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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
 - a. the entire family
 - b. one member of the affected family
 - c. children of the affected family
 - d.** all of the above
- 8. The "chief enabler" is often
 - a. spouse or parent of the IP
 - b. engaged in protecting hiding and excusing the addicts behavior
 - c. portraying a sense of confusion - vacillating between "they can't stop" and "they won't change"
 - d.** all of the above
- 9. In families organized around substance abuse, a common pattern is
 - a. for one parent to be closely allied with a child while the other parent remains distant
 - b. high levels of enmeshment with one another
 - c. to avoid conflict by diverting energy to a third party to reduce the emotional tension
 - d.** 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
 - a. tough love
 - b. showing that you care about your child
 - c.** enabling
 - d. being the family hero
- 11. Circular causality in a family refers to
 - a. the ways families runs in circles to accommodate the addicts behavior
 - b.** the idea that as one family member changes, all others change as a consequence
 - c. every family has individual communication traits which are part of the family system
 - d. all of the above
- 12. In families with small children, substance abuse may impact the family by
 - a.** Children lacking affirmative messages at developmental stages
 - b. Parents over focus on the children
 - c. Children learning healthy coping skills watching the chaos in the family
 - d. Children learning emotional self regulation due to lack of parenting focus
- 13. The family impact of substance abuse may be

- a. increased isolation for the family
- b. Parental SA can have negative and detrimental effects on children
- c. When a child in the family is the substance abuser, other children in the family are not a focus of the parents
- d. 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. Al Anon 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 as 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.

A subsystem is created within a family when there are no clear boundaries or responsibilities between the parental addict and the other family members. It is meant to fulfil particular functions. For example the oldest child may take on the parental responsibility of the younger children. Another child may become overly loyal and bonded to the addicted parent. The role addiction has in a family as a system is creating stress for the other family members/children and children are unable to function normally, they may have sleep disruption and anxiety. The older sibling may be the one getting the other children up for school, helping with school work, cooking dinner, therefore that child feels the responsibility of everything and the subsystem is formed.

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

1) Love/rejection- This is when the words don't match the behavior such as the addicted parent saying I love you , but don't bother me.

2) You can count on me/ disappointment- This is when the addicted parent says one thing but does another. Maybe the parent doesn't show for a game, or for a parent teacher conference. This is the disappointment felt by the child.

3) everything is fine/ sense of hopelessness.- the child is told everything is fine, or things will be ok, but the family atmosphere is one of hopelessness depression, and anxiety.

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

A role that comes to my mind when addiction occurs in the family is the the hero. The hero plays the role of being the responsible one. The one who does everything exactly how they are supposed to. The hero may be getting the good grades in school. The hero is successful and strives for perfection. This person may show obedience and is often seeking approval. The purpose of the hero in the family is to maintain the appearance of normalcy. To show that everything is ok .

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

- 1) One goal in SA family treatments is to balance out the family system. Help everyone achieve self responsibility and decrease inappropriate responsibility for others.
- 2) Another goal is to achieve abstinence for the family member with the SA disorder.
- 3) To help resolve dysfunctional roles and the subsystems.