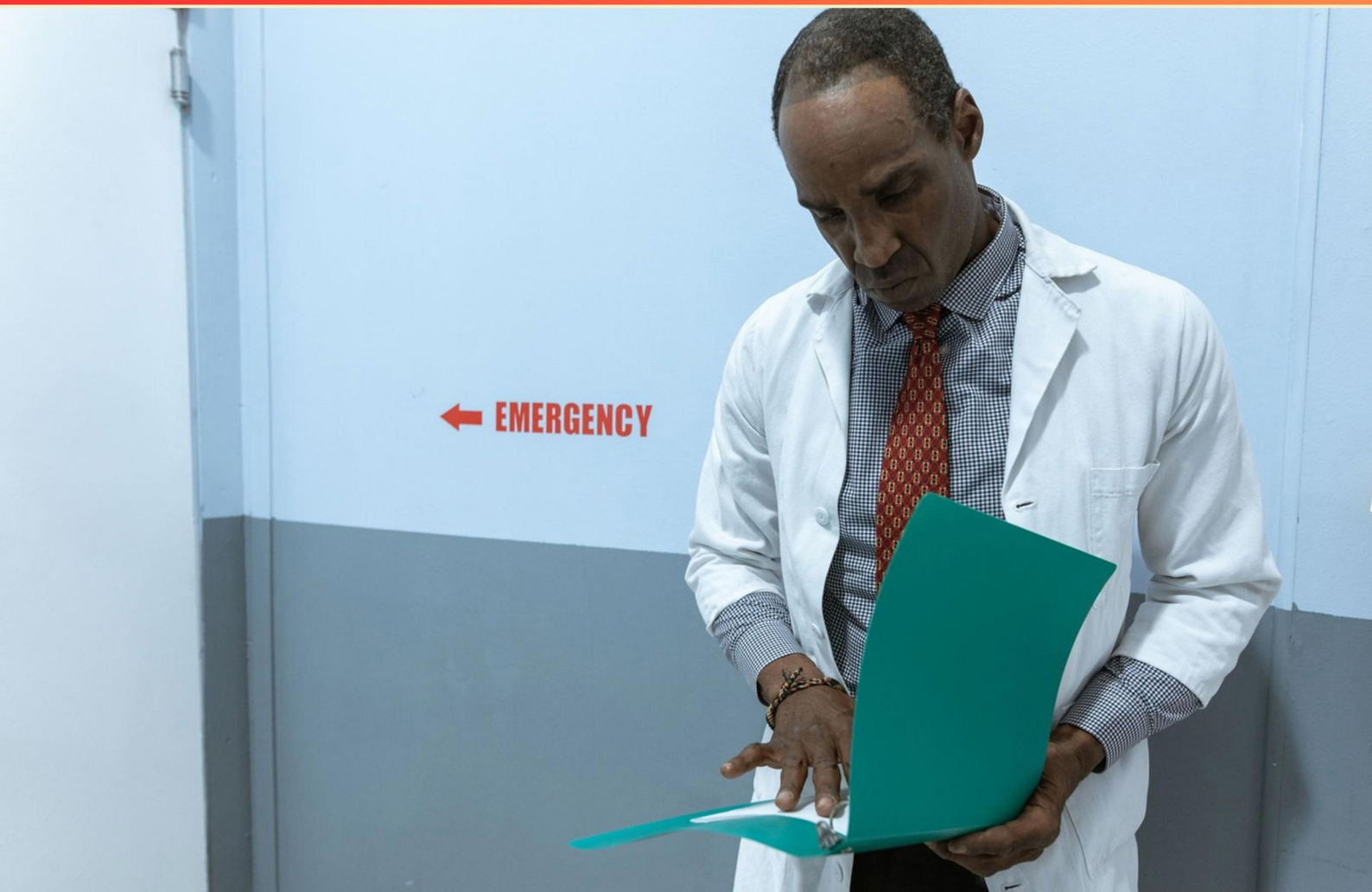


VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES (VDBHDS) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://vdbhds.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which statement best describes privacy under the Learning Agreement?**
 - A. What is said stays in the room
 - B. Personal information may be shared with any classmate
 - C. There is no privacy policy
 - D. The Learning Agreement imposes no confidentiality
- 2. Personal resilience is built by:**
 - A. Drinking
 - B. Getting remarried
 - C. Learning from the past
 - D. Kicking the dog
- 3. The stages of change used to meet a person where they are when we offer peer support include which option?**
 - A. Pre-contemplation
 - B. All of the above
 - C. Contemplation
 - D. Preparation
- 4. Which statement about delusions is accurate?**
 - A. They are always true
 - B. Delusions are beliefs and opinions that are bizarre
 - C. They are unrelated to beliefs
 - D. They are always harmless
- 5. Which statement best describes the Maintenance stage?**
 - A. It involves relapsing back to old habits
 - B. It marks the start of contemplation
 - C. It involves planning to take action
 - D. It involves sustaining changes over time
- 6. Which statement about spirituality in recovery is accurate?**
 - A. Spirituality is never part of recovery.
 - B. Spirituality must be central to recovery.
 - C. Spirituality is optional and not relevant to recovery.
 - D. Spirituality can be an important part of someone's recovery journey.

- 7. Science has shown that hope plays an integral role in an individual's recovery.**
- A. True
 - B. False
 - C. Sometimes
 - D. Not sure
- 8. Courage gives us the ability to face the 'fear of fear' itself.**
- A. True
 - B. False
 - C. Sometimes
 - D. Not sure
- 9. There is only one way to define recovery.**
- A. True
 - B. False
 - C. Not Sure
 - D. Sometimes
- 10. 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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which statement best describes privacy under the Learning Agreement?

- A. What is said stays in the room
- B. Personal information may be shared with any classmate
- C. There is no privacy policy
- D. The Learning Agreement imposes no confidentiality

