



Medication Assisted Treatment Specialist - MATS

Candidate Guide

December 2008

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PURPOSE OF THE CANDIDATE GUIDE

The Written Examination for Medication Assisted Treatment Specialist (MATS) is an examination that tests knowledge and skills about medication assisted treatment. This exam has been developed by the Connecticut Certification Board (CCB) using a panel of content experts working in various medication assisted treatment settings. The exam is based on current and best-practices in the field and science & research based materials.

The purpose of the Candidate Guide is to provide you with guidance for the MATS written examination process. By providing you with background information on examination domains and sample questions, your preparation for the exam can be enhanced.

EXAMINATION CONTENT

The 2008 CCB Job Task Analysis for Medication Assisted Treatment Specialists identified four performance domains. Within each performance domain are several identified task statements, knowledge, and skill areas that provide the basis for questions in the examination. This Candidate Guide contains detailed information on the domains, tasks, knowledge, and skill areas. The following is a list of the performance domains for the examination and the number of test questions in each.

<u>MATS DOMAINS</u>	<u>NUMBER OF QUESTIONS</u>
I. Pharmacotherapy	20
II. Recovery Supports	15
III. Education	10
IV. Professional Responsibility	5
Total	50

DOMAIN I: PHARMACOTHERAPY

Task 1 - Screen appropriateness and eligibility for MAT and provide referrals as needed.

Task 2 - Identify risks associated with MAT and strategies for response.

Task 3 - Understand medications used in the treatment of substance use disorders.

Task 4 - Recognize medical factors for special populations benefiting from MAT medications.

Task 5 - Recognize need for medical consultation to address specific concerns around client care.

Task 6 - Comply with federal and state regulations and agency policies regarding MAT.

Task 7 - Identifying locations and modalities of MAT.

DOMAIN II: RECOVERY SUPPORTS

Task 1 - Establish rapport with client.

Task 2 – Recognize individual’s need for support options.

Task 3 – Develop and support recovery planning.

Task 4 – Utilize engagement and retention techniques.

Task 5 – Coordinate and maintain care with collaterals.

Task 6 – Recognize a potential crisis situation.

Task 7 – Develop and maintain recovery partnerships.

DOMAIN III: EDUCATION

Task 1 – Educate the person and family/significant others about the effects of the medication and alternative options.

Task 2 – Assist the person and family/significant others in choosing complimentary recovery supports.

Task 3 – Provide information to the community about medication assisted treatment in an attempt to reduce stigma.

Task 4 – Provide information about the benefits of healthy behaviors and risk reduction.

DOMAIN IV: PROFESSIONAL RESPONSIBILITY

Task 1 – Adhere to the MAT code of ethics and standards of practice for medication assisted treatment.

Task 2 – Recognize and maintain professional and personal boundaries.

Task 3 – Understand the need to adhere to federal and state regulations and agency policies as related to medication assisted treatment.

Task 4 – Engage in on-going professional development.

Task 5 – Recognize the importance of self-care and personal wellness.

SAMPLE QUESTIONS

The questions on the MATS examination were developed from the domains identified in the 2008 Job Task Analysis. Multiple sources were utilized in the development of questions for these exams. Each question is linked to one of the knowledge and skill areas identified in each domain.

The following is taken from the instructions that will be read to you prior to taking the examination:

The questions in the examination are multiple choice with four (4) choices: A, B, C, and D. There is only one correct choice for each question. Carefully read each question and all the choices before making a selection. Choose the single best answer. Mark only one answer for each question. You will not be given credit for any question for which you indicate more than one answer. It is advisable to answer every question, since the number of questions answered correctly will determine your final score.

Following are sample questions that are similar to those you will find in the MATS exam. These sample questions do not represent the full range of content or difficulty levels contained in the examination. They are intended to help you become familiar with the types and formats of questions on the examination. You may then check your answers with the answer key that follows. The answer key also shows the domain being tested.

1. Patients frequently use cocaine while taking methadone to:
 - A. increase cocaine stimulation.
 - B. initiate cocaine overstimulation.
 - C. reduce cocaine withdrawal.
 - D. reduce cocaine overstimulation.

2. In the treatment of opioid dependence, prescribing practitioners are allowed to prescribe:
 - A. methadone in their private practice.
 - B. buprenorphine in their private practice.
 - C. LAAM in their private practice.
 - D. chantix in their private practice.

3. When a therapist is engaging a person using motivational interviewing techniques, they:
 - A. agree, approve and praise.
 - B. reassure, sympathize and console.
 - C. express empathy through reflective listening.
 - D. gently probe and analyze to determine underlying problems.

4. The most popular and widely used mutual support model is:

- A. 12 Step recovery programs.
- B. SMART Recovery.
- C. Dual Disorder Anonymous.
- D. secular organizations.

5. Medication Assisted Treatment is:

- A. not as effective as behavioral intervention alone.
- B. most effective when combined with a behavioral intervention.
- C. most effective when used as a stand alone treatment.
- D. replacing one drug with another.

6. Which group would most likely be supportive of someone in treatment for opioid dependence?

- A. Alcoholics Anonymous
- B. Women for Sobriety
- C. Dual Disorders Anonymous
- D. Methadone Anonymous

7. Cultural sensitivity is:

- A. being open to working with issues of culture and diversity.
- B. thinking in terms of stereotypes.
- C. the same as cultural proficiency.
- D. the same as cultural competency.

8. Informed consent refers to a client's:

- A. responsibility for signing all consent forms to be submitted for payment.
- B. right to review their treatment plan, assessment, and referral documents.
- C. right to understand the nature, risks, and consequences of their treatment.
- D. right to revoke their consent for treatment.

