

ODMHSAS BEHAVIORAL HEALTH CASE MANAGEMENT PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is a key reason to integrate cultural competency in case management?**
 - A. It allows case managers to impose their values on clients
 - B. It helps to ensure respectful and effective communication and understanding of diverse client backgrounds
 - C. It is only necessary for clients from minority backgrounds
 - D. It disregards individual client preferences
- 2. What is the focus of a comprehensive intake assessment?**
 - A. Only identifying strengths of a client
 - B. Understanding a client's overall needs, strengths, and challenges
 - C. Simplifying the client's treatment process
 - D. Only documenting past experiences
- 3. Which principle of the Strengths Model emphasizes that people with psychiatric disabilities can recover and transform their lives?**
 - A. Principle 1
 - B. Principle 2
 - C. Principle 3
 - D. Principle 4
- 4. What is compassion fatigue primarily characterized by?**
 - A. Preoccupation with personal trauma
 - B. Absorption of trauma and emotional stresses of others
 - C. Inability to empathize with others
 - D. Withdrawal from social interactions
- 5. What is the outcome of the client being the director of the helping process?**
 - A. Dependence
 - B. Empowerment
 - C. Resignation
 - D. Isolation

- 6. Which of the following best describes the relationship between stigma and accessing services?**
- A. Stigma generally encourages service use
 - B. Stigma has no impact on service access
 - C. Stigma can create barriers to accessing services
 - D. Stigma makes services more accessible
- 7. Which approach supports a client-centered model in case management?**
- A. Imposing solutions based on case manager's experience
 - B. Collaborating with clients to identify their strengths and goals
 - C. Following a strict set of rules without flexibility
 - D. Minimizing client participation in the planning process
- 8. Which term would be considered more appropriate in People First Language?**
- A. Mental ill person
 - B. Disabled person
 - C. People with disabilities
 - D. Deaf individual
- 9. According to the Strengths Model, which of the following is NOT one of the categories for discovering strengths?**
- A. Personal attributes
 - B. Financial status
 - C. Talents and skills
 - D. Interest and Aspirations
- 10. What psychological impact can self-stigma have on an individual?**
- A. Increased motivation
 - B. Confusion about identity
 - C. Enhanced community support
 - D. Diminished self-efficacy

Answers

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

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Explanations

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1. What is a key reason to integrate cultural competency in case management?

- A. It allows case managers to impose their values on clients
- B. It helps to ensure respectful and effective communication and understanding of diverse client backgrounds**
- C. It is only necessary for clients from minority backgrounds
- D. It disregards individual client preferences

Integrating cultural competency in case management is essential primarily because it facilitates respectful and effective communication, as well as a deeper understanding of the diverse backgrounds of clients. This approach recognizes and values the cultural differences that clients bring into the therapeutic relationship, which can significantly impact their experiences, perceptions, and treatment responses. By adopting a culturally competent framework, case managers are better equipped to engage with clients in a way that acknowledges their unique cultural identities, beliefs, and values. This not only fosters trust but also enhances the therapeutic alliance, allowing for more tailored and effective interventions. Understanding cultural context can lead to improved client outcomes as care strategies are developed that resonate with clients' life experiences and social realities. In contrast, imposing one's own values on clients may lead to ineffective communication and alienate individuals who feel that their backgrounds and beliefs are not being respected or understood. It is also a misconception that cultural competency is only relevant for clients from minority backgrounds; all clients can benefit from culturally aware practices. Additionally, disregarding individual client preferences contradicts the very essence of cultural competence, which seeks to honor and incorporate clients' perspectives into the care process. Emphasizing an inclusive, understanding approach ultimately supports better health outcomes and empowers clients in their treatment journey.

2. What is the focus of a comprehensive intake assessment?

- A. Only identifying strengths of a client
- B. Understanding a client's overall needs, strengths, and challenges**
- C. Simplifying the client's treatment process
- D. Only documenting past experiences

The focus of a comprehensive intake assessment is to gain a holistic understanding of a client's overall needs, strengths, and challenges. This type of assessment is essential in behavioral health as it allows case managers to gather in-depth information about the individual's mental health history, social environment, physical health, and any co-occurring issues. By analyzing these various aspects, professionals can create a tailored treatment plan that addresses the unique circumstances of each client. This thorough and multifaceted approach is crucial because it ensures that the treatment provided is well-rounded and effective. A comprehensive intake assessment does not solely focus on one element, such as identifying strengths or documenting past experiences. Instead, it integrates various domains of a client's life, which enables the development of strategies that can support the client's recovery and personal growth. Understanding the complexities of each client's situation is vital for forming a solid foundation for effective case management and intervention strategies.

