

# ODMHSAS Behavioral Health Case Management Practice Exam (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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# 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 Serious Mental Illness (SMI) result in?**
  - A. Minor psychological disruptions**
  - B. Serious functional impairment affecting life activities**
  - C. Temporary emotional distress**
  - D. Increased social engagement**
- 2. What is one of the five factors contributing to oppressive life conditions for people with psychiatric disabilities?**
  - A. Creativity**
  - B. Poverty**
  - C. Wealth disparity**
  - D. Education**
- 3. What are the associated features of Bipolar Disorder?**
  - A. Diminished need for sleep**
  - B. Inflated self-esteem**
  - C. Increased state of excitement**
  - D. All of the above**
- 4. What is a key feature of the negative impacts of self-stigma?**
  - A. Increased social interactions**
  - B. Positive self-image**
  - C. Diminished self-efficacy**
  - D. Improved access to healthcare**
- 5. What role does case management play in acute distress situations?**
  - A. It provides preventive care**
  - B. It focuses solely on long-term therapeutic strategies**
  - C. It delivers immediate intervention for clients**
  - D. It requires clients to wait for further assistance**



- 6. What is the primary purpose of follow-up in behavioral health case management?**
- A. To monitor client progress and adjust treatment plans**
  - B. To create new treatment modalities**
  - C. To conduct initial assessments**
  - D. To terminate client services**
- 7. The negative impacts of stigma may include which of the following?**
- A. Difficulty accessing safe housing**
  - B. Diminished self-belief**
  - C. Involvement in the criminal justice system**
  - D. All of the above**
- 8. What does a transition plan in behavioral health case management outline?**
- A. A detailed clinical diagnosis process**
  - B. A strategy for moving clients between levels of care**
  - C. A budget plan for client services**
  - D. A marketing strategy for case management**
- 9. Anxiety disorders are accompanied by symptoms of tension which can manifest in what two ways?**
- A. Physical and emotional**
  - B. Psychological and physiological**
  - C. Cognitive and behavioral**
  - D. Social and cultural**
- 10. What are some common challenges faced by case managers in behavioral health?**
- A. Excessive funding and low client caseloads**
  - B. Limited resources, high client caseloads, and navigating complex service systems**
  - C. Frequent policy changes and accessibility to recreational programs**
  - D. Lack of support from government agencies**

## **Answers**

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

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## **Explanations**

## 1. What does Serious Mental Illness (SMI) result in?

- A. Minor psychological disruptions
- B. Serious functional impairment affecting life activities**
- C. Temporary emotional distress
- D. Increased social engagement

Serious Mental Illness (SMI) is characterized by severe psychological disorders that significantly impact an individual's ability to function in various aspects of daily life. This includes difficulties in important areas such as work, relationships, and self-care. Individuals with SMI often experience structural and functional impairments that create barriers to achieving their full potential and managing everyday tasks. The impact of SMI can manifest as challenges in maintaining employment, managing finances, or sustaining personal relationships, which underscores how such mental health conditions can induce a profound level of disruption in life activities. Addressing these impairments is a central focus in behavioral health interventions, as promoting functional recovery is essential for improving the quality of life for individuals affected by such illnesses. Therefore, recognizing the significant functional impairment associated with SMI is crucial for understanding the nature of these disorders and the interventions that may be needed to support affected individuals.

## 2. What is one of the five factors contributing to oppressive life conditions for people with psychiatric disabilities?

- A. Creativity
- B. Poverty**
- C. Wealth disparity
- D. Education

The factor of poverty is a significant contributor to oppressive life conditions for individuals with psychiatric disabilities. Poverty can severely limit access to necessary resources, such as adequate healthcare, stable housing, and employment opportunities. When individuals lack financial resources, they may struggle to afford mental health care, medication, or other supportive services, leading to worsening mental health issues and decreased quality of life. Additionally, poverty often results in social isolation, as individuals may not have the means to participate in community activities or access transportation to support networks or treatment facilities. This isolation can exacerbate feelings of stigma and discrimination that people with psychiatric disabilities often face. Moreover, living in poverty can also mean experiencing greater stress, which can adversely affect mental health. While the other factors, such as wealth disparity and education, can also play roles in the experiences of those with psychiatric disabilities, poverty is a pervasive issue that directly impacts their daily lives and opportunities for recovery and integration into society.

