Nationally Registered Forensic Peer Recovery Provider

EXAM REVIEW GUIDE

National Registry of Forensic Peer Providers

PayFESSIONALS

Nationally Registered Forensic Peer Recovery Provider (NRFPRP)

The landscape of substance use, mental health, and criminal justice systems is evolving to better meet the complex needs of individuals re-entering communities. Central to this transformation is the integration of peer recovery support services, particularly those led by individuals with lived experience in both recovery and the justice system. Forensic and re-entry peer recovery providers offer critical insights and culturally responsive support that promote improved outcomes in health, housing, purpose, and community reintegration.

The Nationally Registered Forensic Peer Recovery Provider (NRFPRP) credential recognizes and affirms the unique value of these providers. Candidates for this credential are justice-involved individuals who have demonstrated sustained recovery and possess the competencies necessary to support others navigating re-entry and behavioral health challenges. These providers serve as living proof that recovery is achievable, and their presence within systems of care fosters trust, engagement, and long-term success.

The NRFPRP credential is grounded in the Recovery Support Strategic Initiative outlined by the Substance Abuse and Mental Health Services Administration (SAMHSA, 2012). It is designed to standardize and elevate the role of forensic peer support by assessing core knowledge, skills, and abilities, free from political or organizational bias. Through this credential, the field moves toward a more equitable, competency-based approach to recognizing qualified peer professionals in re-entry and justice-involved settings.

Forensic/ReEntry Peer Recovery Providers

Forensic/ReEntry Peer Recovery Providers are individuals with lived experience in recovery and/or the criminal justice system who now serve in a professional support role. They use their personal experiences to guide others while applying foundational helping skills such as active listening, empathy, and problem-solving.

Forensic/ReEntry Peer Recovery Providers demonstrate core competencies in communication, ethics, boundaries, cultural responsiveness, and systems navigation. These skills are essential to providing effective, person-centered recovery support.

While peer providers are not clinical professionals, they often work alongside nurses, social workers, ministers, counselors, criminal justice staff, case managers, and others. This collaboration enhances recovery-oriented systems of care and promotes mutual understanding across roles.

Benefits to forensic/re-entry peer recovery providers

Earn a nationally recognized credential that validates both lived experience and professional qualifications in forensic and reentry peer recovery. This recognition can open doors to employment across diverse settings, including behavioral health agencies, correctional systems, and community-based programs.

Showcase verified competencies aligned with current best practices. Credentialed providers demonstrate up-to-date knowledge, skills, and abilities relevant to supporting justice-involved individuals in recovery.

Benefits to employers

Access a pool of qualified candidates who meet nationally recognized standards in forensic and reentry peer recovery support, ensuring a strong fit for roles in behavioral health, justice systems, and reentry programs.

Improve retention and reduce burnout by hiring peer providers who are confident in their role, equipped with validated skills, and prepared to support justice-involved individuals throughout the recovery journey.

Benefits to consumers

Offers assurance that forensic and reentry peer recovery providers have been trained and assessed in the core competencies needed to deliver safe, effective, and person-centered support.

NRFPRP Highlights

- **Nationally recognized, competency-based credential** valid for seven years, reflecting both lived experience and specialized training in forensic and reentry peer recovery support.
- **Rooted in core competencies** and aligned with evidence-based best practices across behavioral health, addiction recovery, and criminal justice.
- **Created by experienced professionals and peer leaders** to define and elevate forensic peer recovery as a recognized profession.
- **Supports ongoing professional development,** offering a pathway for continued training in best practices and ethical standards.
- **Open to justice-involved individuals** serving as volunteers, interns, or employees in criminal justice agencies, behavioral health programs, recovery organizations, government agencies, and community-based services.

The NRFPRP credential signifies that a candidate has successfully demonstrated the knowledge, skills, and abilities aligned with national best practices. It confirms their ability to use lived experience to provide ethical, professional support within justice and recovery systems. Upon meeting all certification requirements, candidates receive an official certificate verifying their NRFPRP status.

Performance Domain Analysis for the Nationally Registered Forensic Peer Recovery Provider (NRFPRP) Credential Exam

The Role of Peer Support in Recovery

Peer support plays a vital role in the recovery process. When individuals face adversity, connecting with someone who has overcome similar challenges can offer powerful inspiration and hope. As addiction recovery expert Mark Sanders reflected on his early work in a detoxification center, he emphasized the importance of cultural and experiential representation in treatment: *"People needed to have a reflection of themselves as part of their own recovery experience"* (White, 2013). Forensic peer recovery providers offer this lived example—serving as a mirror of possibility, strength, and resilience.

Extensive research supports the effectiveness of peer support within recovery-oriented systems of care. Sheedy and Whitter (2009), in their literature review of SAMHSA's guiding principles of recovery, identified peer support as a foundational component of successful recovery services. Peer support has been shown to benefit individuals recovering from substance use disorders, as well as those managing chronic health conditions.

