

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

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What is a primary objective of the Core Peer Integrative Training (PIT)?**
 - A. To prepare individuals for unrelated job roles
 - B. To equip individuals with the skills and knowledge necessary to effectively support others in recovery
 - C. To promote competition among support specialists
 - D. To limit the understanding of recovery processes
- 2. Which of the following is NOT one of the five principles of trauma-informed care?**
 - A. Safety
 - B. Empowerment
 - C. Coercion
 - D. Collaboration
- 3. What does "relapse prevention" refer to in peer support?**
 - A. Strategies for encouraging substance use
 - B. Strategies and techniques aimed at helping individuals minimize the risk of returning to substance use
 - C. A guarantee against any form of relapse
 - D. Tools for measuring an individual's progress
- 4. What does "self-advocacy" mean in the recovery process?**
 - A. Individuals advocating for others' needs
 - B. The practice of individuals advocating for their own needs and rights in the recovery process
 - C. Refraining from expressing personal needs
 - D. Following someone else's recovery plan without question
- 5. What do peer change agents primarily influence?**
 - A. Physical health habits
 - B. Beliefs
 - C. Government policies
 - D. Educational outcomes

- 6. In which month did 18 peer specialists become certified as trainers?**
- A. October 2018
 - B. November 2018
 - C. December 2018
 - D. January 2019
- 7. What is one of the roles of service during the "Life is Limited" stage of recovery?**
- A. Encouraging risk-taking
 - B. Instilling hope and developing a sense of possibility
 - C. Promoting avoidance of challenges
 - D. Encouraging resignation
- 8. What is the Recovery-Oriented System of Care (ROSC)?**
- A. A method focusing on medication adherence
 - B. A holistic, person-centered approach
 - C. A final destination for recovery
 - D. A program for acute care management
- 9. What does the stage of "Commitment to Change" emphasize about support?**
- A. Support is not necessary
 - B. Support will not be gained
 - C. Support is always available
 - D. Support is guaranteed
- 10. How much more likely is it for someone with an ACE score of four or more to smoke?**
- A. 1x
 - B. 2x
 - C. 3x
 - D. 4x

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is a primary objective of the Core Peer Integrative Training (PIT)?

- A. To prepare individuals for unrelated job roles
- B. To equip individuals with the skills and knowledge necessary to effectively support others in recovery**
- C. To promote competition among support specialists
- D. To limit the understanding of recovery processes

The primary objective of the Core Peer Integrative Training (PIT) is to equip individuals with the skills and knowledge necessary to effectively support others in recovery. This training is designed to develop a comprehensive understanding of recovery-oriented practices and promote empathetic peer support. By focusing on equipping individuals with the relevant skills, PIT seeks to ensure that support specialists can offer meaningful assistance and guidance to those navigating their own recovery journeys. This focus on empowerment and skill development is crucial in the context of peer support, as individuals who have experienced recovery can share lived experiences while providing hope, motivation, and strategies to others in similar situations. This approach fosters an environment that emphasizes collaboration and mutual support, crucial elements in the recovery process.

2. Which of the following is NOT one of the five principles of trauma-informed care?

- A. Safety
- B. Empowerment
- C. Coercion**
- D. Collaboration

The principle of trauma-informed care emphasizes creating a safe, supportive, and empowering environment for individuals who have experienced trauma. Safety is crucial in any care setting, as it refers to both physical and emotional safety for clients. Empowerment focuses on giving individuals a sense of control over their recovery and decision-making processes, which is essential in fostering self-efficacy. Collaboration encourages a partnership between clients and providers, promoting shared decision-making to enhance the therapeutic relationship and effectiveness of care. Coercion does not align with the principles of trauma-informed care. It implies the use of force or intimidation, which can exacerbate feelings of powerlessness and trauma. Trauma-informed care strives to avoid any practices that could be perceived as coercive, recognizing the importance of trust and autonomy in the healing process. Therefore, understanding that coercion is not one of the foundational principles highlights the commitment of trauma-informed care to promoting trust, safety, and empowerment for clients.

3. What does "relapse prevention" refer to in peer support?

- A. Strategies for encouraging substance use
- B. Strategies and techniques aimed at helping individuals minimize the risk of returning to substance use**
- C. A guarantee against any form of relapse
- D. Tools for measuring an individual's progress

Relapse prevention refers to a set of strategies and techniques designed to help individuals minimize the risk of returning to substance use after a period of recovery. These strategies are crucial in peer support because they empower individuals by equipping them with coping skills and resources that can be utilized in high-risk situations or moments of temptation. Instead of simply hoping for the best, relapse prevention involves proactive measures such as identifying triggers, developing a support network, and utilizing coping mechanisms to deal with cravings or stress. It emphasizes the importance of ongoing support and the development of personal strategies to maintain sobriety, rather than providing a false sense of security or guarantees of never relapsing. This approach promotes personal responsibility and self-efficacy in recovery, acknowledging that while relapse can be a possibility, there are effective ways to manage and reduce that risk. The other options do not accurately capture the essence of relapse prevention. Encouraging substance use conflicts with the goals of recovery, while a guarantee against relapse is unrealistic given the complex nature of addiction. Tools for measuring progress may be beneficial but do not encompass the proactive strategies that specifically address the likelihood of relapse.