Confidentiality and privacy in the Learning Agreement means that what participants share is protected and kept within the group to create a safe space for open discussion. The statement that what is said stays in the room best captures that intention, signaling that personal information should not be disclosed to others outside the room. Sharing personal information with any classmate would violate that privacy. Saying there is no privacy policy or that the Learning Agreement imposes no confidentiality also misstates how these agreements are meant to function, since they're designed to safeguard trust and protect sensitive information unless there are specific, appropriate exceptions.

2. Personal resilience is built by:

- A. Drinking
- B. Getting remarried
- C. Learning from the past
- D. Kicking the dog

Resilience grows when you learn from past experiences and apply those lessons to future challenges. Reflecting on what helped you cope, what didn't, and how you can adjust your approach builds better coping strategies, problem-solving skills, and confidence to handle stress. This kind of learning turns adversity into growth and strengthens your ability to recover after setbacks. Unhealthy coping, like turning to alcohol or lashing out or harming others, doesn't build resilience and can make things worse. While support from others can help, resilience mainly comes from actively reflecting on experiences and using those insights going forward.

3. The stages of change used to meet a person where they are when we offer peer support include which option?

- A. Pre-contemplation
- B. All of the above
- C. Contemplation
- D. Preparation

Understanding readiness to change is central here. In peer support, you meet people at the stage they're in and tailor your help accordingly. The stages include precontemplation, contemplation, and preparation, among others. Each stage has its own focus: in precontemplation you provide nonjudgmental information and raise awareness; in contemplation you explore motivations and barriers; in preparation you help with planning and small steps. Because all of these stages are valid starting points for engagement, the choice that covers precontemplation, contemplation, and preparation is the best fit. This approach keeps the person centered and supports progress toward action and maintenance when they're ready.

