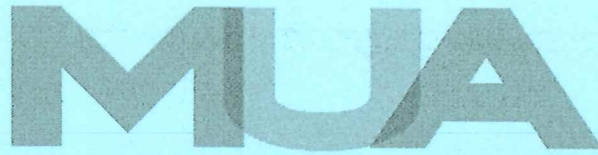


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CERTIFICATE UNIVERSITY EXAMINATIONS
SCHOOL OF MANAGEMENT AND LEADERSHIP
CERTIFICATE IN COUNSELING AND PSYCHOLOGY

CCP 104 : FUNDAMENTALS OF DRUG AND SUBSTANCE ABUSE

DATE: 29TH NOVEMBER 2023

DURATION: 2 HOURS

MAXIMUM MARKS: 70

INSTRUCTIONS:

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

QUESTION ONE

Read the Case Study below carefully and answer the questions that follow:

Sarah was born in a family of four siblings in Han village. They lived in harmony and were always known to be among few very prosperous families. At the age of 12, Sarah was introduced to alcoholism by her close friend Ken living in the neighborhood since her parents were always busy in their careers.

She sought support to overcome her 20-year history of alcohol and cannabis use when she was 2 weeks pregnant. As well as a long history of using drugs and alcohol and a physical dependence on alcohol, Sarah had additional support needs related to depression, anxiety and childhood trauma. Sarah lived in unsuitable accommodation and was at risk of homelessness.

She received regular one-to-one psychosocial support from a family worker before entering a residential service for detox and rehabilitation. She and the father of her baby also received joint support to address inter parental conflict.

Sarah gave birth at the beginning of May 2020. She is abstinent from all substances and both Sarah and her baby are doing well. Sarah and the father of her baby are no longer in a romantic relationship but are regularly communicating. She registered as homeless with a plan to move into appropriate accommodation, which will support her recovery.

REQUIRED:

- a) Mention other five drugs being abused by teenagers apart from Alcohol and Cannabis. **(5 marks)**
- b) Discuss three outcomes of Sarah being involved in drug abuse. **(6marks)**
- c) Sarah had physical dependence in alcoholism. Illustrate. **(2marks)**
- d) Propose five long term and short-term consequence of abusing drugs.**(5marks)**
- e) Analyze **FIVE** ways in which parents can prevent drug abuse at home.**(5 marks)**
- f) Differentiate between a drug and substance abuse **(2 marks)**
- g) List **three** ways in which drugs are absorbed into the body **(3 marks)**
- h) Define the term Addiction to Sarah **(2 marks)**

QUESTION TWO

Analyze **five** classifications of drugs citing examples.

(10 marks)

QUESTION THREE

Define the following;

- a) Abstainer **(2 marks)**
- b) Light or Moderate User **(2 marks)**
- c) At-Risk User **(2 marks)**
- d) Abuser **(2 marks)**
- e) Substance-Dependent User **(2 marks)**

QUESTION FOUR

- a) Campaigns are part of raising awareness towards ending drug abuse. Assess five ways this can be achieved. **(5 marks)**
- b) Demonstrate Five measures taken to control Drug and substance abuse **(5 marks)**

QUESTION FIVE

- a) Propose Five potential social consequences of Drug and Substance abuse **(5 marks)**
- b) Examine how schools contribute in the prevention of substance abuse. **(5 marks)**

QUESTION SIX

Discuss **five** the benefits of counseling

(10 marks)

