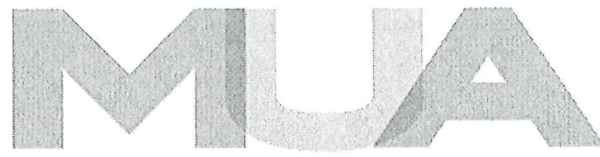


The
Management
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CERTIFICATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

CERTIFICATE IN COUNSELLING PSYCHOLOGY

CCP 104: FUNDAMENTAL OF DRUGS AND SUBSTANCE ABUSE

DATE: 3RD APRIL 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:

COUNSELING JOAN

After her birth, Joan was adopted into a wealthy family. Her birth mother had a history of emotional problems, and it is unknown whether she had problems with alcohol/drugs.

Joan, now 16 years old, was coming to counselling for an alcohol/drugs evaluation. She was drunk at a party at her private high school. The parents described Joan's behavior as erratic, sometimes very loving and sensitive, and at other times explosively angry and out of control.

She was not adhering to simple boundaries that her parents had established (e. g ignoring curfew, not calling if she is going to be late). They knew Joan was smoking Marijuana but were unable to prevent her from using it.

The evaluation revealed that Joan is out of control. She blatantly told her parents that they were awful, and she was not going to listen to anything they said. Joan had a new boyfriend (20 years) and she was staying out overnight with him, doing other drugs. She had told her parent she was staying with friends.

Joan told the counselor her parents can't do anything. Joan did not see herself as having a drug problem, but did admit that she frequently lost her temper. Her grades in school were very good. She stated, ' I just want to do what I want to do, and I am tired of my parents nagging all the time'.

REQUIRED:

- a) Define the term drug to Joan (2marks)
- b) Apart from alcohol, list other substances commonly abused by teenagers. (5marks)
- c) Joan had different reasons to indulge in drugs. Analyze **five** causes for the practice. (10 marks)

d) Alcohol is a depressant. Discuss other classification of drugs that Joan would have abused. (8 marks)

e) Joan frequently lost her temper. List **five** other possible short or long term effects of drug abuse. (5 marks)

QUESTION TWO

Evaluate measures to be taken to control Drug and Substance abuse. (10 marks)

QUESTION THREE

Evaluate the benefits of counselling. (10marks)

QUESTION FOUR

Prevention of drug abuse can be done at home, schools and workplace. Illustrate ways in which this can be achieved. (10 marks)

QUESTION FIVE

a) Differentiate between screening and assessment. (2 marks)

b) Define the following; (8marks)

- I. Abuser
- II. Abstainer
- III. Light or Moderate User
- IV. At-Risk User

QUESTION SIX

In 2010, the Kenyan Government promulgated the 2010 constitution that devolved the health care system in Kenya. Propose measures the county Governments have taken to fight and control drug and substance abuse. (10 marks)

