

Answers and Explanations to Sample Exam Questions:

- B:** Recovery and/or wellness plans help those receiving services to plan for immediate needs, anticipate triggers and identify supporters. With the help of peers they can identify both short and long term goals to support their recovery.
- D:** One major role of a peer who provides recovery support is to advocate for the peer, protect the peer's rights and reduce the impact of stigma on the peer's recovery process.
- C:** SAMHSA has outlined four major dimensions that support a life in recovery:
 - Health**—overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
 - Home**—having a stable and safe place to live
 - Purpose**—conducting meaningful daily activities, (such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society)
 - Community**—having relationships and social networks that provide support, friendship, love, and hope
- A:** The Center for Disease Control describes stigma as a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid, and discriminate against people with mental illness and other behavioral health differences. Stigma can lead to social exclusion or discrimination, and can *discredit a person due to differences* which may result in unequal access to resources including educational opportunities, employment, a supportive community, and access to quality health care.
- C:** Some key ethical boundaries of a Peer Recovery Specialist include *not exchanging money or gifts or services*, not dating or socializing with peers, and not sharing personal contact information.
- A:** Peers who provide recovery support are individual's with *lived experience* (with a mental illness and/or addiction to alcohol and/or other drugs) and have completed *specific training*, supervision and work experience. Peer Recovery Specialists serve as mentors, advocates and supporters to peers, and participate in on-going professional education and supervision.

7. **C:** Professional Development is the continuous process of acquiring new or updated knowledge and skills that relate to one's profession, job responsibilities, or work environment.
8. **D:** One of the major roles of a peer who provides recovery support is to advocate for the recovery movement, advocate for the peer, and protect the peer's rights.
9. **D:** Co-occurring disorders are defined as people with one or more mental illnesses AND one or more substance use disorders at the same time. "Co-occurring" historically was referred to as "dual diagnosis" and/or "dual disorder".
10. **D:** Motivational interviewing is one technique for a peer providing recovery support to listen and communicate effectively. Motivational interviewing incorporates reflective listening, respect, no judgement, and positive focus. It also promotes self-efficacy in the peer relationship and can create connection.
11. **A:** Recovery stories are a powerful and valuable tool. Sharing recovery stories can inspire hope and support change. Recovery stories illustrate one path to recovery but not the only or best path.
12. **B:** According to the National Ethical Guideline for Peer Supporters, peer support is voluntary, hopeful, open-minded, respectful, facilitates change, strength-focused, equal, transparent and person-driven.
13. **B:** A recovery oriented system of care supports a person-centered approach that builds on the strengths and resilience of individuals, families, and communities to maintain recovery, improve health, wellness and quality of life.
14. **A:** Peer recovery support is designed to build connections. Some ways peers may create barriers for connections include: telling, ordering or directing, cautioning, lecturing and not being aware of personal power in the peer relationship.
15. **C:** Some functions of empathy are to build relationships, increase communication, and show the ability to understand and share another person's feelings. Some barriers that interfere with showing empathy may include: talking too much and not listening, interrupting when a person is talking to insert your views or opinions, and not responding or letting the person know you are listening.
16. **D:** Anyone and at any age can experience PTSD after experiencing a traumatic event. Some sample traumatic events include: war, natural disasters, extreme poverty, physical, psychological and/or sexual abuse.
17. **C:** The Stages of Change model applies to many kinds of behavior change. The components provide a cycle, precontemplation, (does not see problem), contemplation (has some awareness of problem), preparation (has intent to change), action (has begun making change), maintenance (has maintained changed behavior for more than 6 months) and relapse/reoccurrence (reverts back to previous behavior). People often go through the Stage of Change cycle multiple times.

18.D: Trauma-informed care is a change approach to decrease the adverse impact trauma has on a person's wellbeing. Although a trauma-informed approach may treat everyone as if they have experienced trauma (universal precautions), many but not all people participating in recovery support have had a traumatic event (s). Peer support needs to be prepared to recognize trauma and provide referral to care if needed.

19.B: Peer recovery support does not focus solely on a person's disorder (s). A person is not their diagnosis. Peer recovery support focuses on the whole person and their ability to make positive change.

20.C: Values are the basic beliefs that an individual thinks to be true. Everyone has a set of values through which they look at the world. Ethics are guidelines or rules that are set for a society or an organization rather than for an individual.

An example:

Code of ethics statement: Peer support providers will practice safe and healthy disclosure about their experience.

Value statement: Know yourself and know when to use your story appropriately.