

PCB Certified Recovery Specialist (CRS) 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

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- 1. Act 126 (42 Pa Code §6352.1) specifically governs the release of drug and alcohol treatment and other records for which group?**
 - A. Adults in treatment**
 - B. Minors alleged dependent or delinquent and their parents**
 - C. Healthcare providers**
 - D. Insurance companies**

- 2. Rule 2.2 - Prohibits sex/romance with clients' friends & family in risk of exploitation/harm: Which option is correct?**
 - A. No sex/romance with clients' friends in person**
 - B. No sex/romance with anyone else**
 - C. No sex/romance with clients' friends & family in person or electronically when there's risk of exploitation or harm**
 - D. No relationships with colleagues**

- 3. Which statement about 'Records' under Part 2 is true?**
 - A. Only written documents count.**
 - B. Any information, whether in writing, orally, electronically, or other means.**
 - C. Only records kept in a specific format.**
 - D. Only records of substance abuse treatment.**

- 4. What is a process addiction?**
 - A. A physical dependence on a chemical substance**
 - B. Psychological dependence on a behavioral activity**
 - C. An addiction to a medication**
 - D. A mood disorder**

- 5. Stigma definition: What is stigma?**
 - A. a mark of disgrace associated with a particular circumstance, quality, or person.**
 - B. A legal designation**
 - C. A medical term**
 - D. A badge of honor**

- 6. Barbiturates Withdrawal Symptoms: Which description best fits?**
- A. Unpredictable, frightening, may be life-threatening**
 - B. Severe, prolonged coma**
 - C. Life is unaffected**
 - D. Nearly painless**
- 7. Which statement best reflects the ADA's approach to impairment listings?**
- A. The ADA does not name all impairments that are covered.**
 - B. The ADA lists every impairment by name in the statute.**
 - C. The ADA excludes all mental impairments.**
 - D. The ADA requires impairment to be visible to be protected.**
- 8. In 1875, opium dens were outlawed in which city?**
- A. New York**
 - B. Los Angeles**
 - C. San Francisco**
 - D. Chicago**
- 9. To be covered by 42 CFR Part 2, a provider must meet the definition of 'program' and be what?**
- A. Privately funded but not federally assisted**
 - B. Federally assisted**
 - C. Licensed by the state only**
 - D. A hospital with multiple facilities**
- 10. Which statement describes opiates withdrawal symptoms?**
- A. Not painful for most individuals**
 - B. Symptoms resolve within a day**
 - C. Withdrawal is easy to ignore**
 - D. Extremely uncomfortable/frightening**

Answers

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

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Explanations

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1. Act 126 (42 Pa Code §6352.1) specifically governs the release of drug and alcohol treatment and other records for which group?

A. Adults in treatment

B. Minors alleged dependent or delinquent and their parents

C. Healthcare providers

D. Insurance companies

Pennsylvania Act 126 focuses on how drug and alcohol treatment records can be released in cases involving minors who are alleged dependent or delinquent. The provision in 42 Pa. Code §6352.1 specifically allows these records to be released to the minor's parent or guardian so they can participate in treatment planning, oversight, and coordination with the court or service providers. This setup aims to balance protecting the minor's privacy with ensuring that families are involved in the accountability and support process during dependency or delinquency proceedings. The other groups listed—adults in treatment, healthcare providers, or insurance companies—aren't the target audience for this particular release provision; their access is governed by different confidentiality rules and consent requirements.

2. Rule 2.2 - Prohibits sex/romance with clients' friends & family in risk of exploitation/harm: Which option is correct?

A. No sex/romance with clients' friends in person

B. No sex/romance with anyone else

C. No sex/romance with clients' friends & family in person or electronically when there's risk of exploitation or harm

D. No relationships with colleagues

This item focuses on maintaining professional boundaries to prevent exploitation when working with clients. Rule 2.2 prohibits any sex or romantic involvement with a client's friends or family whenever there is a risk of exploitation or harm. The strength of this rule is that it addresses potential harm in a broad way, not just in person but also through electronic or online interactions, since danger can arise regardless of the contact method. The best choice captures both parts: it denies sex or romance with the client's friends and family whenever there's risk, regardless of whether the interaction is in person or electronic. The other options are narrower or off-topic: restricting only in-person contact misses electronic risk; saying no sex with anyone else is too broad and not what this rule specifies; and focusing on relationships with colleagues does not address the client-centered risk described.

3. Which statement about 'Records' under Part 2 is true?

- A. Only written documents count.
- B. Any information, whether in writing, orally, electronically, or other means.**
- C. Only records kept in a specific format.
- D. Only records of substance abuse treatment.

Under Part 2, records are defined broadly as any information about a person's substance use treatment that a program handles, not just written documents. This means everything from intake forms and progress notes to information shared verbally and stored electronically—emails, voicemail, or other digital records—falls under this protection. The goal is to shield all identifiable information about a patient from unauthorized disclosure, unless a valid written consent or a specific exception applies. So the statement that best fits is that records include information in writing, orally, electronically, or by other means. The other options are too limited, since they ignore non-written formats, restrict to a specific format, or limit to records of treatment only, which would miss other protectable information a Part 2 program might hold.