### 3. What are the associated features of Bipolar Disorder?

- A. Diminished need for sleep
- B. Inflated self-esteem
- C. Increased state of excitement
- D. All of the above**

Bipolar Disorder is characterized by distinct shifts in mood, energy levels, and activity levels, which can lead to significant impairment in personal, social, and occupational functioning. Each of the features listed is commonly associated with the manic or hypomanic episodes that define bipolar disorder. Diminished need for sleep is a hallmark symptom during manic episodes, where individuals may feel rested after only a few hours of sleep. This can be attributed to heightened energy levels and increased activity. Inflated self-esteem or grandiosity is another common feature of mania. Individuals experiencing this may have an exaggerated sense of self-worth, capabilities, or importance, often leading them to take on unrealistic projects or challenges. Increased state of excitement is also typical during manic episodes. This can manifest as heightened mood, irritability, or an intense drive to engage in multiple activities simultaneously. Individuals may also exhibit talkativeness and distractibility during these periods, reflecting their elevated state of excitement. Given that all these elements are integral to the manic or hypomanic phases of bipolar disorder, the answer encompassing all these features accurately reflects the condition's complexity and multifaceted nature. It underscores the importance of recognizing these symptoms for effective diagnosis and management of bipolar disorder.

### 4. What is a key feature of the negative impacts of self-stigma?

- A. Increased social interactions
- B. Positive self-image
- C. Diminished self-efficacy**
- D. Improved access to healthcare

A key feature of the negative impacts of self-stigma is diminished self-efficacy. When individuals internalize negative beliefs about themselves due to stigma, it can lead to feelings of inadequacy or incompetence. This can significantly lower their confidence in their ability to handle tasks, make decisions, and pursue goals, which is what self-efficacy encompasses. Self-efficacy is crucial in behavioral health as it influences how individuals approach challenges and seek support. Those experiencing self-stigma may withdraw from social situations, avoid seeking help, or feel powerless in advocating for their needs, which further exacerbates their mental health issues and can hinder their recovery process. Thus, diminished self-efficacy is a profound barrier that can affect various aspects of a person's life, including their ability to engage in treatment and improve their well-being.

**5. What role does case management play in acute distress situations?**

- A. It provides preventive care**
- B. It focuses solely on long-term therapeutic strategies**
- C. It delivers immediate intervention for clients**
- D. It requires clients to wait for further assistance**

In acute distress situations, the role of case management is crucial, particularly in delivering immediate intervention for clients. This aspect is essential because acute distress often manifests in situations where individuals are experiencing crises, such as severe mental health episodes, substance use emergencies, or significant psychosocial stressors. Case managers are trained to assess the immediate needs of clients and offer interventions that can stabilize the situation, ensuring that clients have access to necessary resources, support, and therapeutic interventions right away. Immediate intervention by case management is vital as it helps to mitigate the distress and prevent further deterioration of the client's mental health. It allows for the coordination of services such as emergency psychiatric care, crisis intervention, or connection to support resources like hotlines and shelters. This proactive approach can be lifesaving, reduce the risk of harm, and pave the way for ongoing treatment and recovery, making it an indispensable function of case management in acute situations.

**6. What is the primary purpose of follow-up in behavioral health case management?**

- A. To monitor client progress and adjust treatment plans**
- B. To create new treatment modalities**
- C. To conduct initial assessments**
- D. To terminate client services**

The primary purpose of follow-up in behavioral health case management is to monitor client progress and adjust treatment plans. This process is essential for ensuring that the interventions and support provided to clients remain effective and relevant to their evolving needs. Regular follow-ups allow case managers to gather important feedback from clients regarding their experiences and challenges. This information can guide modifications to treatment plans, optimize the use of resources, and ultimately enhance the likelihood of achieving desired outcomes. The ongoing assessment of a client's condition helps in identifying any changes that may require different interventions or additional support, ensuring that the care offered aligns with the client's current situation. In contrast, creating new treatment modalities is typically not a focus during follow-up, as this process is more about refining existing approaches rather than developing new ones. Initial assessments are conducted earlier in the case management process and set the foundation for follow-up actions. Lastly, termination of client services occurs after goals have been met or when the client no longer requires support, rather than being a primary objective of follow-up activities. Following up is fundamentally about continuity of care and tailoring support to enhance the client's progress.

