**Commonwealth Educational Seminars Certification Exam**

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**Addressing Suicidal Thoughts and Behavior in Substance Abuse Treatment**

1. The first step in addressing suicidality is to not “gather information,” or to perform exactly the same kind of information-gathering tasks you do every day.

a. True b. False

2. You will be most effective if you ask clients about suicide with concern (but not alarm), just as you would with any other area of concern.

a. True b. False

3. Wishing both to die and to live is typical of most individuals who are suicidal, even those who are seriously suicidal.

a. True b. False

4. There is a strong link between substance use disorders and risk for suicidal behavior.

a. True b. False

5. You can remember warning signs by the mnemonic “IS PATH WARM”

a. True b. False

6. Whites and Native Americans have lower rates of suicide than African Americans.

a. True b. False

7. Having a plan in place ahead of time for obtaining immediate supervision or consultation will help ensure a therapeutic response and will avoid unnecessary distress and scrambling.

a. True b. False

8. The case of “Clayton” illustrates the GATE process for working with substance abuse clients with suicidal thoughts and behaviors.

a. True b. False

9. In the case of “Clayton”, the counselor occasionally asks the client’s permission to continue probing, showing respect for the client and providing him with a sense of control.

a. True b. False

10. Agencies should have a policy for addressing immediate crises that arise during counseling sessions.

a. True b. False

11. In treatment of substance abuse illnesses, family and significant others are seldom an important recovery resource.

a. True b. False

12. “Angela’s” chronic bipolar disorder and substance dependence have created numerous problems, including relationship conflicts with her family, unstable employment and housing, and poor adherence to healthcare treatment.

a. True b. False

13. Lupe recognizes that there is family anger as well as little understanding of Angela and her illnesses.

a. True b. False

14. “Leon” exhibited symptoms of posttraumatic stress disorder (PTSD) such as flashbacks, startle reactions, general apprehension, and intrusive images.

a. True b. False

15. Some of “Leon’s” risk factors for suicide include a history of substance abuse, PTSD-related symptoms, depression, and isolation.

a. True b. False

16. On most campuses, mental health resources are limited, yet after recent highly publicized incidents of campus violence, anxiety about students with mental health problems is high.

a. True b. False

17. Clients who have relapsed to substance use are particularly susceptible to suicidal thinking and, potentially, to suicidal behavior.

a. True b. False

18. Break-up by a partner or a threat to a partner relationship is a common precipitant of suicide among vulnerable males with substance use disorders.

a. True b. False

19. “Rena” was a 64-year-old Native-American woman with a history of sexual abuse by a brother.

a. True b. False

20. The hope box is a cognitive–behavioral intervention developed by researchers at the University of Pennsylvania.

a. True b. False

21. The hope box does not provide the client with the opportunity to manage the suicidal crisis both independently and effectively.

a. True b. False

22. Suicidal behavior creates unique stressors for staff in terms of time, emotional reactions, clinical uncertainty, and the need for additional supervisory consultation.

a. True b. False

23. Clients with suicidal thoughts and behaviors raise unique ethical and legal issues for substance abuse treatment programs.

a. True b. False

24. Malpractice is the intentional or unintentional improper or negligent treatment of a client by a counselor, resulting in injury, damage, or significant loss.

a. True b. False

25. Treating suicidality is beyond the scope of practice for most substance abuse counselors, as it requires advanced training in mental health disciplines and, preferably, advanced training in assessment, treatment, and intervention.

a. True b. False

26. The 24-Hour Suicide Assessment Tool is an example of a tool for rating a client’s current suicidal thoughts and behaviors.

a. True b. False

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