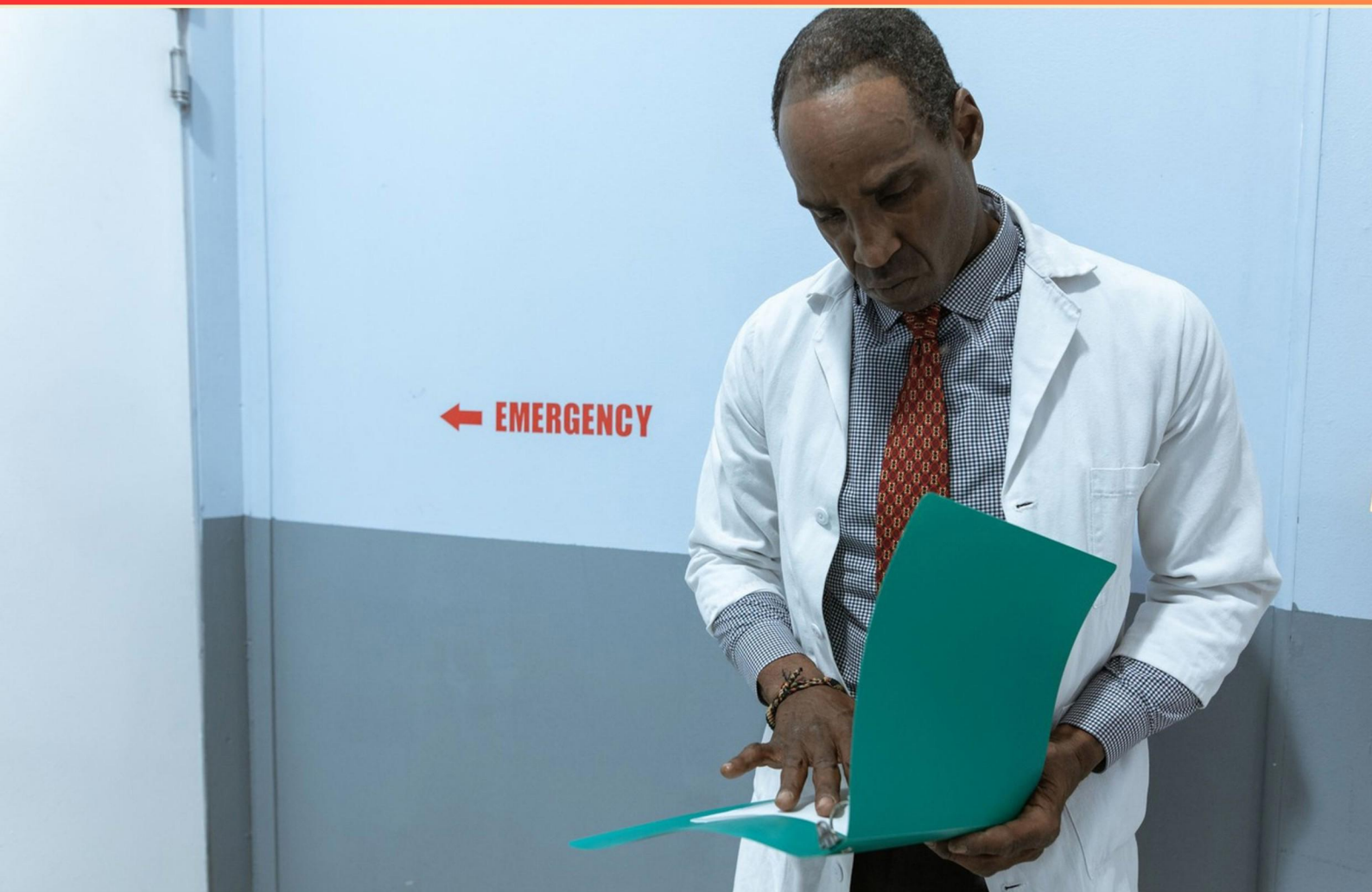


VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES (VDBHDS) PRACTICE TEST (SAMPLE)

