

Arkansas Peer Recovery Support Specialist Core Peer Integrative Training (PIT) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. According to the Peer Recovery Code of Ethics, what is the first principle specialists must adhere to?**
 - A. Respect confidentiality**
 - B. Keep their personal recovery first**
 - C. Provide emotional support**
 - D. Encourage peer participation**
- 2. What is the significance of the candle in the recovery process?**
 - A. It signifies the fragility of life**
 - B. It represents rebirth**
 - C. It ignites the fragile flame of hope**
 - D. It symbolizes the need for guidance**
- 3. What should a Peer Recovery Support Specialist prioritize according to ethical standards?**
 - A. Their personal life**
 - B. The peer's wants**
 - C. Their own recovery**
 - D. The organization's goals**
- 4. Which of the following is a sign of an overdose?**
 - A. Increased energy and clarity**
 - B. Extreme sleepiness and shallow breathing**
 - C. Rapid heartbeat and high blood pressure**
 - D. Persistent nausea and vomiting**
- 5. In which month did 18 peer specialists become certified as trainers?**
 - A. October 2018**
 - B. November 2018**
 - C. December 2018**
 - D. January 2019**

- 6. How does emotional distress impact the recovery process?**
- A. It facilitates connections**
 - B. It can hinder progress**
 - C. It encourages growth**
 - D. It creates clarity**
- 7. Which communication skills are included in motivational interviewing?**
- A. Closed-ended questions, Reflection, Validation, Directives**
 - B. Open-ended questions, Affirmations, Reflective Listening, Summaries**
 - C. Summaries, Educations, Confrontations, Directives**
 - D. Affirmations, Open statements, Reflecting, Educating**
- 8. What is a potential danger in the "Change is Possible" stage of recovery?**
- A. Support systems are established**
 - B. Risks will not be taken**
 - C. Self-awareness develops**
 - D. Empowerment is fostered**
- 9. What emotion is predominantly felt during the Impact of Illness/SUD stage?**
- A. Acceptance of recovery**
 - B. Hope for the future**
 - C. Overwhelmed by the disabling power**
 - D. Confidence in change**
- 10. What are ethics best defined as?**
- A. Legal regulations**
 - B. Personal beliefs**
 - C. Set of moral principles**
 - D. Cultural norms**

Answers

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1. B
2. C
3. C
4. B
5. B
6. B
7. B
8. B
9. C
10. C

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Explanations

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1. According to the Peer Recovery Code of Ethics, what is the first principle specialists must adhere to?

- A. Respect confidentiality**
- B. Keep their personal recovery first**
- C. Provide emotional support**
- D. Encourage peer participation**

The first principle that specialists must adhere to, as outlined in the Peer Recovery Code of Ethics, emphasizes the importance of keeping their personal recovery first. This principle is fundamental because it underlines the necessity for peer support specialists to prioritize their own recovery journey in order to effectively support others. By maintaining their own well-being and recovery, specialists are better equipped to provide authentic support, guidance, and understanding to peers who are navigating similar challenges. Maintaining personal recovery not only fosters resilience in the specialist but also serves as an inspiring example for those they support. In peer support, personal experience and authenticity are pivotal; thus, when specialists are grounded in their own recovery, they can engage in the peer support process from a place of strength and empathy.

2. What is the significance of the candle in the recovery process?

- A. It signifies the fragility of life**
- B. It represents rebirth**
- C. It ignites the fragile flame of hope**
- D. It symbolizes the need for guidance**

The candle in the recovery process symbolizes the igniting of the fragile flame of hope, which is a critical element in the journey of recovery. Hope serves as a motivating force, encouraging individuals to believe in their capacity to change and overcome challenges. The flame of a candle, with its flickering light, represents the potential for recovery, especially in times of darkness or despair. It illustrates how hope can be a source of strength, inspiring individuals to move forward in their recovery efforts and to seek a brighter future. The act of lighting a candle can also be a symbolic gesture to evoke a sense of determination and resilience in the face of adversity, reinforcing the idea that even a small flame can shine brightly and make a significant impact. Through this symbolism, individuals are reminded that hope is present, even when the path may seem difficult.

