

Certified Prevention Specialist CPS Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which is NOT part of a community resource assessment?**
 - A. Interviews with service providers.**
 - B. Reviewing archival data.**
 - C. Surveying prevention program directors/staff.**
 - D. Reviewing program documents.**
- 2. What term is used to describe programs and strategies designed to target the entire population of a community, such as mass media campaigns?**
 - A. Preventive Initiatives**
 - B. Targeted Interventions**
 - C. Universal**
 - D. Focused Strategies**
- 3. What term represents the formal names given to community mobilization efforts that involve a group agreeing to work together for a common purpose?**
 - A. Collaboratives**
 - B. Community Partnerships**
 - C. Coalitions**
 - D. Cultural Competence (Awareness)**
- 4. Which method is an example of the strategy Problem Identification and Referral?**
 - A. Employee Assistance Programs**
 - B. Resource Directories**
 - C. Clearinghouse and other information resource centers**
 - D. Mentoring Programs**
- 5. What term refers to the ability to interact effectively with individuals from different cultural backgrounds and includes awareness, attitudes, knowledge, and skills?**
 - A. Cultural Competence (Awareness)**
 - B. Community Partnerships**
 - C. Capacity**
 - D. Coalitions**

- 6. Which strategy involves programs targeting specific groups at higher risk for substance abuse problems?**
- A. Dissemination of Information**
 - B. Problem Identification and Referral**
 - C. Selective**
 - D. Prevention Education**
- 7. Which term describes a research design that has some characteristics of an experimental design but lacks the possibility of random selection?**
- A. Capacity Building**
 - B. Quasi-Experimental Design**
 - C. Stakeholders**
 - D. Survey**
- 8. According to Hawkins and Catalano, which of the following is NOT a category that protective factors fall into?**
- A. Healthy beliefs and clear standards**
 - B. Bonding**
 - C. External support system**
 - D. Individual characteristics**
- 9. Which of the following is NOT a step in the process of creating an effective community coalition?**
- A. Determining staffing, budget, and resources.**
 - B. Clarifying expectations of the coalition.**
 - C. Defining goals and objectives.**
 - D. Creating an end-date for the coalition's work.**
- 10. Which term refers to a systematic process for examining current conditions and identifying the level of risk and protection within a community?**
- A. Indicator**
 - B. Mission Statement**
 - C. Outcome Benchmarks**
 - D. Needs Assessment**

Answers

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

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Explanations

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1. Which is NOT part of a community resource assessment?

- A. Interviews with service providers.**
- B. Reviewing archival data.**
- C. Surveying prevention program directors/staff.**
- D. Reviewing program documents.**

The correct identification of what is NOT part of a community resource assessment focuses on understanding the components typically involved in this assessment process. A community resource assessment primarily aims to gather information about the community's available resources, needs, and gaps in services. This includes engaging actively with individuals and organizations directly involved in resource provision, which is why interviews with service providers, surveying prevention program directors and staff, and reviewing program documents are all integral activities. These steps involve qualitative assessments that capture the current dynamics of community resources and programs. Reviewing archival data, while potentially useful for understanding historical context or trends, is less about assessing current community resources and more about analyzing past information. It does not directly involve gathering new data or insights about current resources or service abilities, making it less typical of what is actively pursued in a community resource assessment. Therefore, it aligns best with the activity that is NOT a direct part of such an assessment.

2. What term is used to describe programs and strategies designed to target the entire population of a community, such as mass media campaigns?

- A. Preventive Initiatives**
- B. Targeted Interventions**
- C. Universal**
- D. Focused Strategies**

Universal programs and strategies aim to reach and impact the entire population of a community, rather than targeting specific groups or individuals. Preventive initiatives and focused strategies, while similar in their goal of preventing health issues, are more specific in their targeting and may not reach the entire population. Targeted interventions, on the other hand, focus on specific groups that are at risk for a certain health issue and may not apply to the entire community. Therefore, the most appropriate term to describe programs and strategies that target the entire population is universal.