3. Which principle of the Strengths Model emphasizes that people with psychiatric disabilities can recover and transform their lives?

- A. Principle 1**
- B. Principle 2
- C. Principle 3
- D. Principle 4

The principle that emphasizes that people with psychiatric disabilities can recover and transform their lives is indeed the first principle of the Strengths Model. This principle is grounded in the belief that individuals have the potential for growth and recovery, emphasizing a strengths-based approach to treatment and support. In the context of case management, this principle encourages practitioners to focus on the inherent strengths of individuals rather than their disabilities or limitations. By recognizing and fostering these strengths, case managers can empower clients to take ownership of their recovery process, set meaningful goals, and create a vision for their future. This optimistic perspective plays a crucial role in facilitating hope and motivation, essential components for successful recovery in behavioral health. The focus on transformation highlights that recovery is not only about symptom management but also about reclaiming control over one's life, developing new skills, and maximizing potential. This approach aligns well with contemporary practices in mental health that prioritize rehabilitation and support over traditional medical models, which may focus more on deficits and pathology.

4. What is compassion fatigue primarily characterized by?

- A. Preoccupation with personal trauma
- B. Absorption of trauma and emotional stresses of others**
- C. Inability to empathize with others
- D. Withdrawal from social interactions

Compassion fatigue is primarily characterized by the absorption of trauma and emotional stresses of others. This phenomenon often affects caregivers, healthcare professionals, and individuals working in helping professions who are regularly exposed to the suffering and distress of others. Over time, this relentless exposure can lead to a diminished capacity to feel compassion, which is a key aspect of the caring relationship. When a person takes on the emotional burdens of those they are helping, it can create a sense of emotional depletion, as they find themselves internalizing the pain and suffering of others. This does not simply affect their emotional state but also their ability to provide effective support because they may become overwhelmed by the weight of others' traumas. The other options touch on different aspects of emotional health but do not encapsulate the core of compassion fatigue. Preoccupation with personal trauma pertains more to an individual's own experiences rather than the emotional impact of others' trauma. Inability to empathize with others could be a symptom of various psychological conditions but does not specifically describe the internal struggle of compassion fatigue. Withdrawal from social interactions can occur in various mental health scenarios, such as depression or anxiety, yet it is not a defining characteristic of compassion fatigue. The essence of compassion fatigue lies in the emotional toll taken from empathizing

5. What is the outcome of the client being the director of the helping process?

- A. Dependence
- B. Empowerment**
- C. Resignation
- D. Isolation

When a client takes on the role of director in the helping process, the primary outcome is empowerment. This means that clients are encouraged to make decisions about their own lives, set their own goals, and actively participate in developing their treatment plans. By directing the process, clients gain a sense of ownership and control, which enhances their confidence and self-efficacy. Empowerment fosters the development of skills and promotes personal growth, which is essential for achieving positive behavioral health outcomes. In this context, the client's involvement in directing interventions can lead to more meaningful and tailored solutions that resonate with their individual needs, ultimately supporting their journey towards recovery and improved well-being.

6. Which of the following best describes the relationship between stigma and accessing services?

- A. Stigma generally encourages service use
- B. Stigma has no impact on service access
- C. Stigma can create barriers to accessing services**
- D. Stigma makes services more accessible

The relationship between stigma and accessing services is nuanced, but it is well-documented that stigma can create significant barriers to individuals seeking help. When people experience mental health issues or behavioral problems, societal stigma often leads to feelings of shame, fear, or embarrassment about their condition. This can deter individuals from reaching out for support or utilizing available services. Stigma manifests in various ways, including negative stereotypes, discrimination, and a lack of understanding about mental health issues. Consequently, individuals may worry about being judged or labeled if they seek help, which can discourage them from accessing necessary resources such as therapy, counseling, or support groups. Furthermore, stigma can lead to internalized negative beliefs about oneself, further compounding the difficulty in seeking assistance. Individuals might doubt their worthiness of help or feel that their struggles are not as valid as those of others. As a result, this internal and external stigma leads to decreased service utilization and poorer health outcomes. Recognizing this barrier created by stigma is crucial for developing strategies to improve access to services and support. Efforts to reduce stigma, such as public awareness campaigns or education, are essential to encourage more individuals to seek the help they need.