More recent studies further highlight the value of peer support across diverse systems. Programs that integrate peer recovery support services demonstrate improvements in engagement among underserved populations, enhanced family and community involvement in the recovery process, strengthened organizational capacity, and broader systemic advancements (SAMHSA, 2012). These findings underscore the critical role of trained forensic peer providers in promoting equitable, effective, and person-centered care.

Stigma and Challenges Faced by Peer Support Providers

While peer support has demonstrated clear benefits for individuals, families, organizations, and systems, significant challenges remain—particularly within professional settings. Historically, peer support was characterized by the value of lived experience and an informal, relational approach rooted in empathy and shared understanding (White, 2009). However, as peer roles have become more integrated into formal treatment models, tension has emerged between peer providers and traditional clinical staff.

Some licensed professionals express concern that clients may perceive peer providers as more relatable or credible due to their lived experience. This perceived shift in authority can lead to resistance within organizations and hesitation to fully integrate peer roles into multidisciplinary teams (SAMHSA, 2012). Additionally, systemic stigma persists: peer support workers often report experiencing low or inconsistent pay, limited opportunities for career advancement, and ongoing discrimination related to their justice involvement or substance use history (CMHS & CSAT, 2012).

Despite these barriers, efforts to professionalize peer roles—such as the NRFPRP credential—aim to promote equity, legitimacy, and inclusion within behavioral health and justice systems.

Recommendations for Advancing Forensic and Reentry Peer Support

As peer support services become more integrated into behavioral health and justice systems, organizations have encountered common implementation challenges. In response, the Substance Abuse and Mental Health Services Administration (SAMHSA) convened a national consortium of stakeholders to strengthen recovery-oriented systems of care (CMHS & CSAT, 2012). This group identified both systemic and organizational barriers and offered clear recommendations to improve the effectiveness and sustainability of peer programs.

Key recommendations included:

- **Developing evidence-based best practices** for organizations that integrate peer support services into justice and behavioral health settings.

- **Enhancing training and certification standards** to ensure peer providers are well-prepared, ethically grounded, and professionally supported.

The Role of Forensic/Reentry Peer Recovery Providers

To support national efforts and elevate the role of justice-involved peer providers, PARfessionals developed accessible and affordable training programs grounded in nationally recognized best practices in behavioral health. These trainings are designed to enhance workforce development and promote the professionalization of peer roles within reentry and recovery settings.

Through education provided by licensed mental health and addiction professionals, as well as medical and behavioral health providers. Forensic Peer Recovery Providers gain the tools needed to offer ethical, competent, and consistent support. This training approach also helps define and standardize the role of “peer” across systems of care, ensuring alignment with the values of recovery-oriented services.

Nationally Registered Forensic Peer Recovery Provider (NRFPRP) Credential

The NRFPRP credential establishes a national standard for justice involved individuals with lived experience who provide recovery support across behavioral health and criminal justice systems. As these systems increasingly integrate mental health and substance use treatment within justice frameworks, trained forensic peer providers play a vital role in bridging care between institutions and the community.

This credential equips candidates with the competencies needed to offer ethical, effective, and culturally responsive support across diverse roles, from correctional facilities to community based reentry programs. Its development was informed by a comprehensive review of literature on best practices and core competencies recommended for peer recovery professionals.

The credential's performance domains and learning objectives reflect the knowledge, skills, and abilities required for this specialized role, ensuring that candidates are well prepared to support individuals navigating both recovery and reentry.

Domain 1: Knowledge

This domain covers recovery talk, addiction science, history of recovery models, peer support principles, and ethics.

Recovery is a highly individualized process that can occur through many pathways (SAMHSA, 2012). Forensic Peer Recovery Providers must have a foundational understanding of how behavioral health and criminal justice systems have evolved and how they function today. This systems knowledge allows peers to clearly define their role within integrated care models and to support individuals navigating complex services.

A common concern among some licensed professionals is that peer providers may unintentionally operate outside their intended role, potentially disrupting established treatment structures (CMHS and CSAT, 2012). To prevent this, peer providers must be equipped with tools, training, and clear language to explain their role to clients, communities, and interdisciplinary teams. Understanding ethical guidelines and maintaining professional boundaries are essential to protecting service integrity and building collaborative relationships.

Because substance use and behavioral health conditions are complex, recovery journeys are equally diverse. A basic understanding of the science behind addiction, recovery, and treatment empowers peer providers to validate multiple recovery pathways and help reduce stigma. This knowledge enhances their ability to support informed decision making and encourage care that reflects each individual's needs and values.

Reflection Prompts

Note: These are study prompts, not sample test items.

- How has your personal recovery journey shaped your understanding of multiple pathways to recovery?
- In what ways can understanding the history of harm reduction and mutual aid groups help you better support clients from diverse recovery backgrounds?

Study Questions

Note: These are study prompts, not sample test items.

