

Arkansas Peer Recovery Support Specialist Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. For the 'Change is Possible' stage, what is the role of service?**
 - A. To maintain the status quo**
 - B. Show that to move on, we need to take risks**
 - C. Offer professional counseling only**
 - D. Encourage dependency on services**
- 2. What does "voluntary" indicate in the context of peer support principles?**
 - A. Required participation**
 - B. Always contingent on the peer's choice**
 - C. Mandatory adherence to policies**
 - D. Expected involvement in programs**
- 3. True or False: It is acceptable to promise a peer a ride to 12 Step meetings as long as they are working with you.**
 - A. True**
 - B. False**
 - C. It depends on the situation**
 - D. It's acceptable if discussed with a supervisor**
- 4. What does climbing a mountain represent in the context of recovery?**
 - A. A solitary journey**
 - B. We rebuilt our lives**
 - C. The challenges of the recovery process**
 - D. The peak of success**
- 5. True or False: It is acceptable to break confidentiality if a peer threatens to harm themselves or others.**
 - A. True**
 - B. False**
 - C. Only with supervisor consent**
 - D. Only if harm is imminent**

- 6. Which of the following best describes the role of a peer bridge builder?**
- A. Providing therapy**
 - B. Facilitating understanding**
 - C. Administering tests**
 - D. Offering financial advice**
- 7. What best describes the feeling during the Actions for Change stage?**
- A. Stagnation**
 - B. Determination to improve**
 - C. Acceptance of defeat**
 - D. Isolation from support**
- 8. In the context of recovery support, what does the term 'community' refer to?**
- A. Group of professionals in recovery**
 - B. Network of social support and resources**
 - C. Peer-to-peer relationships only**
 - D. Economic and industrial structures**
- 9. What is one of the components of trauma-informed care?**
- A. Focus solely on present issues**
 - B. Recognize the boundaries of care**
 - C. Understand the commonality of trauma**
 - D. Limit emotional expression**
- 10. What does "ACE" stand for in the context of mental health?**
- A. Adverse Childhood Experiences**
 - B. Alcohol Consumption Effects**
 - C. Acknowledgment of Community Engagement**
 - D. Awareness of Coping Strategies**

Answers

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

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Explanations

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1. For the 'Change is Possible' stage, what is the role of service?

- A. To maintain the status quo**
- B. Show that to move on, we need to take risks**
- C. Offer professional counseling only**
- D. Encourage dependency on services**

In the 'Change is Possible' stage, the service's role centers on demonstrating that personal growth often requires taking risks. This is a pivotal moment in the recovery process where individuals are encouraged to step out of their comfort zones and explore new possibilities for change. By highlighting the necessity of risk-taking, services can effectively empower individuals to embrace challenges, instill confidence, and promote self-efficacy. This perspective aligns with the essence of recovery, where moving forward may involve uncomfortable but necessary steps. Encouraging clients to realize the power of risk into their journey helps them to envision attainable goals and motivates them to pursue their desired outcomes courageously. Focusing solely on maintaining the status quo or depending excessively on services would hinder progress and growth. Professional counseling can be valuable, yet it should not be the only service provided, as individuals also need experiential learning and support in taking those risks.

2. What does "voluntary" indicate in the context of peer support principles?

- A. Required participation**
- B. Always contingent on the peer's choice**
- C. Mandatory adherence to policies**
- D. Expected involvement in programs**

In the context of peer support principles, "voluntary" indicates that participation is always contingent on the peer's choice. This concept is fundamental to the peer support model, which emphasizes the importance of autonomy and self-determination. Peers are encouraged to engage in the support process based on their own willingness and desire to seek help, rather than feeling coerced or obligated to participate. This voluntary nature fosters a sense of empowerment, allowing individuals to make choices that are best for their personal recovery journeys. The focus on personal choice aligns with the values of respect and dignity inherent in effective peer support. Participants are more likely to benefit from services when they engage of their own volition, leading to more meaningful and impactful interactions.

