



Flash Card Study Aid

Florida Certification Board Certified Recovery Peer Specialist Exam

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The following flash cards are brought to you by Magellan Complete Care to help you study for the Certified Recovery Peer Specialist Exam. A (d) indicates that the word or phrase is a definition. The definitions and topics were taken directly from the Florida Certification Board's CRPS Certification Exam Review Course and Code of Ethics and are current as of June 2017. To use the cards simply fold on the vertical line. Then cut on the horizontal line. The front and the back of the card will still be connected. You can use as-is or tape the sides to make a flash card.

Peer Support Specialist (d)

A person who has progressed in their own recovery from a mental health or substance use condition and who is willing to disclose their recovery status in order to assist other individuals through the process of recovery.

Recovery (d)

A process of change whereby individuals improve their health and wellness, to live a self-directed life, and strive to reach their full potential.

What are the four major dimensions that support a life in recovery?

1. Home
2. Community
3. Purpose
4. Health

What are the five stages of recovery?

(Hint: these correlate with the stages of change)

1. Not Ready
2. Getting Ready
3. Ready
4. Taking Action
5. Maintaining Goals

Recovery Capital (d)

Internal assets and external assets that help a person be successful in their recovery.

Internal Assets (d)

Qualities, characteristics and skills possessed by the person in recovery. Part of recovery capital.

External Assets (d)

Resources outside of the individual. Part of recovery capital.

Personal Recovery Capital includes:

(2 answers)

1. Physical
2. Human

**Family/Social Recovery
Capital includes:**

(2 answers)

1. Relationships
2. Organizations

**Community Recovery
Capital includes:**

(3 answers)

1. Attitudes
2. Policies
3. Resources

**SMART helps clients set
goals that are:**

(hint: words start with S, M, A, R, T)

1. **S**pecific
2. **M**easurable
3. **A**chievable
4. **R**elevant
5. **T**imely

**Advocacy
(d)**

Taking action intended to influence decisions or achieve certain outcomes on behalf of an individual, group, organization or cause.

Peer Advocacy (d)

When a peer support specialist takes action on behalf of a client or population of clients.

Self-Advocacy (d)

When a client or peer support specialist takes action on their own behalf.

Mentoring (d)

Supporting and encouraging people to manage their own lives so that they can maximize their potential, develop their skills. It is a powerful relationship that fosters personal development and empowerment. Mentoring is a voluntary relationship based upon mutual trust and respect.

Resilience (d)

The ability to bounce back or cope in the face of adversity.

What are the four strengths that support resilience?

1. Social Competence
2. Problem Solving
3. Autonomy
4. Sense of Purpose

Social Competence (d)

The ability to form and sustain relationships.

Problem Solving (d)

Using critical thinking and decision-making skills.

Autonomy (d)

The ability to make personal choices.

**Sense of Purpose
(d)**

A belief that life is important and has meaning.

**Role playing is a
technique that:**

Can help boost confidence and encourage peers to stretch their comfort zones in relationship building.

The Baker Act governs the:

Treatment of mental health clients in Florida.

**The Marchman Act
governs the:**

Treatment of substance abuse clients in Florida.

42 CFR is the Federal Law that pertains to:

Confidentiality for substance abuse clients.

Chapter 39 Florida Statutes mandates:

Reporting of suspected child abuse.

Chapter 414 Florida Statutes mandates:

Reporting of suspected abuse of vulnerable adults.

What are the five things that define wellness?

1. Sense of purpose in life
2. Being actively involved in work or play that is satisfying
3. Finding happiness
4. Having joyful relationships
5. Having a healthy body and living environment

What are the Eight Dimensions of Wellness?

1. Emotional
2. Financial
3. Social
4. Spiritual
5. Occupational
6. Physical
7. Intellectual
8. Environmental

Culture (d)

An integrated pattern of human behavior that includes thoughts, communications, languages, practices, beliefs, values, customs, courtesies, rituals, manners of interacting and roles, relationships and expected behaviors of a racial, ethnic, religious or social group; and the ability to transmit the above to succeeding generations.

Cultural Competence (d)

The ability to respond appropriately to cultural differences.

A S.O.A.P. note includes:

(hint: words start with S, O, A, P.)

- S** - Subjective
- O** - Objective
- A** - Assessment
- P** - Plan

The Subjective in the S.O.A.P note is:

What the client reports about his or her status or condition.

The Objective in the S.O.A.P note is:

What the peer support specialist observes or measures.

The Assessment in the S.O.A.P note:

(For peer support specialists) is likely a list of client needs or referral suggestions.

The Plan in the S.O.A.P note:

Describes the actions the peer support specialist will take to address client needs.

What are the Ten Guiding Principles of Recovery?

1. Emerges from hope
2. Person-driven
3. Occurs through many pathways
4. Holistic
5. Supported by peers and allies
6. Supported through relationships and social networks
7. Culturally based
8. Supported by addressing trauma
9. Involves the individual, family, and community
10. Based on respect

What are some of the roles of Peer Specialists?

- Provide support, encouragement, understanding, and a listening ear
- Refer for additional services and linking peer clients to services
- Provide information on wellness and whole health
- Help peers create goals and encourage shared decision making
- Serve as a mentor and role model in the recovery process
- Help peer clients learn self-advocacy skills and advocating on behalf of the peer
- Support peer's connection to the community and building relationships
- Provide education to increase practical living skills (personal/self-care, community living, and social skills)

Active Listening (d)

The active intention to listen for meaning.

What does First Person Language do?

It creates a focus on personal experience in communication (the consistent use of "I" whenever possible).