- What are the core elements of SAMHSA's definition of recovery?
- How does the Harm Reduction Model differ from the Minnesota Model in its approach to recovery?
- Why is it important for peer providers to understand addiction as a chronic brain based condition?
- How do professional boundaries and confidentiality support ethical peer practice?
- How can knowing the history of the recovery movement help peer providers build credibility and rapport?

Peer Role Scenarios

Note: These are role exploration tools, not exam simulations.

Scenario 1

Jamie is supporting a client who believes 12 step programs are the only valid form of recovery. Jamie, however, found success through a harm reduction pathway. How can Jamie uphold the "many pathways" principle while validating the client's perspective?

Scenario 2

Malik is asked by a clinician to explain the difference between peer support and therapy. He shares his personal experience but struggles to describe the professional scope of peer support. What might Malik do to prepare for future interdisciplinary conversations?

Study and Reflection Tool

Note: This is a conceptual learning activity, not a test simulation.

Mini Matching Exercise: Key Terms in Peer Recovery
Match each term with its definition:

Term	Definition
1. Recovery Capital	D. Personal and community strengths that support long term recovery
2. SAMHSA Definition of Recovery	B. Emphasizes hope, holistic healing, and self direction
3. Peer Support	C. Non clinical support rooted in lived experience
4. Core Competencies	A. Core skills and qualities required for peer professionals
5. Harm Reduction Model	E. Focuses on reducing harm and supporting any positive change

Domain 2: Creating Partnership

This domain covers communication, active listening, stages of change, motivational interviewing (MI), cognitive distortions, group facilitation, assessment basics, co-occurring disorders, medication assisted treatment (MAT), suicide and self-harm screening, whole health recovery, self-care, and appropriate use of personal recovery stories.

Recovery is person driven, rooted in hope, and built on mutual respect (SAMHSA, 2012). Research consistently shows that strong therapeutic alliances are central to a person's success in recovery (Sheedy and Whitter, 2009). Forensic Peer Recovery Providers must be prepared to build these alliances while working collaboratively within interdisciplinary treatment teams.

In today's integrated systems of care, peer providers serve as unique partner collaborators. They help bridge the gap between clinical language and lived experience by translating provider recommendations into accessible, meaningful terms. This skill enhances client engagement and helps ensure that services remain person centered. To do this effectively, peers must understand and use the language of evidence based practice while remaining grounded in the distinct role of peer support.

The NRFPRP credential supports training in key relational competencies such as communication, motivational enhancement, and client centered care. These skills mirror those used by other helping professionals and are foundational to creating effective recovery relationships across levels of care (CSAT, 2009; White, 2009).

Forensic/ReEntry Peer Recovery providers are not simply companions—they are trained professionals who form supportive relationships based on honesty, integrity, empathy, and accountability. They create a nonjudgmental space where individuals are encouraged to take ownership of their recovery. Active listening, clear communication, and empowering informed decision making are all core competencies shared by peer and non-peer professionals alike (ICF, IC&RC, IARCP, NAPS), and are reflected in national frameworks like the IA RCP Code of Ethics and the NAPS Practice Guidelines.

Motivational Interviewing (MI) and the Stages of Change model are widely used evidence based approaches that enhance motivation and support behavior change. When trained in these methods, peer providers can play an active role in treatment planning, engagement, and retention—offering lived experience perspective while complementing clinical care.

Because peer providers often interact more frequently and informally with clients and families, they are well positioned to support basic assessment processes. With appropriate training, they can help identify strengths, service needs, and personal preferences—contributing meaningful insight to the care team while honoring clinical boundaries.

Reflection Prompts

Note: These are study prompts, not sample test items.

- Think about a time you helped someone feel heard without trying to fix their problem. What communication skills did you use that might also apply to peer support?
- Why is it important for peer providers to understand and respect where someone is in the Stages of Change model, rather than pushing for immediate action?

Study Questions

Note: These are study prompts, not sample test items.

- What are the key components of effective active listening in peer support?
- How can Motivational Interviewing support a person who is ambivalent about recovery?
- What is a cognitive distortion, and how might you gently help someone reframe one?
- Why is it important for peer providers to understand basic suicide and self-harm screening and know when to refer?
- How does self-care support a peer provider's ability to build sustainable, healthy partnerships with clients?

Peer Role Scenarios

Note: These are role exploration tools, not exam simulations.

Scenario 1

Trina is meeting with a client who says, "I don't even know why I'm here—nothing ever changes." Trina wants to support the client without giving advice. How might she use motivational interviewing to explore the client's ambivalence?

Scenario 2

Carlos facilitates a weekly peer support group. A participant begins dominating the conversation, making others uncomfortable. How can Carlos use group facilitation skills to maintain a respectful, inclusive space?

Study and Reflection Tool

Note: This is a conceptual learning activity, not a test simulation.