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. All people with mental illnesses or substance use disorder lack intellectual abilities just like the general population.**
 - A. True
 - B. False
 - C. Sometimes
 - D. Not sure
- 2. It is up to me to make a commitment to attend the full course.**
 - A. True
 - B. False
 - C. Not Sure
 - D. Sometimes
- 3. Spirituality can be an important part of someone's recovery journey.**
 - A. True
 - B. It should be avoided
 - C. False
 - D. It is always required
- 4. The phrase 'What is said in the room stays in the room' means personal information should be kept confidential and shared only with designated people.**
 - A. True
 - B. False
 - C. Not sure
 - D. Not applicable
- 5. What is the most important 6-letter word to remember when you are with someone who is angry?**
 - A. Listen
 - B. Acknowledge
 - C. Reflect
 - D. De-escalate

- 6. Which component is described by a focus on strengths and a resource-based approach?**
- A. Strengths-Based
 - B. Holistic
 - C. Empowerment
 - D. Self-D Direction
- 7. Which stage involves sustaining change over time?**
- A. Contemplation
 - B. Preparation
 - C. Action
 - D. Maintenance
- 8. Open-ended questions can help to develop a conversation.**
- A. True
 - B. False
 - C. Sometimes
 - D. Not sure
- 9. The more authentic the Peer Support relationship, the more powerful our ability to grow and heal together.**
- A. True
 - B. False
 - C. Not Sure
 - D. Sometimes
- 10. Trauma-informed care is important because:**
- A. It assumes everyone will react the same to trauma
 - B. It focuses only on symptom suppression
 - C. It promises that trauma never affects recovery
 - D. Many people in recovery have a history of trauma

Answers

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

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Explanations

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1. All people with mental illnesses or substance use disorder lack intellectual abilities just like the general population.

- A. True
- B. False**
- C. Sometimes
- D. Not sure

Intelligence is not determined by having a mental illness or a substance use disorder. Experiencing mental health challenges or SUD does not automatically mean a person lacks intellectual abilities. Episodes of illness or effects of substances can temporarily affect thinking, memory, or concentration, but many individuals maintain normal or high levels of cognitive functioning. Some people may have co-occurring cognitive or developmental issues, but that isn't the case for everyone. So, the statement is not true. In practice, assess each person's abilities individually rather than assuming based on diagnosis.

2. It is up to me to make a commitment to attend the full course.

- A. True**
- B. False
- C. Not Sure
- D. Sometimes

Taking ownership of your attendance is essential. In most training programs, you're expected to commit to attending the entire course so you can receive the full instruction, participate in activities, and earn any certificates or credits. The schedule and policies come from the program, but whether you show up for all sessions is a personal decision you make and follow through on. Committing to attend the full course shows you're prepared to invest the time and effort, plan accordingly, and meet the course requirements. If you don't commit, you risk missing material, falling behind, and not completing the program.

3. Spirituality can be an important part of someone's recovery journey.

- A. True**
- B. It should be avoided
- C. False
- D. It is always required

Spirituality can offer meaning, purpose, and sources of hope that support coping and motivation in the recovery process. For many people, beliefs, practices, or connections to a spiritual community provide comfort, resilience, and a framework for reflection that complements therapy and medical care. It's not a universal requirement or something to be imposed; rather, it should be explored and respected as part of person-centered care, based on the individual's values and desires. Providers can support this by offering resources such as chaplaincy, mindfulness or prayer practices, or community connections when they align with the person's preferences. So, recognizing spirituality as a potential positive component of recovery is the best understanding.

4. The phrase 'What is said in the room stays in the room' means personal information should be kept confidential and shared only with designated people.

A. True

B. False

C. Not sure

D. Not applicable

Confidentiality is a foundational principle in behavioral health practice. Personal information shared in sessions is confidential and should be disclosed only with the client's consent or to designated individuals who are involved in the treatment, and only to the extent necessary. The phrase "What is said in the room stays in the room" captures this expectation of privacy and trust, but there are important limits: information may be shared if there is a risk of harm to the client or others, if mandated by law (such as abuse reporting), or when it's required for treatment and supervision. Clients should understand who is designated to receive information and under what circumstances it may be shared. So, the statement is true.

5. What is the most important 6-letter word to remember when you are with someone who is angry?

A. Listen

B. Acknowledge

C. Reflect

D. De-escalate

Listening is the foundation for handling anger effectively. When someone is angry, emotions surge and the most constructive move is to focus on understanding what they're experiencing. Active listening shows you're present, lowers defensiveness, and creates space for them to express the real issue and what they need. By giving your full attention, not interrupting, and perhaps paraphrasing what you heard to confirm accuracy, you gather crucial information and validate their feelings. This sets you up to respond in a way that actually helps, rather than escalating the situation. Acknowledging feelings matters, but it relies on listening first to know what to acknowledge. Reflecting and other techniques can come after listening, and the overall aim—de-escalation—becomes more achievable once you truly understand their perspective.

