Test Your Knowledge

PART ONE: Questions

Please circle the option that best describes your opinion. Suggested question responses and explanations can be found on the next page.

1. **Substance use disorder (SUD) is a treatable, chronic medical disease. Prevention efforts and treatment approaches are generally as successful as those for other chronic diseases like diabetes and high blood pressure.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

2. **Co-occurring disorders, where a person has a mental health disorder like anxiety, ADHD, or depression, along with a substance use disorder are common.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

3. **Screening and assessment are a process of inquiry that gets progressively deeper based on what one finds. Screening can occur at many locations, such as primary care physician offices, emergency departments, school settings, and trauma centers, as well as through telehealth.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

4. **After a screening and assessment is complete, the recommendation is always for the most intensive level of treatment.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

5. **Stigma often prevents people from discussing how much they use and what substance they use, as well as any concerns about their use with others, including their primary care physicians.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

6. **More than half of the people who have a substance use disorder receive treatment.**

   TRUE *FALSE*

7. **There are medications available that help make withdrawal more comfortable and help reduce cravings and drug seeking urges that can be prescribed to people with substance use disorders.**

TRUE *FALSE*

PART TWO: Answers/Discussion

Suggested answers are circled and explanations are provided for each question to help in assessing and discussing your answers.

1. **Substance use disorder (SUD) is a treatable, chronic medical disease. Prevention efforts and treatment approaches are generally as successful as those for other chronic diseases like diabetes and high blood pressure.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: From the American Society of Addiction Medicine (or ASAM): Addiction is a treatable, chronic disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences. Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

2. **Co-occurring disorders, where a person has a mental health disorder like anxiety, ADHD, or depression, along with a substance use disorder are common.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Co-occurring disorders are common. 47.6 million Americans have a mental illness and 20 million have a substance use disorder. 9.2 Americans have both an SUD and a mental illness.

3. **Screening and assessment are a process of inquiry that gets progressively deeper based on what one finds. Screening can occur at many locations, such as primary care physician offices, emergency departments, school settings, and trauma centers, as well as through telehealth.**

STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

Answer/Discussion: Screenings will guide the practitioner or what to do next, which may lead to an assessment by an addiction professional or further screening by an addiction professional or further screening by other professionals. Because of stigma, screenings are not utilized as fully as they could be in various care settings, like doctor's offices, schools, and emergency and trauma units.

4. **After a screening and assessment is complete, the recommendation is always for the most intensive level of treatment.**

STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

Answer/Discussion: The preferred level of care is the least intensive level that meets treatment objective, while providing safety and security for the patient. Levels of care also represent benchmarks or points along a continuum of treatment services that could be used in a variety of ways, depending on a patient's needs and response to treatment.

5. **Stigma often prevents people from discussing how much they use and what substance they use, as well as any concerns about their use with others, including their primary care physicians.**

STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

Answer/Discussion: Fear of judgement and labeling, a form of stigma, often prevents people from honestly reporting their use of substances to professionals, family, and friends. Early intervention is important in the treatment of addiction, but stigma often delays one's request for help.

6. **More than half of the people who have a substance use disorder receive treatment.**

TRUE *FALSE*

Answer/Discussion: False. Actually, only 1 in 10 people receive treatment for addiction. Stigma and lack of access to services are two of the primary reasons why people do not receive treatment.

7. **There are medications available that help make withdrawal more comfortable and help reduce cravings and drug seeking urges that can be prescribed to people with substance use disorders.**

TRUE ***FALSE***

Answer/Discussion: True. There are several evidence-based and FDA-approved medications for the treatment of opioid, alcohol, and other addictions. These medications make withdrawal management safer and more comfortable for the patient. When used as a maintenance prescription, they can help prevent setbacks. Stigma and misunderstandings often prevent effective use of these medications.

The information contained in this quiz is based on Overdose Lifeline resources.

The Center for Community Engagement is funded in full or in part through a State Opioid Response Grant (TI085769) to the Illinois Department of Human Services, Division of Behavioral Health and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.