

# Maine Certified Alcohol and Drug Counselor (CADDC) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What does giving a client the name of a local physician relate to in counseling?**
  - A. A referral**
  - B. A case management plan**
  - C. An emergency procedure**
  - D. A clinical diagnosis**
- 2. What term describes the family dynamics in response to a loved one's substance use disorder?**
  - A. Equilibrium**
  - B. Homeostasis**
  - C. Marginalization**
  - D. Dysfunction**
- 3. Which of the following is a CNS depressant?**
  - A. Xanax**
  - B. nicotine**
  - C. Adderall**
  - D. Benzedrine**
- 4. How does the social learning model of addiction describe dependence?**
  - A. As a completely biological condition**
  - B. As a result of behavioral and social influences**
  - C. As solely a choice made by the individual**
  - D. As non-existent**
- 5. What is the essence of the 12th step of Alcoholics Anonymous?**
  - A. To help others while embracing its principles**
  - B. To avoid discussing past experiences**
  - C. To focus solely on personal recovery**
  - D. To complete a series of written tasks**



- 6. What does rationalization as a defense mechanism provide?**
- A. Avenge perceived wrongs**
  - B. Excuses for unacceptable behavior**
  - C. Coping with denial**
  - D. Avoidance of emotional responses**
- 7. What is emphasized in the 2nd step of Alcoholics Anonymous?**
- A. Confessing to past mistakes**
  - B. Belief in a higher power**
  - C. Making amends with family**
  - D. Identifying personal triggers**
- 8. What is a characteristic of harm reduction strategies?**
- A. They eliminate substance use completely.**
  - B. They acknowledge and minimize the risks associated with substance use.**
  - C. They focus solely on abstinence.**
  - D. They are primarily educational in nature.**
- 9. In the 5th step of Alcoholics Anonymous, members admit to whom regarding their wrongs?**
- A. Only to God**
  - B. To themselves only**
  - C. To a sponsor**
  - D. To God, themselves, and another human being**
- 10. What significant change was made to the diagnostic criteria for substance use disorder in the DSM-5?**
- A. Inclusion of substance-related legal issues**
  - B. Exclusion of craving and inclusion of current problems**
  - C. Inclusion of craving and exclusion of current legal problems**
  - D. Exclusion of severity assessments**

## **Answers**

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

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## **Explanations**

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**1. What does giving a client the name of a local physician relate to in counseling?**

- A. A referral**
- B. A case management plan**
- C. An emergency procedure**
- D. A clinical diagnosis**

In the context of counseling, providing a client with the name of a local physician is a clear example of making a referral. Referrals are an essential part of the counseling process, where a counselor connects a client with other professionals or resources that can address the client's specific needs. In this case, if a client requires medical attention or further evaluation that extends beyond the counselor's expertise, recommending a physician ensures that the client receives the appropriate care and support. Referrals help facilitate comprehensive care and demonstrate a counselor's commitment to their clients' well-being by connecting them with suitable specialists. This is particularly crucial in the context of substance use disorders, where mental health and physical health services may need to work in tandem. Other options like a case management plan involve organizing and overseeing a client's overall treatment strategy, emergency procedures pertain to urgent crises that require immediate action, and clinical diagnosis relates to the identification of a condition based on symptoms and assessment. While these concepts are important in counseling, they do not encapsulate the act of providing a client with a physician's name in the same way a referral does.

**2. What term describes the family dynamics in response to a loved one's substance use disorder?**

- A. Equilibrium**
- B. Homeostasis**
- C. Marginalization**
- D. Dysfunction**

The term that best describes the family dynamics in response to a loved one's substance use disorder is "homeostasis." In the context of family systems, homeostasis refers to the tendency of families to maintain stability and balance in their interactions and roles, even when faced with challenges such as substance use disorder. When a family member struggles with addiction, the family may unconsciously adjust their behaviors and dynamics to accommodate this situation, seeking a new balance in the midst of the disruption caused by the substance use. This can manifest in various ways, such as enabling behaviors, codependency, or changes in family roles, all aimed at restoring a sense of normalcy within the family unit. Understanding homeostasis allows counselors to recognize how family members interact in coping with a loved one's addiction and the complex patterns that can emerge as they adapt to the challenges posed by substance use. This concept is essential in treatment planning and working with families affected by addiction, helping to identify maladaptive patterns that may need to be addressed to support recovery.