**7. The negative impacts of stigma may include which of the following?**

- A. Difficulty accessing safe housing**
- B. Diminished self-belief**
- C. Involvement in the criminal justice system**
- D. All of the above**

The negative impacts of stigma are multifaceted and can significantly affect individuals with behavioral health challenges. When stigma surrounding mental health or addiction is prevalent in society, individuals may face assorted obstacles that can deeply influence their lives. Difficulty accessing safe housing can result from stigma because landlords or housing organizations may be hesitant to rent to individuals with a history of mental health issues or substance use disorders, fearing disruptive behavior or crime. This exclusion not only limits housing options but can also contribute to homelessness, which exacerbates mental health struggles. Diminished self-belief is another impact of stigma; individuals internalize negative societal perceptions, leading to feelings of shame and worthlessness. This self-stigma can deter them from seeking help or engaging in treatment, ultimately hindering their recovery. Involvement in the criminal justice system can occur as a consequence of stigma, as individuals with behavioral health challenges may engage in behaviors viewed negatively by society. They may also be more likely to be treated as criminals rather than as individuals needing care, which can perpetuate a cycle of marginalization and discrimination. Given the range of these negative impacts—difficulty accessing housing, diminished self-belief, and potential criminal justice involvement—it is clear that stigma has far-reaching consequences, making "all of the above"

**8. What does a transition plan in behavioral health case management outline?**

- A. A detailed clinical diagnosis process**
- B. A strategy for moving clients between levels of care**
- C. A budget plan for client services**
- D. A marketing strategy for case management**

A transition plan in behavioral health case management specifically outlines a strategy for moving clients between levels of care. This is particularly important for ensuring continuity of care, as clients may need to shift from one treatment setting to another due to various factors such as progress in treatment, changes in individual needs, or availability of resources. A well-structured transition plan helps identify what services are necessary during the transition, what supports are in place, and how to adequately prepare both the client and the support system for the upcoming changes. This can include planning for outpatient services after inpatient treatment or intensifying support if a client is moving from community-based services to a more structured environment. The other options do not accurately describe the focus of a transition plan. While clinical diagnosis, budgeting, and marketing are important components of behavioral health management, they do not directly pertain to the systematic movement of clients through different treatment modalities or levels of care. Transition planning is crucial for maintaining client stability and ensuring effective treatment outcomes, which is why it is the focal point of a comprehensive behavioral health case management strategy.



**9. Anxiety disorders are accompanied by symptoms of tension which can manifest in what two ways?**

- A. Physical and emotional**
- B. Psychological and physiological**
- C. Cognitive and behavioral**
- D. Social and cultural**

Anxiety disorders frequently manifest through a combination of psychological and physiological symptoms. The psychological aspect includes feelings of fear, apprehension, and worry that can significantly impact a person's thought processes and emotional state. This mental tension can lead to heightened anxiety levels that exacerbate the disorder's intensity. Simultaneously, physiological symptoms emerge as the body responds to feelings of anxiety and tension. These bodily reactions can include increased heart rate, sweating, muscle tension, and other stress responses. Together, these psychological and physiological responses illustrate how anxiety disorders affect both the mind and body, providing a comprehensive understanding of the disorder's impact on an individual. This dual manifestation is crucial in both diagnosis and treatment planning, as addressing both the psychological and physiological aspects is essential for effective management of anxiety disorders. Other options, while reflecting important aspects of behavior or interaction, do not encapsulate the direct symptoms typically observed in anxiety disorders. For instance, cognitive and behavioral refer more specifically to the mental processes and observable actions influenced by anxiety, rather than the overall tension experienced. Similarly, social and cultural references relate to the external environment and influences, rather than internal manifestations of anxiety.

**10. What are some common challenges faced by case managers in behavioral health?**

- A. Excessive funding and low client caseloads**
- B. Limited resources, high client caseloads, and navigating complex service systems**
- C. Frequent policy changes and accessibility to recreational programs**
- D. Lack of support from government agencies**

The selection highlighting limited resources, high client caseloads, and navigating complex service systems accurately encapsulates the multifaceted challenges that case managers in behavioral health often encounter. Case managers frequently operate in environments where they must contend with insufficient resources, which can include a lack of funding, inadequate staff, and insufficient access to necessary services. This scarcity complicates their ability to provide comprehensive support to clients who may require extensive assistance. High client caseloads represent another significant hurdle. Case managers often have to support a large number of individuals, which can dilute the quality of care and attention each client receives. This overwhelming demand can lead to burnout and the potential for overlooking critical needs of clients. Finally, navigating complex service systems is a crucial aspect of the role. Behavioral health services can be intricate, involving various stakeholders, treatment modalities, and bureaucracies. Case managers must be adept at understanding and maneuvering through these complexities to effectively connect clients to the support they require. Together, these factors illustrate the demanding landscape case managers must traverse to facilitate effective care and support for individuals in need of behavioral health services.

## 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://odmhsasbehavioralhealthcasemgmt.examzify.com>**

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