

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 fundamental goal of behavioral health case management?**
 - A. To ensure clients receive limited support
 - B. To enhance client access to services and resources
 - C. To prioritize the case manager's schedule over client needs
 - D. To discourage life skills development
- 2. What role does interdisciplinary collaboration play in case management?**
 - A. It isolates professionals from one another
 - B. It encourages competition among providers
 - C. It facilitates comprehensive and coordinated care
 - D. It simplifies the treatment process by eliminating meetings
- 3. In the strengths model, what are considered individual strengths?**
 - A. Social connections and perceptions
 - B. Resources and opportunities
 - C. Aspiration, competencies, and confidence
 - D. Obligations and responsibilities
- 4. In the context of skill practice, what is the primary role of rehabilitation services?**
 - A. Facilitating medication compliance
 - B. Providing opportunities to practice and giving feedback
 - C. Offering emotional support and counseling
 - D. Conducting assessments for diagnosis
- 5. Which of the following statements best describes informed consent?**
 - A. Clients should never be involved in decisions
 - B. Clients must understand their treatment options and implications
 - C. Informed consent is only necessary for minors
 - D. It is a formal agreement that does not require client understanding

- 6. Which term describes the partnership aspect of a helping relationship in case management?**
- A. Trusting
 - B. Reciprocal
 - C. Purposeful
 - D. Genuine
- 7. The focus on individual strengths in the Strengths Model is meant to promote what?**
- A. Self-advocacy
 - B. Deficit thinking
 - C. Social stigma
 - D. Conformity
- 8. In the context of behavioral health, what does community integration promote?**
- A. Segregation of individuals
 - B. Normalization and social inclusion
 - C. Focus on deficits and illnesses
 - D. Strict regulation of behavior
- 9. 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
- 10. Which of the following accurately describes an approach taken in case management?**
- A. Crisis prevention and intervention
 - B. Therapeutic counseling
 - C. Long-term medication management
 - D. Academic advising

Answers

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

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Explanations

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1. What is a fundamental goal of behavioral health case management?

- A. To ensure clients receive limited support
- B. To enhance client access to services and resources**
- C. To prioritize the case manager's schedule over client needs
- D. To discourage life skills development

The fundamental goal of behavioral health case management is to enhance client access to services and resources. This approach emphasizes empowering clients to gain improved access to mental health and social services that are essential for their well-being. Case managers play a crucial role in assessing client needs, identifying appropriate interventions, and connecting clients with the benefits and services necessary for their recovery and quality of life. By focusing on facilitating access, case management ensures that individuals receive the comprehensive support they require, including mental health treatment, social services, and community resources. This is critical in addressing the diverse and complex needs of clients with behavioral health challenges, ultimately leading to better outcomes and improved functioning within their communities. In contrast, options that suggest limiting support, prioritizing the case manager's schedule, or discouraging life skills development detract from the client-centered approach that is central to effective case management. These options would hinder the objective of promoting client autonomy, empowerment, and holistic recovery.

2. What role does interdisciplinary collaboration play in case management?

- A. It isolates professionals from one another
- B. It encourages competition among providers
- C. It facilitates comprehensive and coordinated care**
- D. It simplifies the treatment process by eliminating meetings

Interdisciplinary collaboration plays a vital role in case management by facilitating comprehensive and coordinated care. When professionals from various disciplines, such as social work, nursing, psychiatry, and psychology, work together, they can share their expertise and perspectives. This collaborative approach ensures that all aspects of a client's needs are addressed. By combining knowledge from different fields, the team can develop a holistic treatment plan that considers the physical, emotional, and social components of the individual's situation. This coordination is essential for achieving better outcomes, as it reduces the likelihood of gaps in service, enhances communication among team members, and creates a unified strategy tailored to the client's needs. In contrast, isolating professionals or fostering competition does not contribute to effective case management, as these approaches can create barriers to communication and collaboration. Additionally, simplifying the treatment process by eliminating meetings would likely hinder the sharing of critical information, diminishing the quality of care. Overall, interdisciplinary collaboration is fundamental to providing comprehensive and effective service to clients in the case management process.