What are the stages of change?

(Hint: there are 6)

1. Pre-contemplation
2. Contemplation
3. Preparation/determination
4. Action/willpower
5. Maintenance
6. Relapse

What are the 6 guidelines for daily ethical conduct?

1. Provide informed consent
2. Operate in a competent and theoretically sound manner
3. Ensure confidentiality of client information
4. Maintain appropriate relationship boundaries
5. Utilize adequate consultation
6. Honor diverse personal and culture values

If I am unable to perform my duties due to a mental or physical health issue, what should I do with my certification?

What Code of Ethics does this fall under?

My application or credential(s) should be placed on inactive status.

1. Professional Standards:
1.4—an applicant or a certified professional shall place their application or credential(s) on inactive status for any mental, physical, or behavioural health related adversity that interferes with their professional functioning.

If my supervisor allows me to recommend medications to a peer client, is it ok to perform this service?

What Code of Ethics does this fall under?

No. It is not.

1. Professional Standards:
1.2—an applicant or a certified professional shall not perform services outside of their area of training, expertise, competence, or scope of practice.

How long after ending services with a peer client do I need to wait before having sexual relations with him/her?

What Code of Ethics does this fall under?

A minimum of 2 years.

3. Sexual Misconduct:

3.1—an applicant or a certified professional shall not engage in sexual misconduct with a consumer during the period of time services are being rendered to the consumer and a minimum of two years after the professional relationship has terminated.

Is it true that I am only responsible to follow federal and state laws that my employer trains me on?

What Code of Ethics does this fall under?

False. You are responsible to follow all federal and state laws whether or not you are trained on them.

1. Criminal Activity:

2.3—an applicant or a certified professional shall comply with ALL federal and state laws.

Under what situations would I break confidentiality of a peer client?

What Code of Ethics does this fall under?

If imminent danger exists where a consumer may inflict serious bodily harm on another person or persons AND/OR on themselves.

6. Safety and Welfare:

6.1—when a condition of clear and imminent danger exists that a consumer may inflict serious bodily harm on another person or persons and 6.2—when a condition of clear and imminent danger exists that a consumer may inflict serious bodily self-harm, an applicant or certified professional shall, consistent with federal and state confidentiality laws, take reasonable steps to warn any likely victims of the consumer's potential behavior.

Is it true that I can have sexual relations with a peer clients' parent, as long as I do not have to interact with him/her as part of my job?

What Code of Ethics does this fall under?

False. You cannot have relations with family members or guardians while rendering service to a consumer.

5. Sexual Misconduct:

3.2—an applicant or a certified professional shall not engage in sexual misconduct with any family member or guardian of a consumer during the period of time services are being rendered to the consumer.

When documenting services, what am I restricted from doing?

What Code of Ethics does this fall under?

Falsifying, amending, knowingly making incorrect entries, or failing to make timely essential entries into the consumer record.

7. Records Management:

7.1- an applicant or certified professional shall not falsify, amend, knowingly make incorrect entries, or fail to make timely essential entries into the consumer record.

Is it true that I can accept gifts from a peer client that have value of \$15 or less?

What Code of Ethics does this fall under?

False. You cannot accept gifts from a peer client.

5. Exploitation of Consumers:

5.6—an applicant or a certified professional shall not offer, give, or receive commissions, rebates, or any other forms of remuneration for a consumer referral.

Is it true, if a peer client makes a complaint against me to the Florida Certification Board, I have the right to confront the peer client?

False. You cannot prevent or interfere with a complaint.

8. Cooperation with the Board

8.2—an applicant or certified professional shall not attempt to prevent or interfere with a complaint from being filed or FCB disciplinary investigation or proceeding to occur.

Failure to abide by the FCB guidelines will result in?

Failure to abide by the FCB guidelines could result in disciplinary action.

Is it true that if I am not able to get my CEUs during the year, I can report that I completed them and make them up later?

False. CEUs need to be completed prior to reporting them.

Verbal De-escalation (d)

Aimed at meeting the agitated person's immediate needs, and calming the situation so that it does not escalate, resulting in danger or damage to the client or others.

Emotional Intelligence (Social Living Skills) (d)

The capacities that allow an individual to interact successfully with others in a variety of situations, to establish and maintain fulfilling relationships, and to resolve problems in social contexts as they arise.

Client rights include...

(hint: 5 things)

- Consent to or deny consent for treatment or other services
- Receive quality services
- Communicate openly or privately with others
- Non-discrimination
- Safety and security

Consent to or deny consent for treatment or other services, receive quality services, communicate openly or privately with others, non-discrimination, and safety and security are what?

Client Rights

What are the 4 basic tasks of mentoring?

1. Establish a positive, personal relationship with the client
2. Help the client develop or begin to develop life skills
3. Assist the client in obtaining additional resources
4. Increase the client's ability to interact

**Short-term Goals
(d)**

A goal that is designed to be completed in a short period of time. Typically, short-term goals span a few days or a few weeks and never last longer than six months

**Long-term Goals
(d)**

Span longer periods of time and can take six months or longer to complete.

**Resource Linkage
Focuses on:**

Providing information about services and how they can be obtained.

**What are 3 ways to
combat stigma?**

1. Education
2. Protest
3. Contact

**What are the 5 steps to
develop an advocacy plan
or strategy?**

1. Identify the need or problem
2. Assess the current situation
3. Identify the client's rights and options
4. Develop a solution
5. Reach a solution

**Identifying a need or problem,
assessing a current situation,
identifying client rights and options,
developing a solution, and reaching
a solution are steps from what?**

Developing an advocacy plan or strategy.