Stages of Change Matching Exercise

Match each stage with an example of what a client might say:

Stage of Change	Client Statement Example
1. Precontemplation	B. "I'm not doing anything wrong—I don't need to change."
2. Contemplation	A. "I'm thinking about cutting back on drinking, but I'm not sure how."
3. Preparation	C. "I'm going to start treatment next week."
4. Action	D. "I haven't used in 3 months and I'm working on a job application."
5. Maintenance	E. "I've been working my plan and staying focused every day."

Domain 3: Recovery Planning

This domain covers person centered planning, Stages of Change, Motivational Interviewing, recovery capital, SMART goals, the Wheel of Life, the GROW model, strengths based approaches, and relapse prevention tools including WRAP, Crisis Plans, and Post Crisis Planning.

Recovery is a holistic process that is strengthened through supportive relationships and social networks, including those formed with peers and allies (SAMHSA, 2012). Effective recovery planning centers the individual's voice and choice. Best practices emphasize guiding individuals to develop their own recovery plans, rather than prescribing one for them (Sheedy and Whitter, 2009).

Forensic/ReEntry Peer Recovery providers play a vital role in this process. Their lived experience, combined with training, allows them to assist individuals in identifying and building recovery capital—such as personal strengths, community support, housing, employment, and positive relationships. Because of their frequent and informal contact with clients, peer providers are well positioned to enhance motivation, track progress, and reinforce self directed goals.

When trained in recovery planning, peer providers collaborate with treatment teams by helping individuals define clear, achievable goals, write meaningful plans, and revisit and revise those plans regularly. This partnership supports therapeutic progress while allowing licensed professionals to focus on clinical interventions.

Through this collaborative approach, individuals gain not only direction but essential life skills—such as empowerment, self advocacy, and accountability—that further support long term recovery and independence.

Reflection Prompts

Note: These are study prompts, not sample test items.

- Why is it important for recovery plans to be written with, not for, the person receiving support?
- How does understanding someone's strengths and recovery capital change the way you approach setting goals with them?

Study Questions

Note: These are study prompts, not sample test items.

- What does it mean for a recovery plan to be person centered and strengths based?
- How can a peer support specialist use the Stages of Change model to support effective recovery planning?
- What are the components of a SMART goal, and why are they helpful in recovery planning?
- What is a WRAP plan, and how does it support long term recovery?
- How might the GROW model help someone who feels stuck in their current situation?

Peer Role Scenarios

Note: These are role exploration tools, not exam simulations.

Scenario 1

Marla is working with a client who has experienced multiple relapses and says, "Why bother making another plan? I always mess it up." How can Marla use recovery capital and MI strategies to help them feel hopeful and re engage with planning?

Scenario 2

DeShawn is helping a client write their first recovery plan. The client says, "I just want to get my life together." What tools could DeShawn introduce (such as SMART goals or the Wheel of Life) to help break this goal into something actionable?

Study and Reflection Tool

Note: This is a conceptual learning activity, not a test simulation.

SMART Goal Identification Exercise

Which of the following goals are SMART (Specific, Measurable, Achievable, Relevant, Time bound)?

This activity supports SAMHSA's principle of goal-setting in forensic peer recovery, encouraging peers to help individuals set clear, realistic, and time-bound goals during reentry or recovery planning.

Mark "Yes" or "No" next to each.

Goal	SMART
"I want to feel better someday."	
"I will attend three support meetings this week to stay focused on recovery."	
"I hope to get my own place eventually."	
"I will meet with a housing case manager by Friday."	
"I need to fix my whole life."	

Answer: No,Yes,No,Yes,No

Domain 4: Supporting Activities

This domain covers self advocacy, accessing social service programs, cultural competency, special populations, trauma informed care, career growth, and professional conduct after training.

Recovery is deeply influenced by relationships with families, communities, and cultural environments. It is most effective when delivered through trauma informed and culturally responsive approaches (SAMHSA, 2012). Forensic/ReEntry Peer Recovery Providers not only serve as reflections of hope for individuals in recovery but also as visible examples of success for families and communities. These visible models help build recovery oriented environments that reduce stigma and support long term change (White, 2013).

Understanding and honoring the cultural background of those receiving support strengthens engagement and recovery outcomes. A culturally competent peer workforce is essential for advocating recovery, reducing disparities, and promoting inclusive, community based care (Sheedy and Whitter, 2009). Peers who are trained in culturally responsive practices help ensure that recovery support services are respectful, relevant, and meaningful to those they serve.

Trauma is also a pervasive factor in the lives of many individuals in recovery. Forensic/ReEntry Peer Recovery Providers must be trained in trauma informed communication and basic assessment skills that allow them to recognize trauma responses and offer clients empowering, choice driven pathways forward (SAMHSA, 2014). Because peers often engage with clients more frequently and informally than clinical providers, they may be in a unique position to notice signs of trauma in individuals who do not feel safe disclosing in formal settings.

Reflection Prompts

Note: These are study prompts, not sample test items.

- Why is it important for peers to help clients understand and assert their rights when accessing services or navigating systems?

