

Human Service Training on Substance Abuse Issues

Pre Test Post-test

For Each Question, check the best answer.
You may select more than one answer to some questions.

1. The most commonly abused substance in Michigan is:

- Methamphetamine
- Marihuana/Marijuana
- Nicotine/Tobacco
- Alcohol
- Prescription Drugs
(taking medicine other than how it is intended or
taking medicine that was not prescribed to you)
- Cocaine and Crack

2. Binge drinking is defined for women as more than 3 drinks on any single day AND more than 7 drinks per week. For men binge drinking is more than 4 drinks on any single day AND more than 14 drinks per week.

- True
- False

3. The most common source of prescription drugs that are abused (taking medicine other than how it is intended or taking medicine that was not prescribed to you) can be traced to what primary source?

- Prescribed directly from a physician
- Purchased from a friend or relative
- Taken from a friend or relative
- Given by a friend or relative

4. Some reasons that people use substances and develop problems with addiction are:

- Their family used substances – it was normal
- Biologically pre-disposed to addiction in the brain
- Use in childhood that created addiction patterns
- As a way to cope with trauma, abuse, and Post-Traumatic Stress Disorder (PTSD)
- People want to be addicted to drugs and alcohol

5. The best approach for someone with a substance use or substance abuse problem is to address the problem in the following ways:

- Let the person hit “rock bottom”
- Yell and shame the person into changing
- Direct the person to help each time you see them
- Focus on healthy ways that they can solve problems in their life
- Provide encouragement to change at every visit

6. I know two places to refer someone with a substance abuse problem in my community.

- Agree
- Disagree