

# RPD1015 Self-Help and 12 Step Programs

## Post Test

**Multiple Choice** (circle the answer that best represents the answer.)

1. Most self/mutual-help support groups originated from:
  - a. Winners Circle
  - b. Narcotics Anonymous
  - c. Alcoholics Anonymous
  - d. Secular Order of Sobriety
  
2. SMART Recovery Groups:
  - a. Use a "common sense self-help procedure" designed to empower participants to abstain from alcohol and drugs and to develop a more positive lifestyle.
  - b. Draws from the field of cognitive-behavioral therapy (CBT), and rational emotive behavior therapy.
  - c. Neither encourages nor discourages spirituality or religion. The program just provides the secular tools without religion or spirituality.
  - d. All of the above.
  
3. The 12-steps are broken down into:
  - a. Decision steps, action steps, & maintenance steps.
  - b. Physical, mental and spiritual health steps.
  - c. Secular and non-secular steps.
  - d. The steps are not broken down into any groups.
  
4. You are approached by an offender, you know has been attending Narcotics Anonymous, he hands you a piece of paper and asks you to read his Step 4 moral inventory, what do you do?
  - a. Take the piece of paper as evidence and write the offender a disciplinary case.
  - b. Take the piece of paper and read it when you have time to do so. Report this incident to your supervisor.
  - c. Give the paper back to the offender and tell him it's inappropriate to do so since you would have to report any illegal activity that may be in his inventory. Report this incident to your supervisor.
  - d. Inform him that he's not working on step 4 but that he's actually progressed to step 5. Push him up for his progress.

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5. You're interviewing an offender and she states that she wants to attend a group. She says she had problem with cocaine and whiskey. She asks what you would recommend? Pick the best response.
- AA is the place to start; a 12-step program will offer your best chance of recovery and will enhance their clinical outcome.
  - List the support groups that are available on your unit. Make clear the choice of secular or non-secular groups. Recommend she attend a separate group for each problem (example AA & CA). Refer her to the unit chaplain or volunteer coordinator for more information on support groups.
  - Give the offender a pamphlet on Rational Recovery, it solved your problems and is popular program on your facility.
  - Tell the offender she needs to find God, join AA.
6. When a counselor in recovery sees or hears a method of recovery that he or she has not heard of before, the best thing to remember is:
- As a counselor, you are the instrument of change – you know what worked for you – it has to work for others.
  - Avoid anyone whose ideas might present a challenge to your own beliefs.
  - Practice tolerance towards the views of others.
  - None of the above
7. Which term does not describe elements of self or mutual-help?
- Self-help groups enhance treatment regardless of the treatment model of addiction or behavior.
  - Self/mutual-help groups are never used in the Medical Model of treatment.
  - Solving of one's problems without the direct supervision of professionals or experts.
  - Intrinsic motivation for change that results in action to effect change.
8. Which statement is not true about the Winner's Circle?
- Started and managed by ex-offenders.
  - Members role-model thus providing intrinsic motivation for offenders to change themselves.
  - Utilize 12-Step techniques along side encounter group techniques.
  - Teach rehabilitation skill called Addictive Voice Recognition Technique (AVRT).

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9. Though many still question the Self-Help concept and its effectiveness, self/mutual support groups are being used in the:
- Medical Model.
  - Dual Diagnosis Model.
  - Diseased Person Model (Disease Concept).
  - All of the above.
10. Which of the following are not evidenced based principles adapted into TDCJ treatment programs?
- AA meets the treatment needs of all TDCJ offenders.
  - Self-help is often viewed as the conduit to growth in recovery.
  - Self-help groups enhance treatment outcomes.
  - Peers can model healing for each other - “veteran helping the rookie.”
11. Which of the following is not true about Dr. Benjamin Rush?
- Considered the “Father of American Psychiatry,”
  - Prior to his work, drunkenness was viewed as being sinful and a matter of choice.
  - Proposed that alcoholics should be weaned from their addiction to alcohol via less potent substances like laudanum (a potent opioid).
  - Co-Founder of the “The Washingtonian Movement.”
12. Which of the following is not true about Alcoholics Anonymous?
- A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
  - The “spiritual experience” is one life changing episode that allows the alcoholic or addict to see full impact of their addiction.
  - AA charges an annual membership fee.
  - Despite being devout Christian AA founders recognized that addicts who enter a recovery program may not be ready, mentally, physically, or emotionally, to convert to a religious faith.

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- 13.** 12-step member must first?
- a. Admit they are powerless over alcohol (or their addiction) – and that their lives have become unmanageable.
  - b. Believe that a Power greater than themselves could restore them to sanity.
  - c. Make a searching and fearless moral inventory of themselves.
  - d. Make direct amends to people they have harmed.
- 14.** When a 12-step member creates a step 8 list of people they have harmed, the list should not include:
- a. The name of the person who has been harmed.
  - b. Memories of harm done.
  - c. Feelings about the harm.
  - d. Thoughts of how that person contributed to their own behavior.
- 15.** Which of the following is not one of the 3 parts of step 12?
- a. Try to carry the message to others.
  - b. Having had a spiritual awakening.
  - c. Make Amends for the harm caused
  - d. Practice these principles in all affairs.

**Please Complete the Following:**  
*(Please write legibly)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Your TDCJ Division or Contracted Provider: \_\_\_\_\_

License Type & Number: \_\_\_\_\_

Date Session Completed: \_\_\_\_\_

Was the session of value to you?                      1                      2                      3                      4  
   Not at all    Somewhat    Mostly            Very

How and why?

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What suggestions do you have for making the materials more relevant for you and your job?

*If you have additional comments, you can write on the back or attach extra pages.*

Send this completed test and your evaluation to:

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