- How can increased awareness of your own cultural background improve the way you support others from diverse communities?

Study Questions

Note: These are study prompts, not sample test items.

- What is self advocacy, and how can peer providers support clients in building this skill?

- Name two types of public programs or resources that may be important for someone in early recovery (such as housing, food, or ID).

- What are some key principles of cultural competence in peer recovery work?

- How does trauma informed care differ from traditional service approaches?

- Why is continued professional development important after completing peer recovery training?

Peer Role Scenarios

Note: These are role exploration tools, not exam simulations.

Scenario 1

Aliyah is supporting a client who recently experienced homelessness and does not trust service systems. They were denied housing assistance before and now say, “It’s not even worth applying again.” How might Aliyah use self advocacy strategies to support the client?

Scenario 2

Nathan, a peer provider, wants to support a non English speaking client but realizes he is unfamiliar with cultural practices that are important to the client's family. What should Nathan do to ensure culturally responsive, respectful care?

Study and Reflection Tool

Note: This is a conceptual learning activity, not a test simulation.

Cultural Responsiveness Matching Exercise

Match each peer action to the correct principle of trauma informed or culturally competent care:

This task reflects SAMHSA's recommendation that forensic peer specialists maintain clear role boundaries, especially when supporting individuals in justice-involved, clinical, or institutional settings.

Peer Action	Principle
1. Asks the client what support feels safest for them	A. Empowerment, voice, and choice
2. Avoids assumptions about a client's recovery beliefs	B. Cultural humility
3. Acknowledges a client's past experience with discrimination	C. Safety and trustworthiness
4. Asks the client to define success in their own words	D. Respect for diversity
5. Supports the client in learning how to file a housing appeal	E. Building self advocacy and engagement

Domain 5: Reentry Support and Criminal Justice System Navigation

This domain covers reentry challenges, legal system navigation, peer scope and boundaries, trauma informed approaches, supporting mandated clients, reducing recidivism, and the Sequential Intercept Model (SIM).

Justice involved individuals often face significant barriers immediately after release from incarceration, including unstable housing, employment challenges, difficulty accessing healthcare, and the need for essential documents such as a state ID or Social Security card. Peer Recovery Professionals play a critical role in helping clients navigate these challenges with compassion, practical support, and trauma informed care.

Returning citizens may feel overwhelmed by parole conditions, court requirements, or the fear of returning to high risk environments. Peers trained in justice system support can validate these concerns and offer guidance by connecting clients to resources like housing programs, employment services, and legal aid. While peers do not give legal advice or represent individuals in court, they help demystify legal processes and empower clients to stay engaged in recovery while meeting mandated expectations.

Understanding trauma and its lasting impact on individuals with incarceration histories is essential. Peer providers often serve as trusted figures who can recognize signs of trauma that may not be shared with clinical staff. Through consistent engagement and nonjudgmental support, peers help reduce recidivism by building trust, increasing stability, and encouraging personal accountability.

Recovery oriented responses to setbacks—such as missed appointments or relapses—are also key. Peer providers support clients through these situations by exploring safer alternatives, encouraging self advocacy, and helping clients make informed, realistic decisions. Within the Sequential Intercept Model (SIM), peer support can be integrated at multiple stages of the justice process, including diversion, incarceration, and reentry. When included meaningfully, peer involvement promotes public safety, reinforces recovery, and meets people at key transition points with dignity and hope.

Reflection Prompts

Note: These are study prompts, not sample test items.

- What strengths and experiences might make a peer recovery support specialist uniquely equipped to support someone returning from incarceration?

- Why is it important for peer providers to understand legal system pressures (such as probation or mandated treatment) without stepping into a legal advisory role?

Study Questions

Note: These are study prompts, not sample test items.

- What are some of the most common barriers individuals face immediately after release from incarceration (such as housing, ID, or employment)?

- What key documents are often needed for a returning citizen to access employment, healthcare, and benefits?

- What is the role of the peer provider when supporting a client involved in mandated programming like parole or drug court?

- How does a trauma informed peer approach help reduce recidivism in justice involved populations?

- What is the Sequential Intercept Model (SIM), and how can peer support be integrated at various intercept points?

Peer Role Scenarios

Note: These are role exploration tools, not exam simulations.

Scenario 1

Chris is working with a client who just got out of jail and feels overwhelmed trying to find a job, check in with probation, and get stable housing. The client says, “It’s too much. I might as well just go back.” How can Chris use a recovery oriented approach to help the client take manageable steps?

Scenario 2

Jada's client missed a court ordered appointment and is afraid of being re incarcerated. Jada is not a legal advocate. What can she do within her role to support the client in moving forward?

Study and Reflection Tool

Note: This is a conceptual learning activity, not a test simulation.