7. Which approach supports a client-centered model in case management?

- A. Imposing solutions based on case manager's experience
- B. Collaborating with clients to identify their strengths and goals**
- C. Following a strict set of rules without flexibility
- D. Minimizing client participation in the planning process

The choice that supports a client-centered model in case management is the approach of collaborating with clients to identify their strengths and goals. This method is integral to effective case management because it places the client at the center of the decision-making process, recognizing their unique needs, preferences, and abilities. By actively involving clients in setting their own goals, case managers empower them to take ownership of their situation and work towards solutions that resonate with their values and aspirations. This collaboration fosters a therapeutic alliance, building trust and respect, which can enhance clients' motivation and engagement in their own recovery journey. It also allows for tailored interventions that align with each client's individual context, enhancing the effectiveness of the case management process. In contrast, imposing solutions based on the case manager's experience undermines the client's role in their own care, leading to a one-size-fits-all approach that may not address specific client needs. Following a strict set of rules without flexibility can stifle creativity and responsiveness in addressing clients' unique challenges, while minimizing client participation in the planning process can result in a lack of investment in their own outcomes and lower satisfaction with the services received.

8. Which term would be considered more appropriate in People First Language?

- A. Mental ill person
- B. Disabled person
- C. People with disabilities**
- D. Deaf individual

People First Language emphasizes the individual rather than the condition or disability, promoting respect and dignity. By using the phrase "People with disabilities," the focus remains on the person, acknowledging their humanity and individuality before mentioning their disability. This approach fosters a more inclusive and respectful dialogue by recognizing that a disability is just one aspect of a person's identity, rather than defining them entirely by it. In contrast, terms like "mental ill person" and "disabled person" can inadvertently reduce the individual to their diagnosis or condition, which is contrary to the principles of People First Language. Additionally, while "Deaf individual" can be acceptable in certain contexts, it does not explicitly align with the People First Language framework, as it prioritizes the label over the person. This makes "People with disabilities" the most appropriate choice within this context.

9. According to the Strengths Model, which of the following is NOT one of the categories for discovering strengths?

- A. Personal attributes
- B. Financial status**
- C. Talents and skills
- D. Interest and Aspirations

The Strengths Model focuses on identifying and leveraging an individual's strengths to promote personal development and recovery, particularly in behavioral health contexts. This model emphasizes the important role of personal attributes, talents and skills, and interests and aspirations in empowering individuals. Each of these categories provides insights into what an individual can draw upon in their journey toward wellbeing. While personal attributes refer to inherent qualities that an individual possesses, such as resilience or empathy, and talents and skills pertain to capabilities that can be refined or utilized in various settings, interests and aspirations highlight what excites and motivates a person, which is critical for goal-setting and engagement. In contrast, financial status is not a category that aligns with the core principles of the Strengths Model. Instead of focusing on economic factors, the model seeks to uncover internal strengths and abilities that enable individuals to build a more fulfilling life. Financial status may be a consideration in case management but does not directly relate to the identification of personal strengths that empower individuals. Therefore, it is the outlier in the context of the Strengths Model's approach.

10. What psychological impact can self-stigma have on an individual?

- A. Increased motivation
- B. Confusion about identity
- C. Enhanced community support
- D. Diminished self-efficacy**

Self-stigma refers to the internalization of negative stereotypes and beliefs about oneself due to a mental health condition or related issues. This phenomenon can significantly diminish an individual's self-efficacy, which is the belief in their ability to execute behaviors necessary to produce specific performance attainments. When individuals experience self-stigma, they may develop feelings of worthlessness, helplessness, or failure, leading them to doubt their capabilities. This decrease in self-efficacy can manifest as a reluctance to pursue goals, engage with others, or seek help, further perpetuating a cycle of isolation and low self-worth. As individuals grapple with feelings of shame and inadequacy, their motivation to change or take positive steps in their lives may also wane, reinforcing the negative impact of self-stigma. Ultimately, the psychological burden of self-stigma can significantly impair an individual's overall well-being, hindering their recovery and participation in life.

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://odmhsasbehavioralhealthcasemgmt.examzify.com>

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

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