3. What term represents the formal names given to community mobilization efforts that involve a group agreeing to work together for a common purpose?

A. Collaboratives

B. Community Partnerships

C. Coalitions

D. Cultural Competence (Awareness)

The term that best represents the formal names given to community mobilization efforts involving a group agreeing to work together for a common purpose is coalitions. Coalitions are deliberate alliances formed by diverse groups to address specific issues, and they focus on collective action towards a common goal. Coalitions enable communities to leverage different resources, expertise, and networks, which enhances the effectiveness of their initiatives. The collaborative effort of various stakeholders can lead to a stronger impact in addressing the identified concerns. While community partnerships also involve working together, "coalitions" emphasizes the structured and formal aspect of this collaboration, making it distinct in the context of mobilization efforts. Collaboratives might suggest a more informal or loosely organized group, and cultural competence awareness relates to understanding and respecting different cultural backgrounds, rather than the organization of efforts for a common purpose.

4. Which method is an example of the strategy Problem Identification and Referral?

A. Employee Assistance Programs

B. Resource Directories

C. Clearinghouse and other information resource centers

D. Mentoring Programs

The concept of Problem Identification and Referral focuses on the systematic identification of individuals facing specific problems, followed by connecting them with appropriate resources and interventions. Employee Assistance Programs (EAPs) exemplify this strategy as they are designed to assist employees in identifying their personal or workplace issues, including stress, substance abuse, mental health concerns, and family problems. EAPs provide confidential assessments, short-term counseling, and referrals to professional services tailored to the employee's needs. Their proactive approach aids in both problem identification and the subsequent referral to specialized treatment resources. In contrast, the other options represent resources and services that, while beneficial, do not explicitly focus on identifying individual problems or making direct referrals for assistance. Resource Directories offer lists of available services but do not engage in the process of identifying problems. Clearinghouses primarily serve as information centers without directly providing referral services. Mentoring Programs focus more on guidance and personal development rather than the identification and referral process that EAPs provide.

5. What term refers to the ability to interact effectively with individuals from different cultural backgrounds and includes awareness, attitudes, knowledge, and skills?

A. Cultural Competence (Awareness)

B. Community Partnerships

C. Capacity

D. Coalitions

The correct term for the ability to interact effectively with individuals from different cultural backgrounds, incorporating awareness, attitudes, knowledge, and skills, is cultural competence. Cultural competence goes beyond mere acknowledgment of cultural differences. It involves actively understanding and respecting those differences, which is crucial for effective communication and positive relationships in diverse communities. This concept is essential for professionals, especially in fields like prevention, where working with various populations is a regular part of the job. The other terms listed do not encompass the holistic concept of cultural competence. Community partnerships typically focus on the collaborative relationships formed among various stakeholders to achieve a common goal, while capacity refers to the ability and resources available to implement interventions or programs. Coalitions imply a formal grouping of organizations or individuals working toward a specific objective, but they do not specifically address the skills needed for effective cultural interactions.

6. Which strategy involves programs targeting specific groups at higher risk for substance abuse problems?

A. Dissemination of Information

B. Problem Identification and Referral

C. Selective

D. Prevention Education

The strategy that focuses on targeting specific groups at higher risk for substance abuse problems is selective prevention. This approach acknowledges that certain populations may be more vulnerable to substance use issues due to various factors such as demographics, socio-economic status, or exposure to risk factors. By addressing these specific groups, selective prevention aims to tailor interventions that can effectively reduce the likelihood of substance abuse within those populations. In contrast, dissemination of information broadly spreads awareness and knowledge without focusing on specific high-risk groups. Problem identification and referral is more about recognizing individuals who may have already begun to experience substance-related issues and directing them to appropriate services. Prevention education generally involves providing general education about substance abuse risks and prevention strategies to wider audiences, rather than honing in on particular high-risk groups. These distinctions highlight why selective prevention is the most appropriate strategy for the question's context.