Peer Role Scope Sorting Activity

Mark each task as "In Scope" or "Out of Scope" for a forensic/reentry peer recovery provider:

Task	In Scope / Out of Scope
Helping a client understand and follow court obligations	In Scope
Giving legal advice about how to file for early parole	Out of Scope
Referring a client to housing programs that serve justice involved people	In Scope
Calling the judge to explain why a client missed court	Out of Scope
Supporting a client in writing a crisis or relapse prevention plan	In Scope

Summary

Recovery oriented systems of care function like interconnected puzzles—requiring diverse supports, flexibility, and coordination to meet the many pathways individuals may take toward healing. To serve these needs, organizations must offer multiple access points to recovery, including peer based services.

Standardized training and national credentialing help define the role of Peer Recovery providers, clarify expectations, and reinforce their value within recovery systems. With lived experience, specialized training, and trauma informed, culturally competent skills, peer providers are vital members of interdisciplinary teams—offering hope, advocacy, and support to those navigating recovery and reentry.

Nationally Registered Forensic Peer Recovery Provider (NRFPRP) Credential

Summary of Learning Objectives

Knowledge Domain

Recovery Concepts and Lived Experience

- Understand the role of lived experience as a valuable resource in supporting recovery
- Identify personal characteristics and strengths essential to effective peer support
- Describe the key elements that contribute to a healthy, supportive recovery community

Addiction Science Foundations

- Understand how substance use impacts brain structure and function
- Explain how the physiological aspects of addiction influence recovery processes

History of the Recovery Movement and Models of Care

- Identify major figures and milestones in the development of the recovery movement
- Describe how the recovery movement has evolved over time
- Compare various models of addiction recovery, highlighting their core principles, similarities, and differences

History of Addiction Treatment and Recovery-Oriented Systems of Care

- Understand the historical evolution of addiction treatment, including major shifts in philosophy, policy, and practice
- Recognize the introduction and significance of SAMHSA's definition of recovery and the development of Recovery-Oriented Systems of Care (ROSC)
- Understand the role of integrated care models in supporting individuals with co-occurring mental health and substance use disorders
- Explain how research supports the effectiveness of ROSC frameworks and the inclusion of peer support as a key component of recovery outcomes

Peer Support in Modern Treatment Systems and Core Competencies

- Understand the history of the recovery movement and how peer recovery services have been integrated into current behavioral health and justice systems
- Define the roles and responsibilities of Peer Recovery Support Specialists and Peer Recovery Coaches
- Identify various types of recovery coaches (e.g., reentry, family, wellness) and describe the core duties associated with each
- Understand the core competencies and foundational knowledge areas required for effective peer support, including communication, boundary-setting, systems navigation, and client empowerment

Ethics and Professional Standards for Peer Providers

- Understand the ethical principles that guide peer support relationships, including respect, mutuality, integrity, and accountability
- Define and apply the concept of confidentiality within recovery support and treatment environments, including relevant legal and ethical boundaries
- Demonstrate understanding of documentation standards and how to record peer interactions professionally and appropriately

- Recognize the ongoing importance of ethics education in maintaining accountability, professionalism, and public trust
- Become familiar with applicable civil rights laws, such as the Fair Housing Act, and how they relate to the rights of individuals in recovery

Creating Partnership: Phases, Skills, and Strategies in Peer Support

- Identify and describe the key phases of the peer support process, from engagement through ongoing relationship-building
- Understand and apply foundational interpersonal skills such as active listening, reflective questioning, empathy, and validation
- Demonstrate understanding of the Stages of Change model and how it applies to peer recovery support
- Learn and apply the core principles and techniques of Motivational Interviewing (MI) to enhance client-centered communication
- Recognize common cognitive distortions and learn basic strategies for helping individuals reframe unhelpful thinking patterns in support of recovery

Basic Group Facilitation

- Learn foundational group facilitation techniques, including establishing group norms, managing group dynamics, and fostering a safe, inclusive environment
- Understand the peer facilitator's role in guiding recovery-focused discussions and promoting mutual support among participants

Assessment and Early Engagement

- Explore best practices for the initial stages of contact and engagement within the recovery community
- Understand the purpose and ethical use of assessments in peer support settings, including scope and limitations of the peer role

- Gain familiarity with common assessment tools and methods used in substance use recovery settings
- Develop a basic protocol for peer-conducted assessments, focused on recovery planning, resource connection, and collaboration with treatment providers
- Learn how to use a client's personal narrative to support insight, motivation, and progress in recovery

Co-Occurring Disorders, MAT, and Crisis Screening

- Identify signs that a client may be experiencing co-occurring mental health and substance use disorders and understand when to refer to licensed professionals
- Understand the fundamentals of Medication-Assisted Treatment (MAT), including its benefits, limitations, and role in recovery.
- Learn basic screening and response strategies for suicide and self-harm concerns, including when and how to escalate concerns to clinical staff

Whole-Health Recovery

- Define the concept of whole-health recovery, including its focus on the integration of physical, emotional, social, and spiritual well-being
- Understand the role peer support can play in promoting whole-person wellness within integrated healthcare systems
- Recognize how peer providers contribute to health equity by supporting client engagement in primary care, behavioral health, and community-based wellness resources