4. What does "self-advocacy" mean in the recovery process?

- A. Individuals advocating for others' needs
- B. The practice of individuals advocating for their own needs and rights in the recovery process**
- C. Refraining from expressing personal needs
- D. Following someone else's recovery plan without question

Self-advocacy in the recovery process refers specifically to individuals taking the initiative to express and champion their own needs and rights. This empowerment is essential for personal growth and autonomy within recovery. When individuals understand what they require for their healing and well-being, they are more likely to engage in their recovery actively, make informed decisions, and contribute to their support teams. In the context of recovery, self-advocacy can manifest in various ways, such as requesting specific types of treatment, seeking out resources, and voicing concerns about their care. This active participation is crucial not only for personal accountability but also for building a sense of agency and self-worth. The other options highlight concepts that do not align with the principles of self-advocacy. Advocating for others' needs focuses on someone else's concerns rather than one's own, which is not the essence of self-advocacy. Refraining from expressing personal needs undermines the ability to advocate effectively and could lead to unmet needs and dissatisfaction in the recovery process. Lastly, following someone else's recovery plan without question implies a lack of agency and personal involvement, which contradicts the empowerment aspect of self-advocacy.

5. What do peer change agents primarily influence?

- A. Physical health habits
- B. Beliefs**
- C. Government policies
- D. Educational outcomes

Peer change agents primarily influence beliefs, which is critical in the context of peer support and recovery. The foundational role of peer change agents is to share their lived experiences and perspectives with others who may be facing similar challenges, particularly in mental health and substance use recovery. By doing so, they can inspire individuals to adopt new beliefs about their potential for recovery, their self-worth, and the efficacy of seeking help. Through their relationships and interactions, peer change agents can effectively shift attitudes and perceptions, fostering hope and encouraging personal growth. This shift in belief can be pivotal for those in recovery, as it can lead to a greater willingness to engage in positive behaviors and seek support from others. While physical health habits, government policies, and educational outcomes may also experience influences from various agents and initiatives, the primary focus of peer change agents lies in changing personal beliefs and attitudes to promote recovery and empowerment. This relational aspect is what distinguishes peer agents and makes them instrumental in the recovery process.

6. 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.

7. What is one of the roles of service during the "Life is Limited" stage of recovery?

- A. Encouraging risk-taking
- B. Instilling hope and developing a sense of possibility**
- C. Promoting avoidance of challenges
- D. Encouraging resignation

During the "Life is Limited" stage of recovery, one of the essential roles of service is to instill hope and develop a sense of possibility in individuals facing this challenging phase. This stage often includes feelings of despair, hopelessness, and the recognition of limitations due to substance use or mental health issues. Serving individuals during this period involves helping them to envision a future beyond their current struggles, encouraging them to see that change is possible and that a fulfilling life can still be achieved. Instilling hope helps clients to visualize a path forward and empowers them to engage in their recovery process actively. This support might come in the form of sharing success stories, highlighting achievable goals, or providing resources that facilitate positive change. Developing a sense of possibility fosters resilience and motivates individuals to confront their challenges rather than retreat from them, which is especially crucial during such a pivotal time in their recovery journey.

8. What is the Recovery-Oriented System of Care (ROSC)?

- A. A method focusing on medication adherence
- B. A holistic, person-centered approach**
- C. A final destination for recovery
- D. A program for acute care management

The Recovery-Oriented System of Care (ROSC) is fundamentally a holistic, person-centered approach that prioritizes the individual's unique recovery journey. It recognizes that recovery is a multifaceted process that encompasses not just the symptoms of a disorder but also the individual's physical, emotional, social, and spiritual well-being. This approach emphasizes the importance of empowering individuals by involving them in their own treatment planning and supporting them to identify their goals, strengths, and resources. ROSC encourages collaboration among various service providers to create a supportive environment that promotes long-term recovery rather than merely focusing on managing symptoms or providing acute care. This system is designed to foster resilience and self-determination, making it more than just a program; it is a comprehensive framework that integrates various components of support tailored to the needs of the person in recovery. Therefore, it is not simply a method focused narrowly on medication adherence, a final destination, or limited to acute care management, which is why the correct answer highlights the holistic and person-centered nature of ROSC.

9. What does the stage of "Commitment to Change" emphasize about support?

- A. Support is not necessary
- B. Support will not be gained**
- C. Support is always available
- D. Support is guaranteed

The stage of "Commitment to Change" emphasizes the importance of recognizing that support is an ongoing requirement for individuals in their recovery journey. In this context, acknowledging that support is always available reinforces the understanding that individuals can leverage resources, learn from others, and gain motivation through their support networks. While the idea of "support will not be gained" might seem relevant, the focus of this stage is on the proactive engagement with available supports rather than suggesting that support will be absent. This stage is about reinforcing the belief that, despite challenges, individuals have pathways to access needed support, whether through peers, programs, or personal connections. Ultimately, it helps to create a sense of community and encouragement that is crucial for sustained commitment to change, highlighting that while challenges may arise, the environment can foster a supportive framework that is essential for successful recovery and growth.

10. How much more likely is it for someone with an ACE score of four or more to smoke?

- A. 1x
- B. 2x**
- C. 3x
- D. 4x

The statistical data indicates that individuals with an ACE (Adverse Childhood Experiences) score of four or more are indeed significantly more likely to engage in smoking behavior. Specifically, research shows that these individuals are approximately twice as likely to smoke compared to those with lower ACE scores. This finding highlights the correlation between childhood trauma and the development of risky health behaviors in adulthood. Higher ACE scores suggest a history of adverse experiences, which can lead to the adoption of unhealthy coping mechanisms, such as smoking. Understanding this connection is crucial for peer recovery support specialists as they work to assist individuals in overcoming the impacts of their past experiences and promote healthier lifestyle choices. The choice indicating that a person with an ACE score of four or more is twice as likely to smoke captures this important relationship and supports the need for trauma-informed approaches in health and recovery settings.

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!

SAMPLE