No.	Answer	Domain
1.	D	Pharmacotherapy
2.	B	Pharmacotherapy
3.	C	Recovery Supports
4.	A	Recovery Supports
5.	B	Education
6.	D	Education
7.	A	Professional Responsibility
8.	C	Professional Responsibility

SAMPLE EXAMINATION SCHEDULE

The MATS examination consists of 50 multiple-choice questions. One hour and 15 minutes will be provided for completion of the written examination.

Schedule	Activity
8:30 - 8:45 a.m.	Candidates admitted and registered
8:45 a.m.	Candidates seated
8:45 – 9:00 a.m.	Instructions given Materials distributed
9:00 a.m.	Examination begins
10:15 a.m.	Examination ends Materials collected

TAKING THE EXAMINATION

The MATS examination follows a 4-option multiple-choice format. Questions of this type begin with a stem, the premise statement, and are followed by four options. In answering the questions, candidates should read the stem and options carefully. They should then select the one best answer and fill in the letter on the answer sheet that corresponds to the best answer for the question.

The test measures knowledge of the four major Performance Domains as well as the candidate's ability to assess typical medication assisted clients and apply sound principles. Successful candidates will draw on knowledge, analysis, and application to identify the one best option.

In taking the test, you may find it helpful to eliminate obviously incorrect responses after the first reading so as to increase the probability of selecting the best response. If you determine that there are two or more reasonable options, you should select the most plausible choice.

1. The questions in the examination are multiple choice with four (4) choices marked A, B, C, and D. There is only one correct choice for each question. Carefully read each question and all of the choices before making a selection. Choose the single best answer. Mark your answer on the answer sheet by blackening the circle under the letter of your choice. If you change your answer, make sure that you completely erase your previous answer.
2. Mark only one answer for each question. You will not be given credit for any question for which you indicate more than one answer. Be certain to mark your answer on the correct line and in the correct column for the question you are working on.

3. It is advisable to answer every question since the number of questions answered correctly will determine your final score. You should not leave any items blank since you are not penalized for guessing on an item. All blank items will be scored as incorrect.
4. You may bring a watch in order to budget your time and pencils. No other items may be brought into the testing facility.

EXAMINATION RULES

No books, papers, or other reference materials may be taken into the examination room.

No examination materials, documents, or memoranda of any type may be taken from the room by any candidate.

The examination will be given only on the date and time noted on the Registration Letter. If an emergency arises and you are unable to take the examination as scheduled, you may call the CCB Office.

No questions concerning the content of the examination may be asked during the examination period. The candidate should listen carefully to the directions given by the Proctor and read the directions carefully in the examination booklet.

SPECIAL ADMINISTRATIONS

Individuals with disabilities and/or religious obligations that require modifications in test administration may request specific procedural changes, in writing, to CCB, no fewer than 60 days prior to the scheduled test date. With the written request, the candidate must provide official documentation of the disability or religious issue. Candidates should contact CCB regarding what constitutes official documentation. CCB will offer appropriate modifications to its procedures when documentation supports the need for them.

ADMISSION TO THE EXAMINATION

Upon fulfillment of the appropriate eligibility requirements and completion of the application process for MATS, you will be seated for the examination. CCB will send you an Admission Letter confirming your enrollment approximately two (2) weeks prior to the examination date. This Admission Letter will also contain the reporting time, test time, location, contact person, and other relevant information.

In order to gain entrance to the examination, you must present your personalized Exam Registration Letter and a PICTURE IDENTIFICATION CARD (Student ID, Driver's License, etc.).

EXAMINATION DATES

The MATS examination may be administered at least four times per year in March, June, September, and December beginning in June 2009. The exact date, time, and location of the examination will be provided to you after your MATS application has been submitted to and approved by CCB and you have been invited to sit for the MATS exam.

SCORING

The CCB will score all examinations and mail score reports to candidates. Scores will be broken down by category so that candidates can see areas of strength and weakness. This process takes approximately three to four weeks.

The passing point is fixed to assure that all candidates must achieve the same score to be granted certification. To achieve a passing score, MATS candidates must correctly answer approximately 70% of the 50 questions which typically will translate to 35 correct responses. However, the score may be adjusted or scaled based upon testing scores.

TEST DISCLOSURE

If candidates wish to appeal their score on the written test, they must submit a written request to CCB within 30 days of the postmark on the test score report. Candidates should be aware that test security and item banking procedures do not permit candidate's access to test questions, answer keys, or other secure materials.

REFERENCES

The following resources were used as the basis for the majority of questions on the MATS examination. Consulting these references may be beneficial to you as you prepare for the exam. Please note that not all questions on the exam originated from these references.

Backlar, P. and Cutler, D. *Ethics in Community Mental Health Care: Commonplace Concerns*. Kluwer Academic/Plenum Publishers, 2002.

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Effective Medical Treatment of Opiate Addiction, National Institutes of Health Consensus Statement Online, 1997, Nov. 17-19; 15(6):1-38.

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United States Dept. of Health & Human Services, Substance Abuse & Mental Health Services Administration, Center for Substance Abuse Treatment. *Enhancing Motivation for Change in Substance Use Disorder Treatment*, TIP #35, 2000.

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United States Dept. of Health & Human Services, Substance Abuse & Mental Health Services Administration, Center for Substance Abuse Treatment. *Medication-Assisted Treatment For Opioid Addiction in Opioid Treatment Programs*, TIP #43, 2005.

Wechsberg, W. and Kasten, J. *Methadone Maintenance Treatment in the US*. Springer Publishing, 2007.

White, W. and Popovits, R. *Critical Incidents: Ethical Issues in the Prevention and Treatment of Addiction*, 2nd Ed. Chestnut Health Systems, 2001.

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