### 3. Which of the following is a CNS depressant?

- A. Xanax**
- B. nicotine**
- C. Adderall**
- D. Benzedrine**

Xanax is classified as a central nervous system (CNS) depressant, primarily due to its active ingredient, alprazolam, which belongs to the benzodiazepine family. Benzodiazepines enhance the effect of a neurotransmitter called gamma-aminobutyric acid (GABA) in the brain, leading to sedative, anxiolytic (anxiety-reducing), and muscle-relaxing effects. As a result, medications like Xanax are often prescribed to treat anxiety disorders and panic attacks, and they work by slowing down brain activity, which contributes to their calming effect. In contrast, nicotine is a stimulant that typically increases alertness and activates the CNS rather than depressing it. Adderall, containing amphetamine salts, is also a stimulant used to treat attention deficit hyperactivity disorder (ADHD) and narcolepsy, enhancing focus and energy levels. Benzedrine, similarly, is an early form of amphetamine and acts as a stimulant as well. All of these substances have effects contrary to those of CNS depressants like Xanax, reinforcing why Xanax is the correct choice in identifying a CNS depressant.

### 4. How does the social learning model of addiction describe dependence?

- A. As a completely biological condition**
- B. As a result of behavioral and social influences**
- C. As solely a choice made by the individual**
- D. As non-existent**

The social learning model of addiction emphasizes that dependence is not just a biological issue but is significantly influenced by behavioral patterns and social environments. This model posits that individuals learn behaviors related to substance use through observation, reinforcement, and interactions within their social environments. It acknowledges that social factors, such as peer pressure, family norms, and community contexts, play critical roles in the development and maintenance of addiction. By focusing on behavioral and social influences, this model allows for a more comprehensive understanding of addiction, which includes the interplay of psychological factors, environmental contexts, and learned behaviors. This perspective suggests that recovery can also be influenced by altering these social and behavioral contexts, making it possible for individuals to change their relationship with substances through supportive social networks and behavioral interventions. In contrast, the other options do not fully encompass the complexities of addiction as understood through the social learning model. For instance, viewing dependence solely as a biological condition overlooks the critical role of social learning and environmental factors. Similarly, reducing addiction to merely a matter of personal choice fails to account for the significant influence of social environments and learned behaviors. Lastly, dismissing addiction as non-existent contradicts the overwhelming body of research and clinical evidence supporting its recognition as a multifaceted issue.

**5. What is the essence of the 12th step of Alcoholics Anonymous?**

- A. To help others while embracing its principles**
- B. To avoid discussing past experiences**
- C. To focus solely on personal recovery**
- D. To complete a series of written tasks**

The essence of the 12th step of Alcoholics Anonymous revolves around the idea of service to others as an integral part of recovery. This step emphasizes the importance of sharing one's experience, strength, and hope in order to help others who are struggling with alcoholism. It is about using the skills and insights gained through personal recovery to support others in their journey, thus fostering a sense of community and collective healing. While focusing on personal recovery is essential in earlier steps, the 12th step shifts the emphasis to altruism and outreach, reinforcing the concept that recovery is not just an individual journey but also a communal one. This aligns with the fundamental teaching of Alcoholics Anonymous that by helping others, individuals can maintain their own sobriety and deepen their recovery process. Therefore, this principle of helping others embodies the core message of the 12th step.

**6. What does rationalization as a defense mechanism provide?**

- A. Avenge perceived wrongs**
- B. Excuses for unacceptable behavior**
- C. Coping with denial**
- D. Avoidance of emotional responses**

Rationalization as a defense mechanism provides excuses for unacceptable behavior. It involves creating a logical justification for actions that are actually motivated by emotional or other subconscious factors. This process allows individuals to feel better about choices they've made that may not align with their moral or ethical standards, often helping them to avoid feelings of guilt or shame. By rationalizing, individuals may understand and explain their behavior in a way that makes it seem more acceptable. For example, if someone engages in substance use, they might rationalize it by emphasizing how it helps them cope with stress, thereby downplaying any negative consequences associated with their behavior. This way, rationalization serves a protective function, allowing individuals to maintain a self-image that aligns with their beliefs about themselves, despite contradictory actions. The other options do not accurately describe the function of rationalization. While rationalization might indirectly help with emotional responses or avoidance, its primary role is in providing logical excuses that justify behavior rather than directly dealing with emotions or seeking vengeance for perceived wrongs.

