as spoken words, written text, or digital formats. The encoder's role is to formulate the message in a way that is understandable to the receiver. Each of these roles is essential in communication, but it is the receiver who ultimately engages with and comprehends the message being conveyed.

**3. To be a good facilitator, you must NOT be:**

- A. Flexible.**
- B. Authoritative.**
- C. Respectful.**
- D. Confident.**

Being a good facilitator requires creating an environment where participants feel comfortable sharing their thoughts and engaging in discussions. An authoritative approach can hinder open communication and collaboration, which are vital in a facilitative role. Instead, facilitators should be flexible, allowing for adjustments in the flow of conversation based on the needs of the group. Respect is crucial in building trust and fostering a positive atmosphere, while confidence helps in guiding discussions effectively. Thus, maintaining an authoritative stance is counterproductive and can dampen the dynamics of group interactions.

**4. According to Chamberlain (2005), what encompasses the values, norms, and traditions that influence how individuals of a particular group perceive, think, and make judgments?**

**A. Best Practices**

**B. Coalitions**

**C. Cultural Competence (Awareness)**

**D. Culture**

The selection of "Culture" as the correct answer is based on its defined meaning, which encompasses the collective values, norms, beliefs, and traditions shared by a specific group. This framework significantly influences how members of that group interpret their experiences, perceive their surroundings, and make judgments about various matters in their lives. Understanding culture is essential in the context of a prevention specialist's work because it shapes the behaviors and attitudes of individuals within communities. Recognizing cultural influences allows professionals to develop tailored intervention strategies that resonate with specific groups, thereby improving the effectiveness of their efforts. The other options, while related to community dynamics and interventions, do not capture the broad and foundational aspects of values and norms inherent in culture. Best practices refer to effective methods or techniques used in practice rather than the underlying cultural framework. Coalitions involve collaboration between different groups and organizations but not the individual aspects of perception or judgment shaped by shared values and traditions. Cultural competence (awareness) relates to recognizing and respecting differences in cultures, but it focuses more on the skill set needed to interact effectively with diverse groups rather than the broader definition of culture itself.

**5. Which method falls under the strategy Community-Based Processes?**

**A. Community and Volunteer Training**

**B. Classroom and Small Group Sessions**

**C. Drug-free Social and Recreational Activities**

**D. Peer Leader and Peer Helper Programs**

The method that aligns with the strategy of Community-Based Processes is community and volunteer training. This approach focuses on developing the capacity and skills of community members and volunteers to effectively address local issues and foster collaboration. Training enhances community involvement, builds leadership skills, and empowers individuals to take an active role in prevention efforts, reflecting the core principles of community-based processes. In contrast, the other methods listed serve different functions. Classroom and small group sessions typically focus on delivering structured education, primarily in educational settings. Drug-free social and recreational activities aim to provide alternative ways to engage the community and promote healthy choices but don't necessarily involve a process-oriented community engagement strategy. Peer leader and peer helper programs are more about peer support and mentorship rather than broader community processes.

**6. What are broad, future-oriented action statements without dates or responsibilities, to be achieved by a program?**

**A. Archival Data**

**B. Capacity**

**C. Goal Statements**

**D. Best Practices**

The correct answer focuses on the nature of goal statements, which are indeed broad, future-oriented action statements that outline what a program ultimately seeks to achieve. These statements provide a vision and direction for the program without getting into the specifics of when or how those goals will be accomplished. They help to guide the planning and decision-making processes and serve as a reference point for measuring success over time. In contrast, archival data refers to historical records and information that are kept for future reference, which does not align with the concept of future-oriented statements. Capacity typically refers to the resources, skills, or capabilities that a program has in order to achieve its goals and objectives, rather than the goals themselves. Best practices are standardized methods believed to lead to optimal results but do not represent the broader aspirational objectives of a program.

**7. What is essential for serving individuals and communities in a culturally competent manner?**

**A. Cultural Competency**

**B. Culture**

**C. Facilitator**

**D. Technical Assistance**

To serve individuals and communities in a culturally competent manner, understanding and practicing cultural competency is essential. This involves being aware of and respectful towards cultural differences and being able to effectively communicate and engage with people from diverse backgrounds. Option B, culture, is too broad and does not encompass the skills and knowledge necessary for cultural competency. Option C, facilitator, and option D, technical assistance, may be important skills but do not specifically address the need for cultural competency.

**8. Which of the following is a key to creating a culturally competent prevention program?**

- A. Changing a prevention program to adjust to a community's specific characteristics**
- B. Understanding the geographic layout of the region and how the program fits within it**
- C. Working with the community, not just for the community, in prevention planning**
- D. Choosing the right program to fit the community**

The choice highlighting the importance of working with the community, rather than solely for the community, is essential for creating a culturally competent prevention program. This approach fosters collaboration and builds trust between program facilitators and community members. By involving the community in the planning and implementation processes, practitioners can gain insights into the unique values, beliefs, and needs of the population they are serving. This engagement can lead to more relevant programming, increase community ownership, and ultimately result in more effective prevention efforts. Involving the community also helps to ensure that the strategies used are culturally sensitive and tailored to the specific environment, which is vital for the acceptance and success of the program. It emphasizes the idea that prevention is a shared responsibility, where community voices play an integral role in shaping the interventions designed to address issues that matter to them. Additionally, this approach can help identify local resources and mobilize community assets that can enhance the effectiveness of the prevention efforts.

**9. What is the most critical aspect of creating a logic model?**

- A. Trying out multiple strategies.**
- B. Enhancing community involvement.**
- C. Determining appropriate staffing patterns.**
- D. Connecting outcomes and goals.**

Connecting outcomes and goals is indeed the most critical aspect of creating a logic model. A logic model serves as a visual representation that outlines the relationship between resources, activities, outputs, and expected outcomes. The essence of a logic model is to clearly define how the activities implemented will lead to specific outcomes, which in turn align with the overarching goals of a program. This connection is fundamental because it ensures that all efforts are directed toward achieving the intended impact, allowing for accountability and effective evaluation of whether the goals are being met. The other aspects, while important, serve more as supportive elements in the process. Trying out multiple strategies can be a part of the program development phase, but without a clear connection to goals and outcomes, those strategies may not effectively lead to the desired results. Enhancing community involvement is crucial for stakeholder engagement and support but relies heavily on a well-structured model that clearly connects community needs with program objectives. Similarly, determining appropriate staffing patterns is essential for program implementation, but it becomes meaningful only when aligned with defined outcomes and goals. Thus, establishing this connection is the cornerstone of an effective logic model.

**10. Which method is associated with the strategy Alternative Activities?**

- A. Drug-free Dances and Parties**
- B. Parenting and Family Management Classes**
- C. Peer Leader and Peer Helper Programs**
- D. Media Campaigns**

The method associated with the strategy Alternative Activities is indeed drug-free dances and parties. This approach emphasizes providing young people with enjoyable and engaging activities that do not involve substance use. By organizing event spaces that foster a fun and safe environment, such initiatives serve to reduce the likelihood of youth engaging in drug or alcohol use by offering them appealing alternatives. While parenting and family management classes contribute important support in promoting healthy family dynamics, they do not serve as direct alternatives for activities that might lead to substance use. Similarly, peer leader and peer helper programs focus on peer support and education rather than providing structured alternative recreational activities. Media campaigns can raise awareness about substance use and promote healthy behaviors, but they do not directly create alternative activities. Thus, drug-free dances and parties are the most relevant method in promoting the Alternative Activities strategy.