3. True or False: It is acceptable to promise a peer a ride to 12 Step meetings as long as they are working with you.

A. True

B. False

C. It depends on the situation

D. It's acceptable if discussed with a supervisor

Promising a peer a ride to 12 Step meetings without clear boundaries or policies in place is generally not advisable. As a Peer Recovery Support Specialist, maintaining professional boundaries is essential to foster a supportive and safe environment for peers. When promises such as rides are made, it can lead to complications regarding dependency, expectations, or personal involvement that may blur the lines of the professional relationship. By committing to provide personal transportation, it creates an implicit expectation for the peer that can complicate the recovery process and may place the specialist in a position that could impact their role and objectivity. Instead, encouraging peers to find their own means of transportation fosters autonomy and builds their problem-solving skills, which are crucial to their recovery journey. Thus, the assertion that it is acceptable to make such promises is indeed false, as it goes against the principles of maintaining professional integrity and supporting the independence of the individuals served.

4. What does climbing a mountain represent in the context of recovery?

A. A solitary journey

B. We rebuilt our lives

C. The challenges of the recovery process

D. The peak of success

Climbing a mountain in the context of recovery symbolizes the challenges of the recovery process. Each step up the mountain represents the struggles and obstacles that individuals face during their journey to sobriety and well-being. Just as climbing a mountain involves physical exertion and perseverance, recovery requires determination and resilience to overcome difficulties. The journey can be fraught with setbacks, akin to navigating difficult terrain or facing inclement weather on a mountain. However, the process also highlights growth, learning, and achievement over time. The mountain serves as a metaphor for the ongoing journey individuals undertake in recovery, signifying that they may encounter tough paths but are also working toward eventual success and improved lives. While rebuilding lives is undoubtedly a key aspect of recovery, it is not quite as comprehensive in encapsulating the myriad challenges and efforts involved throughout the entire recovery journey as climbing a mountain does.

5. True or False: It is acceptable to break confidentiality if a peer threatens to harm themselves or others.

A. True

B. False

C. Only with supervisor consent

D. Only if harm is imminent

Breaking confidentiality in situations where a peer threatens to harm themselves or others is generally considered necessary for safety. This principle is rooted in ethical standards and laws that prioritize the wellbeing of individuals and the community. When a threat is made, the potential risk to life is paramount, and confidentiality cannot supersede the obligation to protect individuals from harm. In these circumstances, it is important to take appropriate measures, which may include informing authorities, mental health professionals, or others who can intervene to ensure safety. Confidentiality is essential in building trust and fostering open communication in peer support relationships, but the duty to protect life takes precedence when there is an immediate threat. While the other choices touch upon aspects of confidentiality, the urgency of the situation regarding potential self-harm or harm to others provides a clear justification for breaking confidentiality to safeguard lives. This aligns with ethical practices in mental health and substance use recovery support.

6. Which of the following best describes the role of a peer bridge builder?

A. Providing therapy

B. Facilitating understanding

C. Administering tests

D. Offering financial advice

The role of a peer bridge builder is fundamentally centered around facilitating understanding and connection between individuals in recovery and the resources they need. This involves actively listening to the experiences of peers, sharing lived experiences, and fostering a supportive environment where mutual respect and empathy are paramount. Peer bridge builders do not provide therapy, which is a professional clinical service requiring specific training and credentials. Instead, they focus on understanding the experiences of others and helping them navigate their recovery journey through shared experiences and insights. Administering tests is outside the scope of a peer bridge builder's responsibilities, as this role is not related to assessment or evaluation, which are typically performed by licensed professionals in clinical or educational settings. Offering financial advice also does not align with the primary purpose of a peer bridge builder, which is not centered on financial matters but rather on emotional and social support within the recovery community. In summary, the core function of a peer bridge builder is to create a bridge of understanding that facilitates individuals' access to support and resources, directly aligning with the role of facilitating understanding.

