

**Kentucky Department for Behavioral Health
Kentucky Peer Specialist Exam**

Part I: Short Answer - Each Question is worth 3 points

1. What is meant by the term peer support?

2. What is the SAMHSA Working Definition of Recovery?

3. What is the difference in a 'recovery story' and an 'illness story'?

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

5. Describe the 5 Stages of Recovery. Include the name of the stage; what is going on with the person; the danger the person faces in each stage; and the role of services for each of the stages? (You may put your answer in a table format. The answer for each stage is worth 4 points; making this question worth 20 points.)

SAMPLE

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.”

7. What does the term “Behavioral Health” mean?

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

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

10. What was the importance of Courtney Harding's longitudinal study of people who had been deinstitutionalized in the 1960's?

11. What does it mean for a behavioral health system to embrace trauma-informed care?

Part II: Circle All that Apply - Each question is worth 2 points

12. Which of the following describes "Treatment Services"?

- a) Purpose is to reduce emotional distress
- b) Focuses on reducing symptoms
- c) Provides skills, resources and supports
- d) Services include diagnosis, medications, & treatment planning
- e) Focuses on rebuilding a positive self-image (or self esteem)
- f) Services include setting goals, teaching skills and coordinating resources

13. Which of the following describes "Open, Honest Questions"?

- a) Are leading and guiding
- b) Can't 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) Ask why

14. Which of the following are things a peer specialist should do if an individual they are working with 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

15. Which three questions might a KPS ask a client to help them move through their fears?

- a) What is the fear keeping you from doing?
- b) What supports are available to you?
- c) How does the fear make you feel?
- d) Why are you willing to continue being afraid?

17. Which of these are Guiding Principles of Recovery?

- a) Culture
- b) Cost Benefiting
- c) Peer Support
- d) Respect
- e) Problem Solving

18. Which are the “Steps of Effective Communication in Situations with Potential Conflict”?

- a) Offer a ‘we’ statement that acknowledges common ground and promotes a partnership to create another way of doing things.**
- b) State the Problem as clearly as possible.**
- c) Observe and affirm the other’s position, values and concerns.**
- d) Discuss a possible timeline.**
- e) Relate the other’s position, values and concerns to your experiences as a consumer.**

19. When faced with an ethical dilemma, which of the following questions should guide your actions/decisions?

- a) Why am I questioning my actions in this situation?**
- b) Does this in any way complicate or negatively impact my relationship with this peer?**
- 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?**

20. Which are “Tips for Healing Communication”?

- a) Give others the benefit of the doubt.**
- b) Listen to all sides and consider all interests**
- c) Turn the other cheek.**
- d) Part of a loaf is better than no loaf at all.**
- e) Use People First language.**
- f) Use “I” statements with feelings words.**
- g) If you can’t say anything nice, don’t say anything at all.**

21. Which are parts of a Wellness Recovery Action Plan (WRAP)?

- a) Triggers**
- b) Crisis Plan**
- c) Daily Maintenance Plan**
- d) Early Warning Signs**

22. Which of these can be used as windows into what a person wants?

- a) Negative self-talk**
- b) Medicaid status**
- c) Dissatisfaction**
- d) Fears**
- e) Advice**

PART III: Circle One - 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**
- 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) Cost**
- c) Brainstorming**
- d) Evidence Based Practice**

25. When a person has identified an area of life they are dissatisfied with, what five things should you help them think through in order to set a goal in this area?

- a) Desired outcome - steps - resources - skills - supports**
- b) Degree of dissatisfaction - goal - benefits - difficulties - supports**
- c) Degree of dissatisfaction - goal - resources - supports - skills**
- d) Desired outcome - resources - benefits - costs - skills**

26. One of the greatest dangers for a person at the “Commitment to Change” stage is:

- a) She is afraid to take risk for fear she may relapse.**
- b) She begins to see herself as the illness and begins to live out an ‘illness or disabled’ story.**
- c) He does not have the help he needs to get the necessary skills, resources and supports.**
- d) He believes that there is nothing he can do to make his life better, so he turns his life over to the system.**
- e) She moves too quickly and does not think through everything involved in making the change.**

27. 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 think their way through life.**
- e) People’s beliefs determine their behavior.**

PART V: Essay - Choose One. This question is worth 4 Points.

A. If you could create your own KPS position, what would your job description be (what services would you provide), where would you work, and what population of individuals would you work with?

OR

B. What positive things do KPSs bring to Kentucky's behavioral health service delivery system?