3. What should a Peer Recovery Support Specialist prioritize according to ethical standards?

- A. Their personal life**
- B. The peer's wants**
- C. Their own recovery**
- D. The organization's goals**

A Peer Recovery Support Specialist should prioritize their own recovery according to ethical standards. Maintaining personal recovery is essential as it enables the specialist to embody the principles of lived experience and recovery that they are sharing with peers. By staying focused on their own recovery journey, they can better support others by modeling resilience and self-care, which is crucial in fostering a genuine connection. Without a solid grounding in their own recovery, the effectiveness of support provided may be compromised. This prioritization also prevents issues such as burnout or emotional distress, allowing the specialist to remain present and engaged in their role. While the needs and wants of peers, as well as organizational goals, are important and should certainly be considered, they should take a backseat to the specialist's own recovery to ensure that they can provide sustainable and effective support.

4. Which of the following is a sign of an overdose?

- A. Increased energy and clarity**
- B. Extreme sleepiness and shallow breathing**
- C. Rapid heartbeat and high blood pressure**
- D. Persistent nausea and vomiting**

Extreme sleepiness and shallow breathing are hallmark signs of an overdose, particularly with depressants such as opioids or sedatives. During an overdose, the body's normal processes can become severely impaired; for instance, shallow breathing indicates that the body is not receiving enough oxygen, which is a critical concern. This state can progress rapidly and lead to unconsciousness, coma, or death if emergency intervention is not provided. Recognizing these signs is essential for immediate action and potentially life-saving measures. In contrast, increased energy and clarity, rapid heartbeat, high blood pressure, and persistent nausea and vomiting may suggest other conditions or reactions not specific to an overdose scenario, making them less indicative of this serious health crisis.

5. In which month did 18 peer specialists become certified as trainers?

A. October 2018

B. November 2018

C. December 2018

D. January 2019

The reason November 2018 is the correct answer lies in the timeline of events regarding the certification of peer specialists as trainers. This timeframe is crucial for understanding the implementation and expansion of peer support services. In this case, the certification of 18 peer specialists as trainers occurred in November, marking a significant step forward in building a qualified workforce in peer support. This development would typically involve preparation and training efforts that culminated in this month, aligning with the overall growth and evolution of peer support systems within the state. Acknowledging the specific month provides context to the ongoing efforts to enhance peer recovery support services, which rely heavily on the competency and readiness of trainers to pass on their knowledge and skills to others in the community. Having this certification also indicates a structured approach to ensuring that peer support is effective and adheres to recognized standards.

6. How does emotional distress impact the recovery process?

A. It facilitates connections

B. It can hinder progress

C. It encourages growth

D. It creates clarity

Emotional distress can significantly impact the recovery process by hindering progress. When individuals experience emotional distress, they may struggle with feelings of anxiety, depression, or overwhelming stress, which can make it difficult for them to focus on their recovery goals. This distress often leads to a cycle of negative emotions that can fuel substance use or relapse as a coping mechanism, further complicating the recovery journey. Additionally, emotional distress can impair decision-making capabilities and diminish motivation, making it harder for individuals to participate in therapeutic activities or engage with support systems effectively. Recognizing the impact of emotional distress is crucial in recovery, as it highlights the need for appropriate support, coping strategies, and emotional regulation skills to help individuals navigate these challenges successfully.

