

1. What is the Certified Peer Specialist role in supporting someone who is being involuntarily committed?
  - a) Ensuring the peer does not have access to sharp objects
  - b) Advocate for the peer's voice remaining at the center of decision making and continue to offer supports if they are requested
  - c) Inform your supervisor that you cannot offer peer support to the peer anymore because they are at a higher level of care
  - d) Make sure the peer understands that involuntary commitment is there to keep them safe

Correct answer: b

2. You are a Certified Peer Specialist who recently took on a CPS position with a new organization. You have learned that your new employer utilizes documentation and supervision practices that you believe do not honor peers' confidentiality and privacy. How could you best address your concerns?
- a) Keep your concerns to yourself for the time-being, as you are a new hire and might just not understand how things are supposed to work yet
  - b) Immediately bring your concerns to the Executive Director and change team, demanding organizational policies and procedures be changed
  - c) Call your previous place of employment to have them talk to your new supervisor about why your new employer's documentation and supervision practices are harmful
  - d) Consult the Wisconsin Certified Peer Specialist Code of Ethics and initiate a conversation with your supervisor, exploring how organizational policies and procedures support and/or conflict with the Code of Ethics and your role as a CPS

Correct answer: d

3. Amanda is receiving peer support services from Taryn, a Certified Peer Specialist. Amanda has made occasional disparaging comments to Taryn about Taryn's sexual orientation and marriage to another woman. Taryn is having a difficult time offering support to Amanda, because she feels disrespected on the basis of her sexual orientation. How should Taryn move forward in her role as a CPS as a first step?
- a) Try to ignore the disparaging remarks and reorient to conversations about Amanda's mental health recovery and stated goals
  - b) Explain to Amanda that Taryn will cancel all future peer support meetings unless Amanda promises to discontinue making homophobic remarks
  - c) Talk to other Certified Peer Specialists on the team to see who else could work with Amanda.
  - d) Name that the remarks cause Taryn to feel hurt, and offer to have a conversation exploring whether the peer relationship feels like a good fit for everyone.

Correct answer: d

4. You are a Certified Peer Specialist supporting Fran. Fran has voiced some concerns about her treatment plan and feels like the stated goals therein are not in alignment with her own vision of recovery. She asks you to accompany her into a treatment team meeting to discuss these concerns with support. When you both arrive, the clinical director informs you that this meeting is only for Fran and the clinical staff, and you are told to not come in. What is the best way to respond?
- a) Clarify that as a CPS you are a professional support to Fran, and that your role is one that centers Fran's wishes, and that these are for you to accompany her as added support in this space
  - b) Tell the clinical director that Fran asked for you to be in the meeting and that she's in a vulnerable space in her recovery can't succeed without your support
  - c) Comply with the clinical director and tell Fran that you can't come into the meeting as she requested, explaining that the clinical director's word is the final say
  - d) Insist on accompanying Fran into the meeting, and advocate on her behalf that her treatment plan must be more in alignment with her wishes and stage of change

Correct answer: a

5. You are a Certified Peer Specialist who is supporting Jake as he navigates substance use recovery. In the past, Jake valued staying sober and attending 12-step meetings regularly. Now Jake is saying that he would like to try to moderate his alcohol consumption and stop attending 12-step meetings. How could you best offer support in your role as a CPS?
- a) Caution Jake against reintroducing drinking, as it's a slippery slope and offer to attend a 12-step meeting with him as moral support
  - b) Support his choice to explore moderation, and encourage him to only drink with you so that someone else can make sure it doesn't go too far
  - c) Ask Jake how he came to a shift in his definition and goals of recovery and offer to explore what other supports might be available outside of sobriety-focused groups
  - d) Validate Jake's desire to take risks and explore moderation but also make sure to inform Jake's case manager of Jake's decision to drink again

Correct answer: c

6. You are a Certified Peer Specialist and are looking for ways for those you support to stay in contact and easily reach out during times of increased stress. Which of the following would be an acceptable solution regarding the ethics and boundaries of a Wisconsin CPS?
- a) Accepting dinners paid for by the peers you are working with
  - b) Calling a peer during your personal time to see how they are doing
  - c) Developing a professional social media page for use with peers during work hours
  - d) Developing romantic relationships with your peers when you feel a special connection

Correct answer: c

7. Which of the following is an example of an effective, strengths-based affirmation offered by a Certified Peer Specialist?
- a) "I think it's great you're staying away from your old drinking friends."
  - b) "You have an incredible way of expressing yourself and your emotions through music."
  - c) "I like your ideas, now you just need to act on them."
  - d) "You do well when you're actually following your treatment plan."

Correct answer: b

8. You are a Certified Peer Specialist supporting Abdul who is about to start a new job after a period of not working due to a disability. Abdul is worried about his new employer firing him because of his disability. Which of the following topics should you consult in your CPS curriculum to learn more about how to support Abdul as a CPS in seeking reasonable accommodations to maintain employment?
- a) Americans with Disabilities Act (ADA)
  - b) Health Insurance Portability and Accountability Act (HIPAA)
  - c) Wisconsin Statute: Chapter 51
  - d) Client Rights Complaint Processes

Correct answer: a



9. Recovery and wellness integrate:
- a) Culture and community
  - b) Physical and emotional health
  - c) Sexuality and spirituality
  - d) All the above

Correct answer: d

10. You are a Certified Peer Specialist and have recently been struggling emotionally following the loss of a friend and the resurgence of some physical health issues. In a recent team meeting, you shared about these struggles, and your supervisor is now requiring that you complete a Wellness and Recovery Action Plan (WRAP) with leadership and take time off even though you have been fulfilling your job duties as a CPS. What challenges are presented by your supervisor's action?
- a) A WRAP plan is just one tool for supporting personal recovery, and requiring the use of it does not center self-determination
  - b) The supervisor's action may violate various laws and regulations
  - c) Supervision should be centered on the job performance and professional development of the CPS
  - d) All the above

Correct answer: d