

NAME Lacretia

---

–

**SA 201 Midterm March 26, 2020**  
**Beal College**

Multiple choice - choose the best answer for each question. Each question is worth 3 points.  
Total 60 points for this section.

1. A benefit of family involvement in substance abuse treatment for the identified patient (IP) is
  - a. none- family may hinder recovery efforts
  - b. the family can report to the counselor the level of honesty the IP is exhibiting in treatment
  - c. Family education and involvement increase the family's support of the IP recovery process –long term recovery rates increase
  - d. none of the above
  
2. A Genogram helps identify
  - a. generational patterns in families
  - b. whether or not someone is an addict
  - c. whether or not someone is mentally ill
  - d. your genetic makeup
  
3. Substance abuse in families
  - a. has different impact on different family structures
  - b. may result in children lacking in affirming messages at developmental stages
  - c. may result in children being parentified within the family
  - d. all of the above
  
4. Parental incapacity due to addiction often results in
  - a. children being confused due to not having clear definition of right and wrong boundaries
  - b. inability to identify the real problem in the family
  - c. children who are overly bonded to the parent
  - d. all of the above
  
5. Families in contemplation often demonstrate
  - a. Denial of addiction as the problem
  - b. Acknowledgment SA has a role in the family, but not the primary problem
  - c. Need for a solution to the addiction
  - d. Attending Alanon
  
6. The concept of family treatment in substance abuse counseling makes what assumption
  - a. the addiction is the result of dysfunctional family patterns
  - b. the whole family is affected by the addicts behavior and develops maladaptive responses as a result
  - c. the addicts substance abuse is maladaptive to the environment

- d. divorce is the solution to the addicts behavior
7. Family treatment may involve
- the entire family
  - one member of the affected family
  - children of the affected family
  - all of the above
8. The "chief enabler" is often
- spouse or parent of the IP
  - engaged in protecting hiding and excusing the addicts behavior
  - portraying a sense of confusion - vacillating between "they can't stop" and "they won't change"
  - all of the above
9. In families organized around substance abuse, a common pattern is
- for one parent to be closely allied with a child while the other parent remains distant
  - high levels of enmeshment with one another
  - to avoid conflict by diverting energy to a third party to reduce the emotional tension
  - all of the above
10. Writing a note excusing your adolescent from school saying they were ill when they were too hung-over to attend is an example of
- tough love
  - showing that you care about your child
  - enabling
  - being the family hero
11. Circular causality in a family refers to
- the ways families runs in circles to accommodate the addicts behavior
  - the idea that as one family member changes, all others change as a consequence
  - every family has individual communication traits which are part of the family system
  - all of the above
12. In families with small children, substance abuse may impact the family by
- Children lacking affirmative messages at developmental stages
  - Parents over focus on the children
  - Children learning healthy coping skills watching the chaos in the family
  - Children learning emotional self regulation due to lack of parenting focus
13. The family impact of substance abuse may be
- increased isolation for the family
  - Parental SA can have negative and detrimental effects on children
  - When a child in the family is the substance abuser, other children in the family are not a focus of the parents
  - all of the above

14. Which is most true of families?
  - a. Strong emotional ties allow family to be unaffected by addiction
  - b. family is defined by beliefs, culture and enduring emotional connection
  - c. family is unimportant in addiction treatment
  - d. family is usually unable to change in response to the Substance abusers behavior
  
15. Strong parental messages that promote abstinence from substances are considered
  - a. irrational ideas by parents
  - b. protective factor aimed at generational progression in families
  - c. factor that increases the likelihood of early use by children
  - d. hypocritical messages that confuse children in an addicted family
  
16. The idea of a tolerance process for family members may include
  - a. May join in using substances
  - b. May remove abuser from daily tasks such as childcare and finances
  - c. May ignore the addict when using
  - d. All of the above
  
17. Elements of motivation in assessing family include
  - a. Ability, willingness and readiness for change
  - b. Identification, assessment and need for change
  - c. Denial, family role and readiness for change
  - d. Substance use, assessment and commitment to change
  
18. The idea of a tolerance process for family members may include
  - a. May join in using substances
  - b. May remove abuser from daily tasks such as childcare and finances
  - c. May ignore the addict when using
  - d. All of the above
  
19. The concept of co-dependency was originally used to describe
  - a. Persons living with, or in a relationship with an alcoholic
  - b. Individuals who use along with the addict in a family
  - c. Anyone who is an addict
  - d. Anyone who knows an addict
  
20. Alanon teaches that a basic family goal of alcoholic families is
  - a. Leave the alcoholic to get healthy yourself
  - b. Take inventory of the amount of alcohol being consumed to prevent you from being in denial
  - c. Detachment, with love
  - d. Confrontation, with love

Short answer/essay- answer as completely s possible, use the back as necessary. **Partial credit will be given, so answer even if you aren't sure of the entire answer.** 10 points each (total of 40 points this section possible)

1. Identify and discuss the concept of family subsystems, and the role addiction plays in the family as a system, and the subsystems which exist.

In a healthy family the parental subsystem is responsible for providing for the family, and has authority to make decisions for the family. The children in a healthy family often are a subsystem of their own. Sometimes older children would be one subsystem and the younger children would be a different subsystem. In a family with SA going on boundaries may be unclear and inconsistent. Children may feel they need to assume the parenting roles, in return subsystems might not be as clear in these homes.

2. Identify and discuss some of the double messages that children growing up in alcoholic home receive - identify 3 for full credit

Some of the double messages that children receive in alcoholics home would be that they have to do something wrong to get attention. Rules are inconsistent and children are unable to predict parental responses, unclear boundaries, etc. When the parent denies having a drinking problem it causes confusion.

3. Identify one of the roles that develop in alcoholic family. **Describe the behavior traits and feelings associated with that role** and the purpose of this role to the family.

One of the roles that develop in an alcoholic family would be the Mascot. The mascot seems very immature. He/she is hyperactive and has attention seeking behaviors. He/she does this to distract the family members from the SA problem.

4. Discuss some of the goals in SA family treatment (3 for full credit)

Some of the goals in SA family treatment include:

Providing a safe space for clients to share their feelings and improve communication.

Help address enabling behaviors

Help stop intergenerational progression