7. Which communication skills are included in motivational interviewing?

- A. Closed-ended questions, Reflection, Validation, Directives**
- B. Open-ended questions, Affirmations, Reflective Listening, Summaries**
- C. Summaries, Educations, Confrontations, Directives**
- D. Affirmations, Open statements, Reflecting, Educating**

The selection of open-ended questions, affirmations, reflective listening, and summaries as key components of motivational interviewing is rooted in the approach's foundational principles. Open-ended questions encourage clients to share more about their thoughts and feelings, facilitating a deeper conversation and enabling the peer recovery support specialist to understand the individual's motivations and barriers. This approach emphasizes collaboration and respect for the client's perspective. Affirmations build rapport and boost the client's confidence by recognizing their strengths and efforts. This skill is vital in fostering a positive therapeutic relationship and motivating clients to engage in their recovery process. Reflective listening is crucial in motivational interviewing, as it allows the specialist to accurately understand and reflect back what the client expresses. This not only validates the client's feelings but also helps clarify their thoughts, promoting deeper self-exploration. Summaries serve as a way to reinforce what has been discussed, ensuring that both the client and the specialist have a mutual understanding of the conversation and helping to connect ideas for future discussions. Together, these skills create a supportive environment that encourages clients to explore their motivations and develop a readiness for change, which is the essence of motivational interviewing.

8. What is a potential danger in the "Change is Possible" stage of recovery?

- A. Support systems are established**
- B. Risks will not be taken**
- C. Self-awareness develops**
- D. Empowerment is fostered**

In the "Change is Possible" stage of recovery, one potential danger is the mindset where individuals may become overly cautious and avoid taking necessary risks. This stage is typically characterized by a mix of hope and apprehension as individuals start to acknowledge the possibility of change in their lives. While it is vital to have a sense of caution, if individuals become too risk-averse, they may miss out on opportunities for growth and development essential for their recovery journey. Taking calculated risks can be an important part of learning and evolving, and a reluctance to take those risks can hinder progress. On the other hand, establishing support systems, developing self-awareness, and fostering empowerment are fundamentally positive elements found in this stage. These factors contribute to an individual's strength and capacity to pursue recovery, suggesting that while they are important, they are not dangers associated with this phase. Therefore, the concern here lies in the balance between caution and progress—where not being willing to take risks could potentially stall recovery.

9. What emotion is predominantly felt during the Impact of Illness/SUD stage?

- A. Acceptance of recovery**
- B. Hope for the future**
- C. Overwhelmed by the disabling power**
- D. Confidence in change**

During the Impact of Illness/Substance Use Disorder (SUD) stage, individuals often experience a sense of being overwhelmed by the disabling power of their condition. This emotion arises from the realization of how significantly the illness or addiction can affect various aspects of their life, including relationships, work, and personal well-being. It is a time of grappling with the reality of the situation, often leading to feelings of despair and helplessness. Recognizing this feeling is crucial for peer recovery support specialists, as it highlights the importance of providing empathy and understanding during this challenging phase. Support from peers can help individuals navigate these overwhelming feelings and encourage them to seek the hope and resources needed for recovery, which are often not as prominent at this stage. The emotion of being overwhelmed is foundational in the recovery journey as it can lead to the motivation necessary to address and confront the challenges of the illness or addiction moving forward. Having this understanding allows peer specialists to better support individuals as they begin to explore pathways to recovery and healing.

10. What are ethics best defined as?

- A. Legal regulations**
- B. Personal beliefs**
- C. Set of moral principles**
- D. Cultural norms**

Ethics are best defined as a set of moral principles. This definition encompasses the frameworks and guidelines that help individuals determine what is right and wrong, guiding their behavior and decision-making processes. In many professional and personal contexts, ethics serve as a foundation for conducting oneself in a manner that respects the dignity and rights of others. Ethics often extend beyond personal beliefs, as they incorporate widely accepted standards that may be upheld by professional organizations or societal norms. While personal beliefs and cultural norms can influence an individual's ethical views, they do not provide the comprehensive definition that a set of moral principles offers. Legal regulations, though related to ethical considerations, are often enforceable rules imposed by the government and do not capture the broader essence of ethics, which is primarily concerned with moral reasoning and values that guide behavior.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://arpeerrecoverycorepit.examzify.com>

We wish you the very best on your exam journey. You've got this!