4. Which statement about delusions is accurate?

- A. They are always true
- B. Delusions are beliefs and opinions that are bizarre**
- C. They are unrelated to beliefs
- D. They are always harmless

Delusions are fixed, false beliefs held with strong conviction despite clear evidence to the contrary and not shared by others in the person's cultural or social group. They are beliefs or opinions rather than sensory experiences, and they often appear bizarre or implausible, which is why describing them as beliefs and opinions that are bizarre captures the essential idea. The other statements don't fit because delusions are not true, they are indeed related to beliefs (not unrelated to beliefs), and they are not inherently harmless—delusions can cause distress or lead to harmful actions.

5. Which statement best describes the Maintenance stage?

- A. It involves relapsing back to old habits
- B. It marks the start of contemplation
- C. It involves planning to take action
- D. It involves sustaining changes over time**

The Maintenance stage is about sustaining changes over time. After a change has been initiated, the focus shifts to keeping that new behavior going long-term, making it a stable part of daily life, and using strategies to prevent slipping back into old habits. This involves solidifying routines, continuing supports, and monitoring progress to handle challenges or triggers that could lead to relapse. The other descriptions fit earlier stages or relapse: contemplating change, planning to act, or returning to old habits.

6. Which statement about spirituality in recovery is accurate?

- A. Spirituality is never part of recovery.
- B. Spirituality must be central to recovery.
- C. Spirituality is optional and not relevant to recovery.
- D. Spirituality can be an important part of someone's recovery journey.**

Spirituality can provide meaning, hope, and a sense of connection that supports recovery. For many people, beliefs, rituals, and communities offer coping resources, a moral framework, and motivation to stay engaged in treatment. Recovery is individualized, so spirituality may be central for some, optional for others, or not relevant at all—the important point is that it can be an important part of the journey for many clients. Clinicians should assess spirituality respectfully, honor diverse beliefs, and help connect a person with appropriate supports (such as faith communities or chaplaincy) if desired, without imposing any particular stance. The extremes that spirituality is never part of recovery or must be central for everyone don't fit the varied experience of individuals seeking recovery.

7. Science has shown that hope plays an integral role in an individual's recovery.

A. True

B. False

C. Sometimes

D. Not sure

Hope acts as a cognitive-motivational resource that helps people pursue recovery goals. Research shows that higher levels of hope are linked to greater treatment engagement, better adherence to medications and aftercare, and more effective coping with stress and cravings. When individuals believe recovery is possible and see clear pathways to reach their goals, they're more likely to take concrete steps, persist through setbacks, and seek the help they need. In recovery-oriented care, clinicians intentionally nurture hope through strengths-based assessments, client-defined goals, and practical action plans, which strengthens motivation and resilience. So, the statement reflects what science consistently finds about recovery processes.

8. Courage gives us the ability to face the 'fear of fear' itself.

A. True

B. False

C. Sometimes

D. Not sure

Courage is not the absence of fear; it's acting in spite of fear. When fear turns into fear of fear itself—the worry that our anxiety will stop us from acting—that's a tougher obstacle. Courage gives us the capacity to move forward anyway, to confront the situation, endure the distress, and proceed toward our goal despite that meta-fear. So the statement is true: courage enables us to face fear even when the fear is about our own fear. If you're wondering about the other options, they don't fit because courage is not about never feeling afraid, nor about sometimes acting despite fear, nor about uncertainty. It's about choosing to act in the presence of fear, including fear about fear.

9. There is only one way to define recovery.

A. True

B. False

C. Not Sure

D. Sometimes

Recovery isn't a fixed, one-size-fits-all definition. In behavioral health practice, it's understood as a personal, evolving process toward better health and well-being that is led by the individual and rooted in their values and goals. People measure recovery in different ways—symptom management, improved functioning, housing stability, meaningful work or education, relationships, and community participation—depending on their situation. Models for both substance use and mental health recovery emphasize that recovery is multi-dimensional and person-centered, with hope, empowerment, and self-direction at the core. Because experiences and goals vary, there isn't a single universal definition. That's why the statement is not accurate.

10. 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.

SAMPLE

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!

SAMPLE