3. In the strengths model, what are considered individual strengths?

- A. Social connections and perceptions
- B. Resources and opportunities
- C. Aspiration, competencies, and confidence**
- D. Obligations and responsibilities

The strengths model focuses on identifying and leveraging individual strengths to promote recovery and well-being in the context of behavioral health. Individual strengths are intrinsic qualities and abilities that a person possesses, which can empower them to overcome challenges and achieve their goals. Aspiration, competencies, and confidence are key components of individual strengths. Aspiration refers to a person's desires or goals, which can motivate them to pursue positive changes in their life. Competencies are the skills and abilities that individuals possess, enabling them to effectively navigate their environment and achieve their aspirations. Confidence relates to an individual's belief in their own abilities and potential, which is crucial for taking action and engaging in the recovery process. While social connections and perceptions, resources and opportunities, and obligations and responsibilities are all important aspects of a person's life and can support their overall well-being, they do not specifically capture the essence of individual strengths as outlined in the strengths model. The focus is primarily on the internal attributes and qualities that empower individuals, making aspiration, competencies, and confidence the correct answer in this context.

4. In the context of skill practice, what is the primary role of rehabilitation services?

- A. Facilitating medication compliance
- B. Providing opportunities to practice and giving feedback**
- C. Offering emotional support and counseling
- D. Conducting assessments for diagnosis

The primary role of rehabilitation services in the context of skill practice is to provide opportunities for individuals to practice skills and receive constructive feedback on their performance. This hands-on approach is essential in helping clients develop and refine the necessary skills to cope with their disabilities or behavioral health challenges. Through structured practice sessions, clients can experiment with different approaches, make mistakes in a safe environment, and learn from the feedback they receive, leading to improved competence and confidence in real-life situations. This process is integral to rehabilitation, as it prioritizes experiential learning, enabling individuals to apply theoretical understanding in practical contexts. It helps bridge the gap between knowledge and application, fostering greater autonomy and effective coping mechanisms. While other roles in rehabilitation services are also critical, such as medication compliance support or emotional counseling, they do not focus specifically on the skill practice aspect as described. Conducting assessments for diagnosis is an important function but primarily serves to inform the treatment planning process rather than directly facilitating skill development.

5. Which of the following statements best describes informed consent?

- A. Clients should never be involved in decisions
- B. Clients must understand their treatment options and implications**
- C. Informed consent is only necessary for minors
- D. It is a formal agreement that does not require client understanding

Informed consent is a fundamental principle in behavioral health and other healthcare practices, ensuring that clients are fully aware of and understand their treatment options and the implications associated with them. This process involves providing clients with all necessary information regarding their condition, the proposed treatments, potential risks, benefits, and alternatives. It empowers clients to make knowledgeable decisions about their care, reflecting the ethical obligation of practitioners to respect client autonomy. When clients understand their treatment options and repercussions, they can engage more actively in their care process, fostering trust and cooperation between the client and the provider. This not only enhances the therapeutic alliance but also supports better outcomes as clients are more likely to adhere to treatment plans they are informed and agree upon. The other choices misrepresent the essence of informed consent. The idea that clients should not be involved in decision-making contradicts the requirement for autonomy in healthcare. Suggesting that informed consent is only necessary for minors undermines the rights of all clients, regardless of age, to make informed decisions about their treatment. Additionally, stating that informed consent is a formal agreement not requiring client understanding negates the critical component of informed consent, which hinges on client comprehension and willingness to participate in their treatment.

