



# MCLE Self-Study Test

## The Substance of Getting Well Soon

By: Oliver Greenwood, May 2021 Attorney Wellness Issue Contra Costa Lawyer Magazine

### MCLE SELF-STUDY TEST

- The term "substance abuse" is still used in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)?  
 True  False
- Abstinence from substance abuse is the only sanctioned method for stopping substance use.  
 True  False
- "Mindful Drinking" is a solution for problem drinkers.  
 True  False
- Which of the following resources is available to attorneys regarding substance use disorders?  
 a. The Lawyer Assistance Program  
 b. The Other Bar  
 c. Alcoholics Anonymous  
 d. All of the Above
- Which confidential service was established by the State Bar of California under the Business and Professions Code?  

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- The average minimal fee per applicant for the Other Bar is \$3,500 per year.  
 True  False
- Weekly updates regarding your progress at the Other Bar meetings are reported to your employer and significant other.  
 True  False
- Which is not a tip for Mindful Drinking?  
 a. Order first.  
 b. Savor your drink.  
 c. Place your ring finger near the top edge of your drink.  
 d. Rehearse how you'll tell people.
- It is not possible to use alcohol or other substances without ill effects.  
 True  False
- What are the educational requirements for attendance at Alcoholics Anonymous?  
 a. High school graduation  
 b. Some college  
 c. Post graduate  
 d. None
- Who can attend the Other Bar  
 a. Judges  
 b. Law Students  
 c. Attorneys  
 d. All of the Above
- The Other Bar was established by the California Legislature under Business and Professions Code §6140.9, 6230-6238.  
 True  False
- Who determines when it is time for an individual to stop drinking or using substances?  
 a. Physician  
 b. Employer  
 c. Spouse/Significant Other  
 d. The individual
- Which is a category of the level of severity of substance use disorder?  
 a. Social Distortion  
 b. Risky Business  
 c. Impaired Control  
 d. Pharmacological Society
- Wellness regarding substance use is important to a successful practice of law.  
 True  False

**TO RECEIVE ONE HOUR OF MCLE CREDIT**  
see next page

## HOW TO RECEIVE ONE HOUR OF MCLE CREDIT

Answer the test questions, choosing the one best answer to each question. Mail this Self-Study and your payment (\$30 per credit hour for CCCBA members/\$45 per credit hour for non-members) to CCCBA at the address below. Certificates are dated as the day this form is received.

Name \_\_\_\_\_

State Bar # \_\_\_\_\_

Firm Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Visa     MasterCard     Amex     Check (payable to CCCBA)

Cardholder Name \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

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