Compassion Fatigue, Self-Care, and Integrating Lived Experience

- Understand the importance of self-care in sustaining effectiveness and preventing compassion fatigue and burnout in peer support roles
- Develop a personalized self-care plan that includes strategies for stress management, boundary setting, and emotional resilience

- Explore how to appropriately integrate personal recovery experiences into peer support interactions to foster connection, trust, and hope
- Learn how to serve as a recovery role model by maintaining professionalism, demonstrating healthy behaviors, and reinforcing recovery principles through action

Recovery Planning: Foundations and Application

- Understand the components and structure of a person-centered recovery plan
- Apply the Stages of Change model to assess readiness and guide goal development
- Use Motivational Interviewing (MI) techniques to collaboratively create, update, and sustain individualized recovery plans that reflect the client's values, goals, and stage of recovery

Recovery Capital

- Define recovery capital and understand its role in sustaining long-term recovery
- Identify strategies to help individuals build, strengthen, and rebuild personal, social, and community-based recovery capital
- Explore models and tools that integrate recovery capital into the development of individualized recovery plans

Goal Setting and Strengths-Based Recovery Planning

- Demonstrate the ability to develop SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to support client progress
- Apply the Wheel of Life tool to help clients assess life balance and identify areas for personal growth
- Complete a GROW plan (Goal, Reality, Options, Will) to support structured and solution-focused recovery conversations
- Understand the principles of strengths-based recovery planning and how to use this approach to empower clients and highlight personal assets and resources

Relapse Preparation and Prevention

- Understand the nature of relapse as a part of the recovery process and learn how to engage in nonjudgmental, supportive conversations with clients about relapse risk and recovery resilience
- Demonstrate the ability to guide clients through the development of proactive relapse prevention tools, including:
  - Wellness Recovery Action Plan (WRAP®)
  - Relapse Action Plan
  - Crisis Plan
  - Advance Directive
  - Post-Crisis Recovery Plan
- Support clients in identifying early warning signs, triggers, and strategies for recovery maintenance, while promoting self-determination and empowerment

Supporting Activities

Self-Advocacy

- Describe the role of self-advocacy in the recovery process and how it empowers individuals to make informed decisions
- Understand and communicate clients' rights within the peer support or coaching relationship

Accessing Supportive Services

- Identify local, state, and federal social service programs that support recovery (e.g., housing, food assistance, vocational rehabilitation, healthcare access)
- Assist clients in navigating eligibility requirements and application processes

Cultural Competency and Special Populations

- Increase awareness of one's own cultural perspectives and how they influence interactions with clients

- Recognize the importance of cultural diversity and its impact on recovery, including factors such as race, ethnicity, gender, sexuality, disability, and justice involvement
- Apply culturally responsive approaches when working with special populations

Employment and Career Growth

- Explore current trends and employment opportunities in peer recovery and behavioral health fields
- Understand next steps after training, including job readiness, certification requirements, and ethical considerations for professional practice

Trauma-Informed Care

- Understand the principles of trauma-informed care, including safety, trustworthiness, peer support, collaboration, empowerment, and cultural sensitivity
- Recognize signs that a client may benefit from trauma-informed services and know how to provide appropriate referrals

Recommended Knowledge, Skills and Abilities for Forensic Peer Recovery Providers Referenced in Literature

	CSAT/ SAMHSA	ATTC	ICF	IARCP	IC& RC	NAPS
Knowledge	X		X	X	X	X
Recovery orientation		X		X	X	
Process of addiction		X		X		
Core knowledge stages of recovery, communities of recovery, treatment communities		X		X		
Ecology of recovery (understanding of systems)	X	X		X		X
Documentation				X	X	
Ethics of service delivery		X	X	X	X	X
Co-occurring disorders						
Medication Assisted Treatment						
Compassion fatigue and self-care	X			X	X	
Using your story / servicing as a recovery example	X	X		X	X	

	CSAT/ SAMHSA	ATTC	ICF	IARCP	IC&RC	NAPS
Creating Partnership						
Client engagement / therapeutic relationships	X	X	X	X	X	X
Motivational Enhancement	X	X			X	
Active listening / communication skills	X		X	X	X	X
Coaching skills	X	X	X	X		
Focus on present, next steps, near future rather than past		X	X		X	X
Hope based motivational strategies	X	X			X	X
Personalized services/client driven	X	X	X	X	X	X
Stages of change						
Basic group facilitation					X	
Assessment basics and ethics						
Basic suicide assessment						
Recovery Planning						
Recovery planning		X		X		
Strengths-based	X	X	X	X	X	X
Resource development (recovery capital)	X	X	X	X	X	X
Whole health recovery	X			X	X	
Lapse and relapse intervention		X				
Crisis planning						