4. What is a process addiction?

- A. A physical dependence on a chemical substance
- B. Psychological dependence on a behavioral activity**
- C. An addiction to a medication
- D. A mood disorder

Process addiction is a psychological dependence on repeating a behavior rather than consuming a chemical. In this pattern, the person feels driven to engage in a specific activity—such as gambling, gaming, shopping, sex, internet use, or eating—and uses that activity to cope with emotions or stress. The hallmark is a loss of control and continued engagement despite negative consequences, with cravings and prioritization of the behavior over other responsibilities or values. Because no drug or toxin is involved, the problem lies in the behavioral reinforcement and the way the activity affects mood and motivation, rather than physical withdrawal or tolerance to a substance. Understanding this helps explain why someone might struggle to stop a behavior even when it harms their life.

5. Stigma definition: What is stigma?

- A. a mark of disgrace associated with a particular circumstance, quality, or person.**
- B. A legal designation
- C. A medical term
- D. A badge of honor

Stigma is a mark of disgrace associated with a particular circumstance, quality, or person. It's a social label that leads to prejudice and unfair treatment based on how others view or judge someone, rather than any official status or medical fact. It isn't a legal designation, which would be a formal status defined by law. It isn't a medical term, since it refers to social perception rather than clinical classification. And it isn't a badge of honor, which would imply respect or pride. This makes the first option the best choice, since it captures the idea of social shame and discrimination tied to a trait or circumstance.

6. Barbiturates Withdrawal Symptoms: Which description best fits?

- A. Unpredictable, frightening, may be life-threatening**
- B. Severe, prolonged coma**
- C. Life is unaffected**
- D. Nearly painless**

Barbiturate withdrawal is dangerous because the body develops tolerance and dependence on these depressants, so stopping suddenly lets the brain swing from heavy suppression to overactivity. That rebound hyperexcitability can show up in many ways, and the course can be unpredictable. Some people experience agitation, tremors, sweating, and severe anxiety, while others may develop delirium and seizures. Because seizures and autonomic instability can occur, withdrawal can become life-threatening, especially after long-term or high-dose use and with certain barbiturates. This fits the description of being unpredictable, frightening, and potentially life-threatening. The other options don't match: coma is not a typical withdrawal pattern and more suggests overdose or another condition; withdrawal is not life-unchanging or painless.

7. Which statement best reflects the ADA's approach to impairment listings?

- A. The ADA does not name all impairments that are covered.**
- B. The ADA lists every impairment by name in the statute.**
- C. The ADA excludes all mental impairments.**
- D. The ADA requires impairment to be visible to be protected.**

The ADA protects a wide range of conditions by using a broad, inclusive definition of disability instead of listing every possible impairment by name. It focuses on whether an impairment substantially limits a major life activity, with examples of activities to illustrate scope, but it does not provide an exhaustive catalog. This means protections can apply to conditions not specifically named and even to non-visible impairments, including mental health conditions, as long as they meet the substantial limitation test. So, stating that the ADA does not name all impairments that are covered best captures how the act works. The other notions—that it lists every impairment, excludes mental impairments, or requires visibility—do not align with the statute's approach.

8. In 1875, opium dens were outlawed in which city?

- A. New York**
- B. Los Angeles**
- C. San Francisco**
- D. Chicago**

Opium dens were a focus of late 19th-century anti-vice campaigns, and San Francisco took a decisive step in 1875 by enacting a municipal ordinance that made operating opium dens illegal and criminalized non-medical opium use. This specific year-and-city combination is well documented, so the crackdown is most closely associated with San Francisco. Other cities regulated opium dens as well, but not with the same widely cited 1875 ban.

9. To be covered by 42 CFR Part 2, a provider must meet the definition of 'program' and be what?

- A. Privately funded but not federally assisted**
- B. Federally assisted**
- C. Licensed by the state only**
- D. A hospital with multiple facilities**

Part 2's confidentiality protections apply to substance use treatment programs that are funded or supported by the federal government. The provider must not only fit the defined meaning of a program under Part 2 but also be federally assisted in some way. That federal involvement is what triggers Part 2's strict privacy rules. Being privately funded, or licensed only by the state, or a hospital with multiple facilities, does not by itself bring a program under Part 2 unless there is federal financial assistance or a federal relationship. So the essential requirement is federal assistance.

10. Which statement describes opiates withdrawal symptoms?

- A. Not painful for most individuals**
- B. Symptoms resolve within a day**
- C. Withdrawal is easy to ignore**
- D. Extremely uncomfortable/frightening**

Opiate withdrawal causes a surge of physical and emotional distress as the body adjusts to the absence of the drug, and this is felt as extremely uncomfortable and frightening by many people. The body's alarm system becomes highly active, producing flu-like symptoms plus intense anxiety, restlessness, muscle and bone aches, sweating, yawning, irritability, insomnia, and sometimes nausea or diarrhea. This combination creates a compelling, distressing experience that people often describe as both painful and terrifying, which is why this description best fits withdrawal. It's not a painless experience for most individuals, it doesn't resolve within just a day, and it's not easy to ignore due to the striking physical and psychological symptoms.

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://pcbcrs.examzify.com>

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

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