



# Adult Peer Support Specialist

Written Exam

Thank you for participating in the Adult Peer Support Specialist Training Program with Goodwill Industries of Kentucky. Please complete the exam below by answering all questions.

Your Name: \_\_\_\_\_

## Part 1: Short Answer – each question is worth three points

1. What is meant by the term “Adult Peer Support Specialist?”

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2. What is the Substance Abuse Mental Health Services Administration’s (SAMHSA) working definition of recovery?

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3. What is the difference between a “recovery story” and an “illness story”?

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4. Why is telling a recovery story helpful to clients and staff?

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5. Describe the five stages of recovery. Include the name of each stage; what is going on with the person; the danger the person faces in each stage; and the role of services for each stage. You may put your answer in table format, if preferred. The answer for each stage is worth 4 points; making this question worth 20 points.



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6. What is meant by the statement, "The absence of negative messages is more important in creating a positive self-image than the presence of positive messages."

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7. What does the term "Behavioral Health" mean?

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8. What is one way to state the "Ethic of Reciprocity"?

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9. You can change behaviors by changing beliefs. What are two ways to change a person's beliefs?

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10. What is meant by trauma informed care?

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**11.** What is compassion fatigue?

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**12.** Give at least two examples of how you will practice self-care to avoid compassion fatigue.

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**13.** Define cultural awareness.

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Part II – Multiple Answer, Circle All That Apply – Each Question is worth 2 points, and all correct answers must be selected to get the points.

- 14.** Which of the following best describes “Treatment Services”?
- a. Purpose is to reduce emotional distress
  - b. Focuses on reducing symptoms
  - c. Provides skills, resources, and supports
  - d. Services include diagnoses, medications, and treatment
  - e. Helping you to find employment.
  - f. Services include setting goals, teaching skills, and coordinating resources
- 15.** Which of the following best describes “Open, Honest Questions”?
- a. Leading and guiding
  - b. Cannot be answered with 1-2 words
  - c. You don’t know the answer to and/or don’t know the “right” answer
  - d. Ask who, what, when, where, and how
  - e. Are reflective questions
  - f. Asks why
- 16.** Which of the following things should a peer specialist do if a client appears to be having suicidal thoughts?
- a. Ask them, either directly or indirectly, if they are thinking of suicide
  - b. Listen to them and try to convince them to get help
  - c. Talk to your supervisor or any available clinician immediately
  - d. Ignore them because only clinicians can discuss suicide
  - e. Call the Medicaid billing line
- 17.** Which three questions below might a peer specialist ask a client to help move them through their fears?
- a. What is the fear keeping you from doing or being?
  - b. What supports are available to you?
  - c. Don’t you think that is a childish fear?
  - d. How does it make you feel, emotionally and physically?
  - e. Don’t you want to feel better?
- 18.** Which of these are guiding principles of recovery? CC 3 slides 49-59
- a. Person-driven
  - b. Cost Analysis
  - c. Peer Support
  - d. Respect
  - e. Culturally-based
- 19.** Which steps below provide “effective communication in situations with potential conflict”?



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- a. Offer a “we statement” that acknowledges common ground and promotes a partnership as another way of getting things done.
  - b. Only discuss it with another witness available.
  - c. Observe and affirm the other person’s position, values, and concerns
  - d. Discuss the prior problems you have worked through.
  - e. Relate the other person’s position, value and concerns to your experience as a consumer
- 20.** When faced with an ethical dilemma, which of the following questions should guide your actions and decisions?
- a. Why am I questioning my actions in this situation?
  - b. Does this in any way complicate or endanger my relationship with the client?
  - c. How often do I see this person each month?
  - d. Is there an agency policy regarding this situation?
  - e. Is this a billable service?
- 21.** Which of the pieces below are part of a Wellness Recovery Action Plan (WRAP)?
- a. Stressors
  - b. Crisis Plan
  - c. Daily Maintenance Plan
  - d. Early Warning Signs
  - e. Recovery Story
- 22.** Which of these can be windows into what a person wants?
- a. Negative self-talk
  - b. Medicaid Status
  - c. Advice
  - d. Fears
  - e. Dissatisfaction

Part III Circle the Correct Answer – Each Question is Worth 2 points

- 23.** Which of the following are the five basic steps to problem solving with an individual?
- a. Problem, Needs, Strengths, Supports, Preferences
  - b. Strengths Assessment, Needs, Preferences, Supports, Recovery
  - c. Problem, Impact, Cost/Benefit, Brainstorm, Action
  - d. Problem, Impact, Needs, Brainstorm, Action
- 24.** Listing multiple ways to solve a problem is called:
- a. Action
  - b. Listing
  - c. Brainstorming
  - d. Evidence Based Practice
- 25.** One of the biggest obstacles for a person at the “Commitment to Change” stage is:
- a. Being afraid to take risks for fear that they may relapse.
  - b. They begin to see themselves as the illness and begin to live out an “illness or disabled” story.



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- c. They do not have the help they need to get the necessary skills, resources, and support.
  - d. They believe there is nothing they can do to make a better life for themselves.
  - e. They move too quickly and do not think through everything involved in making the change.
- 26.** Which of the following is not a fundamental belief of the peer specialist training?
- a. Everybody has the ability to learn and grow.
  - b. Life's experiences are not reliable teachers.
  - c. Whatever people focus on, they give power to.
  - d. People's choices guide their way through life.
  - e. People's beliefs determine their behavior.

### Part IV True/False – Each question is worth 2 points

- 27.** In Kentucky, WRAP is a legal document.
- a. True
  - b. False
- 28.** At a group, everyone should speak.
- a. True
  - b. False
- 29.** Health, Home, Purpose, and Community are the four major dominions that support recovery.
- a. True
  - b. False
- 30.** Accomplishing a goal always involves changing your current situation.
- a. True
  - b. False
- 31.** Kentucky's Advance Directive for Mental Health Treatment is a legal document.
- a. True
  - b. False
- 32.** Before the 1980's, providers thought that individuals could not recover from mental illness.
- a. True
  - b. False
- 33.** When a person has both a mental health issue and a substance use issue, they are said to have a co-occurring disorder.
- a. True
  - b. False
- 34.** Setting a goal never involves getting rid of something I have or am doing.
- a. True
  - b. False
- 35.** A Peer Support should set up a client's goals.
- a. True
  - b. False
- 36.** Kentucky's Advance Directive for Mental Health was a provider initiative.
- a. True



B. What positive things do the APSS program bring to Kentucky's behavioral health services delivery system?