7. What best describes the feeling during the Actions for Change stage?

- A. Stagnation**
- B. Determination to improve**
- C. Acceptance of defeat**
- D. Isolation from support**

During the Actions for Change stage, individuals often feel a strong determination to improve their situation. This stage is pivotal in the recovery process, where individuals are motivated to take proactive steps towards making positive changes in their lives. This determination is fueled by the recognition of the need for change and a commitment to actively pursue goals related to recovery. In this stage, feelings of empowerment are common as individuals begin to implement strategies, seek support, and engage in behaviors that align with their recovery goals. This contrasts with feelings of stagnation, acceptance of defeat, or isolation from support, which might characterize earlier or less proactive stages in the recovery journey. The focus here is on forward movement, taking action, and fostering growth — all hallmarks of a determined individual ready to embrace change.

8. In the context of recovery support, what does the term 'community' refer to?

- A. Group of professionals in recovery**
- B. Network of social support and resources**
- C. Peer-to-peer relationships only**
- D. Economic and industrial structures**

The term 'community' within the context of recovery support emphasizes the significance of a network of social support and resources. This definition highlights the importance of connections among individuals, support groups, organizations, and services that provide both emotional and practical assistance to people in recovery from addiction or mental health issues. A strong community can foster a sense of belonging, promote resilience, and facilitate access to recovery resources, helping individuals to maintain their recovery journey effectively. This network can include family members, friends, support groups, educational programs, and local organizations that all contribute to a supportive environment essential for successful recovery. Understanding the community in this way underscores the holistic approach to recovery that extends beyond just peer-to-peer relationships or the involvement of trained professionals, which is limited compared to the broader and more inclusive definition of community as a network of support and resources.

9. What is one of the components of trauma-informed care?

- A. Focus solely on present issues**
- B. Recognize the boundaries of care**
- C. Understand the commonality of trauma**
- D. Limit emotional expression**

Understanding the commonality of trauma is a fundamental component of trauma-informed care. This approach recognizes that many individuals seeking support have experienced trauma, which can significantly influence their behaviors, emotions, and interactions. By acknowledging that trauma is a widespread issue, practitioners can create a more empathetic and supportive environment for clients, promoting healing and recovery. Trauma-informed care emphasizes that recognizing the prevalence of trauma informs the way services are delivered, helping to foster trust and safety in the therapeutic relationship. This understanding allows service providers to tailor their approach, ensuring that care is sensitive to the past experiences of individuals, which can improve engagement and outcomes. In contrast, focusing solely on present issues ignores the historical context of a client's experiences and may overlook overriding factors that influence their current state. Recognizing the boundaries of care is important but does not directly address the core principles of trauma-informed care. Limiting emotional expression contradicts the goal of trauma-informed care, which aims to validate and support individuals in processing their feelings rather than suppressing them.

10. What does "ACE" stand for in the context of mental health?

- A. Adverse Childhood Experiences**
- B. Alcohol Consumption Effects**
- C. Acknowledgment of Community Engagement**
- D. Awareness of Coping Strategies**

"ACE" stands for Adverse Childhood Experiences in the context of mental health. This term refers to a body of research that examines the impact of traumatic events during childhood, such as abuse, neglect, and household dysfunction, on individual health outcomes later in life. Understanding ACEs is crucial in mental health because they have been linked to a variety of negative consequences, including mental health disorders, substance abuse, and chronic diseases. Recognizing the role of ACEs helps mental health professionals and peer recovery support specialists to better understand the backgrounds of individuals they work with, allowing for more effective support and interventions tailored to those who may have experienced these adverse events. This knowledge is foundational in developing trauma-informed care practices, which prioritize safety, empowerment, and healing. Other options in the question, while potentially relevant to mental health discussions in various contexts, do not specifically relate to the established concept of ACEs and their broad implications in mental health research and practice.