7. Which term describes a research design that has some characteristics of an experimental design but lacks the possibility of random selection?

- A. Capacity Building**
- B. Quasi-Experimental Design**
- C. Stakeholders**
- D. Survey**

The correct answer is Quasi-Experimental Design. This term refers to research approaches that aim to evaluate interventions or programs and bear similarities to true experimental designs, especially regarding outcomes and comparisons, but do not employ random assignment of participants to groups. This lack of random selection can mean that the groups may differ in other significant ways, potentially affecting the results. Quasi-experimental designs are often utilized in real-world settings where true randomization is impractical or unethical. They allow researchers to still draw meaningful conclusions about the impact of an intervention, even though they cannot fully control for all potential variables as a true experiment would. The other terms provided do not describe this particular situation. Capacity Building refers to efforts focused on developing the skills and abilities of individuals or organizations. Stakeholders represent individuals or groups who have an interest in the outcomes of a project or program but do not indicate a specific research design. A survey, meanwhile, is a method for collecting data but does not inherently suggest any experimental characteristics. Therefore, Quasi-Experimental Design is the term that best fits the definition given in the question.

8. According to Hawkins and Catalano, which of the following is NOT a category that protective factors fall into?

- A. Healthy beliefs and clear standards**
- B. Bonding**
- C. External support system**
- D. Individual characteristics**

The correct identification of the category that protective factors do not fall into is rooted in the model proposed by Hawkins and Catalano, which classifies protective factors into specific categories that promote healthy development and reduce the likelihood of engaging in harmful behaviors. Healthy beliefs and clear standards promote resilience by establishing a foundation of positive values and expectations for behavior. Bonding refers to the connections and relationships an individual has with others, such as family, friends, and community, which can provide emotional support and guidance. Individual characteristics encompass personal traits, skills, and attributes that influence an individual's ability to navigate challenges effectively. On the other hand, while external support systems are indeed crucial for well-being, they do not directly align with the specific classifications established by Hawkins and Catalano for protective factors. Their framework emphasizes the intrinsic elements of bonding and personal characteristics, and while external supports can complement these factors, they are not categorized as one of the primary factors themselves. This distinction highlights the integral nature of personal and relational factors in fostering resilience, rather than relying solely on external systems, which play a different but still valuable role in an individual's network of support.

9. Which of the following is NOT a step in the process of creating an effective community coalition?

A. Determining staffing, budget, and resources.

B. Clarifying expectations of the coalition.

C. Defining goals and objectives.

D. Creating an end-date for the coalition's work.

Creating an end-date for the coalition's work is not a step in the process of creating an effective community coalition because effective coalitions typically aim to be sustainable over the long term to address ongoing community needs. Setting an end-date may limit the coalition's ability to continue making a positive impact and responding to evolving community issues. It is important for coalitions to focus on establishing clear goals, defining roles and responsibilities, securing adequate staffing, budget, and resources, and clarifying expectations to ensure effectiveness and sustainability.

10. Which term refers to a systematic process for examining current conditions and identifying the level of risk and protection within a community?

A. Indicator

B. Mission Statement

C. Outcome Benchmarks

D. Needs Assessment

The correct answer is focused on a systematic process characterized by the examination of existing conditions, determining levels of risk and protection within a community. A needs assessment is designed specifically for this purpose—it involves gathering detailed information about the community's needs, identifying gaps in service, and assessing the resources available to address those needs. While indicators are measures used to assess progress or conditions within a community, they do not encompass the comprehensive evaluation process that a needs assessment provides. A mission statement articulates an organization's purpose and goals but does not involve the systematic evaluation of risks and protections. Outcome benchmarks refer to predefined standards used to measure the success of programs or initiatives rather than examining the current state of a community's risk factors. Thus, the systematic approach of a needs assessment makes it the most appropriate choice for assessing the conditions and risks within a community.