6. Which component is described by a focus on strengths and a resource-based approach?

- A. Strengths-Based**
- B. Holistic
- C. Empowerment
- D. Self-D Direction

The idea being tested is focusing on what a person can do and using available resources to support change. A Strengths-Based approach centers on identifying a person's talents, skills, past successes, and the supports they already have—family, friends, community services, and other assets—and then actively building plans around those strengths. This helps people feel capable and empowered, and it uses what's present in their life as the foundation for progress, rather than dwelling on deficits. In practice, professionals ask about strengths, map out resources, and design goals that leverage those assets, which is why this option fits best. It aligns with recovery-oriented, person-centered care common in VDBHDS practice, where collaboration and empowerment hinge on recognizing and mobilizing an individual's strengths and supports. The other concepts are related but don't capture this exact emphasis. A holistic view cares about the whole person and context, not specifically the asset-and-resource focus; empowerment is about increasing control, which is broader than the asset-based method; self-directed models center on who directs services, not necessarily on leveraging strengths and community resources.

7. Which stage involves sustaining change over time?

- A. Contemplation
- B. Preparation
- C. Action
- D. Maintenance**

Understanding the stages of change, the maintenance stage is about keeping the new behavior going over the long term. After someone has taken action to change, maintenance focuses on preventing relapse and weaving the new behavior into daily life. It involves ongoing strategies like coping with triggers, building routines, and seeking support to make the change feel like a durable part of living, usually lasting months or years. Contemplation is about considering change, delays commitment; preparation is making concrete plans to change; action is actively making the change in behavior for a period. Maintenance comes after those steps and centers on sustaining the gains and avoiding slide backs.

8. Open-ended questions can help to develop a conversation.

- A. True**
- B. False
- C. Sometimes
- D. Not sure

Open-ended questions promote conversation by inviting clients to share their thoughts, feelings, and experiences in their own words rather than giving a simple yes or no. This leads to richer information, helps build rapport, and lets you understand what matters most to the person—goals, concerns, strengths, and barriers. By encouraging elaboration, you can tailor support, ask meaningful follow-up questions, and keep the dialogue collaborative. For example, asking what has been most helpful or what challenges the person is facing invites detail and context that a yes/no question would miss. Closed questions can halt the flow of conversation and miss important nuances, though they can be useful for clarifying specifics when needed.

9. The more authentic the Peer Support relationship, the more powerful our ability to grow and heal together.

A. True

B. False

C. Not Sure

D. Sometimes

Authenticity in a Peer Support relationship strengthens growth and healing because trust, safety, and mutuality fuel real connection. When a peer supporter speaks honestly about their own recovery journey, acknowledges limitations, and meets the other person with genuine empathy, it reduces power imbalances and creates a space where someone feels truly seen and heard. This openness invites deeper sharing, accountability, and the willingness to try new coping strategies, which are key ingredients for growth. With authenticity, the relationship becomes a collaborative journey rather than a one-way guidance, making recovery steps more believable and sustainable. While boundaries and ethical practice are essential, authenticity directly enhances engagement, hope, and resilience, making the growth and healing together more powerful.

10. Trauma-informed care is important because:

A. It assumes everyone will react the same to trauma

B. It focuses only on symptom suppression

C. It promises that trauma never affects recovery

D. Many people in recovery have a history of trauma

Trauma-informed care centers on the idea that trauma is common and can shape how people experience treatment. It focuses on safety, trust, choice, collaboration, and empowerment, with the aim of avoiding re-traumatization and supporting recovery. The most accurate reason to adopt this approach is that many people in recovery have a history of trauma. Recognizing this helps providers approach care with sensitivity, validate experiences, and tailor interventions to each person's unique needs, rather than assuming everyone will respond the same way. Other statements don't fit because trauma-informed care does not assume uniform reactions to trauma; it actually acknowledges diverse responses. It isn't about only suppressing symptoms, but about addressing trauma's impact while promoting safety and empowerment. It doesn't promise that trauma will never affect recovery; rather, it recognizes that trauma can influence recovery and seeks to mitigate its effects.

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://vdbhds.examzify.com>

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

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