6. Which term describes the partnership aspect of a helping relationship in case management?

- A. Trusting
- B. Reciprocal**
- C. Purposeful
- D. Genuine

The correct term that describes the partnership aspect of a helping relationship in case management is "reciprocal." In the context of case management, a reciprocal relationship involves both the case manager and the client working together collaboratively, supporting each other in the process of achieving the client's goals. This mutual exchange is crucial for fostering a sense of equality and empowerment in the relationship, allowing the client to actively participate in their own care and decision-making. Reciprocity indicates that both parties bring something valuable to the table, which strengthens the bond and trust between them. When case managers adopt a reciprocal approach, it enhances client engagement and motivation, ultimately leading to better outcomes in the client's journey toward recovery and improved well-being. This kind of partnership is foundational in ensuring that clients feel respected and understood, which is vital for an effective helping relationship. Other terms like trusting, purposeful, and genuine are also significant in forming a successful case management relationship, but they do not specifically encapsulate the partnership dynamic as clearly as "reciprocal" does. Trusting refers to the belief in mutual reliability, and purposeful highlights the intentionality behind actions within the relationship, while genuine relates to authenticity in interactions. However, reciprocal is the term that most accurately reflects the collaborative nature of the

7. The focus on individual strengths in the Strengths Model is meant to promote what?

- A. Self-advocacy**
- B. Deficit thinking
- C. Social stigma
- D. Conformity

The focus on individual strengths in the Strengths Model is designed to promote self-advocacy. This approach emphasizes identifying and building upon the inherent strengths, skills, and resources that each individual possesses. By recognizing and utilizing these strengths, individuals are empowered to take an active role in their own care and decision-making processes. This empowerment encourages them to express their needs and preferences, thereby fostering self-advocacy. This model stands in contrast to approaches that might emphasize deficits or weaknesses, which can lead to a sense of helplessness or dependency. By shifting the perspective toward strengths, individuals are often more motivated to engage in their recovery or rehabilitation and feel more confident in their ability to navigate challenges. Additionally, promoting self-advocacy helps individuals to challenge social stigma by affirming their value and capabilities, thereby reducing the negative perceptions associated with mental health issues.

8. In the context of behavioral health, what does community integration promote?

- A. Segregation of individuals
- B. Normalization and social inclusion**
- C. Focus on deficits and illnesses
- D. Strict regulation of behavior

Community integration in the context of behavioral health is fundamentally centered around the principles of normalization and social inclusion. This approach recognizes the importance of enabling individuals with behavioral health challenges to actively participate in their communities, promoting their rights, and facilitating their access to the same opportunities available to others. Normalization refers to the idea that people with mental health issues should have access to the same societal experiences as anyone else, including work, education, and social activities. This fosters a sense of belonging and helps individuals develop a supportive social network, which is critical for recovery and overall wellbeing. Social inclusion complements this by ensuring that individuals are not marginalized or isolated but are embraced within community life. By breaking down barriers and reducing stigma, community integration supports the development of a more inclusive society where individuals can thrive and lead fulfilling lives. The other options—segregation, focus on deficits, and strict regulation—run contrary to the principles of community integration, as they emphasize separation, negative labeling, and punitive measures rather than fostering support and acceptance within the community.

9. 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.

10. Which of the following accurately describes an approach taken in case management?

- A. Crisis prevention and intervention**
- B. Therapeutic counseling
- C. Long-term medication management
- D. Academic advising

The approach of crisis prevention and intervention is fundamental in case management, particularly in the behavioral health field. Case management often involves support for individuals who may be experiencing mental health crises or other significant life challenges. This approach focuses on assessing the individual's immediate needs, identifying potential crises before they occur, and implementing strategies to de-escalate situations that can lead to a crisis. Crisis intervention often includes active problem-solving, connecting clients to resources, and providing support to navigate stressful situations. Case managers work closely with clients to create action plans that prioritize safety and stability, allowing individuals to build resilience and reduce the likelihood of future crises. The other options, while important in their respective contexts, do not capture the central focus of case management. Therapeutic counseling is more oriented toward providing therapy rather than coordinating resources and support in a crisis context. Long-term medication management pertains primarily to the medical side of treatment rather than the holistic, client-centered approach of case management. Academic advising focuses on educational guidance rather than behavioral health needs. Therefore, crisis prevention and intervention is the most accurate description of an approach taken in case management.

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.

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

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