## 7. What is emphasized in the 2nd step of Alcoholics Anonymous?

- A. Confessing to past mistakes
- B. Belief in a higher power**
- C. Making amends with family
- D. Identifying personal triggers

The second step of Alcoholics Anonymous emphasizes belief in a higher power as a crucial element for recovery. This step suggests that individuals acknowledge their own powerlessness over alcohol, which leads them to seek strength and guidance from a higher power, whatever that may mean to them personally. This belief is fundamental in helping members let go of self-reliance that may have contributed to their addiction and encourages them to trust in something greater than themselves to aid in their recovery journey. This focus on higher power serves to instill hope and the idea that recovery is possible with support beyond one's own willpower. In the context of Alcoholics Anonymous, this greater force can be interpreted in various ways, allowing individuals from different backgrounds and belief systems to engage with the spiritual aspect of recovery. The other options, while relevant in the broader context of recovery and self-improvement, are not the primary emphasis of the second step. Confessing to past mistakes, making amends with family, and identifying personal triggers are all important components of the recovery process, but they fall under different steps or stages in the journey toward sobriety in Alcoholics Anonymous.

## 8. What is a characteristic of harm reduction strategies?

- A. They eliminate substance use completely.
- B. They acknowledge and minimize the risks associated with substance use.**
- C. They focus solely on abstinence.
- D. They are primarily educational in nature.

Harm reduction strategies are grounded in the understanding that while substance use can pose significant risks, complete elimination of use may not be a realistic or attainable goal for everyone. Instead, these strategies aim to acknowledge the presence of substance use in society and seek to minimize the associated risks to individuals and communities. By focusing on practical measures, such as providing safe consumption spaces, access to clean needles, and education about safer practices, harm reduction promotes safer behaviors and improves health outcomes. This approach recognizes that many individuals may continue to use substances despite the risks, and therefore, it values reducing harm over the traditional focus on abstinence. This is beneficial not only for the individuals engaged in substance use but also for public health as a whole, by reducing the spread of diseases and improving safety.



**9. In the 5th step of Alcoholics Anonymous, members admit to whom regarding their wrongs?**

- A. Only to God**
- B. To themselves only**
- C. To a sponsor**
- D. To God, themselves, and another human being**

In the 5th step of Alcoholics Anonymous, members are encouraged to admit to God, themselves, and another human being the exact nature of their wrongs. This step emphasizes the importance of honesty and accountability in the recovery process. By sharing their wrongs not only with themselves and a higher power but also with another person, individuals can gain perspective, support, and validation. Turning to another human being allows for interpersonal connection and the opportunity to experience empathy and understanding, which can be critical for recovery. It also helps break the isolation that often accompanies addiction. This collective acknowledgment can facilitate healing, foster trust, and strengthen the bonds within the recovery community. While the other options mention admitting only to God, to oneself, or just to a sponsor, these do not encompass the full scope of Step 5, which is designed to encourage a thorough and communal approach to recognizing one's mistakes and taking responsibility for them.

**10. What significant change was made to the diagnostic criteria for substance use disorder in the DSM-5?**

- A. Inclusion of substance-related legal issues**
- B. Exclusion of craving and inclusion of current problems**
- C. Inclusion of craving and exclusion of current legal problems**
- D. Exclusion of severity assessments**

The correct choice highlights a key modification in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), regarding substance use disorder criteria. Specifically, the inclusion of craving as a criterion acknowledges the psychological aspect of addiction, where an individual experiences a strong desire or urge to use the substance. This factor is essential in understanding the compulsion associated with substance use. Furthermore, the DSM-5 streamlined the criteria to focus more on clinical significance rather than legal issues that were previously emphasized in earlier editions. By placing less emphasis on current legal problems, the DSM-5 aims to refine the diagnostic process, ensuring it aligns more closely with the individual's mental state and functional impairment rather than solely external consequences. This evolution reflects a growing understanding of substance use disorders as multifaceted conditions requiring a comprehensive assessment that considers emotional, psychological, and behavioral components. The incorporation of craving facilitates a deeper understanding of the disorder, assisting clinicians in providing more targeted and effective treatment strategies.

## 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](mailto:hello@examzify.com).**

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

**<https://mainecadc.examzify.com>**

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