	CSAT/ SAMHSA	ATTC	ICF	IARCP	IC&RC	NAPS
Supporting Activities						
Advocacy	X				X	X
Empowerment at all levels of treatment both on the client side and treatment provider side	X	X			X	X
High degree of personal involvement	X	X		X	X	X
Fidelity and endurance: long term contact	X	X			X	
Community education and development	X	X		X		X
Building relationships in the community	X	X		X	X	X
Cultural competence	X			X	X	X
Finding a job, licensing, certification						
Trauma-Informed Care	X				X	

Domain 5: Reentry Support and Criminal Justice System Navigation

Knowledge / Skill Area	CSAT/ SAMHSA	ATTC	ICF	IARCP	IC&RC	NAPS
Reentry challenges and systemic barriers	X	X		X	X	X
Legal system navigation (role clarity, no legal advice)	X			X	X	
Trauma-informed reentry support	X	X			X	X
Sequential Intercept Model (SIM) basics	X				X	
Supporting mandated clients (probation, court, parole)	X			X	X	
Collaboration with justice and treatment systems	X	X		X	X	X
Ethics and boundaries in justice-involved settings	X		X		X	X
Reducing recidivism through peer support	X			X	X	X

CSAT – Center for Substance Abuse Treatment
SAMHSA-Substance Abuse and Mental Health Services Administration
ATTC-Addiction Technology Transfer Center
ICF-International Coaching Federation
IARCP- International Association of Recovery Coach Professionals
IC&RC-International Certification & Reciprocity Consortium
NAPS-National Association of Peer Supporters

Eligibility Requirements for the Nationally Registered Forensic Peer Recovery Provider (NRFPRP) Credential

To qualify for the NRFPRP credential, candidates must meet the following criteria:

- Be at least 17 years of age (a high school diploma or GED is not required)
- Reside in the United States or its territories
- Provide documentation of current state or national certification/licensure in one of the following or a related field:
  - Mental health
  - Substance use/addictions
  - Prevention
  - Psychology
  - Counseling
  - Social work
  - Criminal justice
  - Nursing
  - Medicine

If not currently certified or licensed, candidates must instead meet the following:

- A minimum of 60 hours of relevant education or training
- A minimum of 100 hours of experience (volunteer, intern, or employee) in a behavioral health, addiction, or criminal justice setting

Additional requirements for all candidates:

- A minimum of one year in recovery from mental illness, substance use disorder, and/or behavioral addiction (e.g., compulsive or addictive behaviors)
- Agreement to adhere to the PARfessionals® Code of Ethics
- Submission of a complete application and professional portfolio, along with the required fee
- Successful completion of the NRFPRP examination

Credential Evaluation Criteria

Evaluation for the Nationally Registered Forensic Peer Recovery Provider (NRFPRP) credential includes both knowledge assessment and demonstration of applied competencies. Candidates will be evaluated based on the following:

1. Knowledge Assessment

Candidates must demonstrate understanding of key concepts in:

- Addiction and recovery
- Peer support principles and practices
- Ethics and professional boundaries
- Whole-health recovery and wellness
- Recovery planning and goal setting
- Cultural competency and working with diverse populations
- Advocacy and self-advocacy
- Trauma-informed care

2. Portfolio and Reference Review

Candidates must submit a professional portfolio and references that provide evidence of competency in:

- Foundational helping skills
- Motivational Interviewing techniques
- Application of the Stages of Change model
- Basic assessment skills
- Guiding clients in self-advocacy and accessing social service programs

PARfessionals: Peer Advocates for Recovery (PAR) Code of Ethics

Integrity. Fairness. Professionalism. Excellence. Competence. Recognition.

Establishing and maintaining high standards of professional practice through national registration for Forensic/ReEntry providers who provide various forms of recovery support services in our communities.

Mission:

PARfessionals is dedicated to equipping Forensic ReEntry Peer Recovery Support Providers with national recognition for exceptional recovery support services. We stand united in creating equality for those affected by mental illness, addiction and justice involved issues, breaking the silence against stigma, and fostering a diverse, qualified, and skilled recovery workforce.

Values:

Value of Lived Experience: Forensic ReEntry Peer Recovery Support Providers bring invaluable insights and resilience to the recovery community through their diverse backgrounds and lived experiences. Their unique perspectives enrich our collective efforts in supporting individuals on their journey to recovery.

Commitment to Diversity and Inclusion: PARfessionals is deeply committed to promoting diversity, equality, and inclusion within our organization and throughout the community. We actively work to dismantle stigma associated with mental illness, addiction, and justice involved issues, creating a welcoming and inclusive environment for all individuals seeking support and recovery.

Duty to Self:

We share our stories authentically, honestly, and with consideration for the impact on others, understanding that our experiences shape who we are and can positively influence those we support.

We prioritize our personal recovery journey, recognizing that our well-being is essential to our effectiveness as role models of recovery. By practicing self-awareness, self-care, and compassion, we lead by example and inspire others to prioritize their own well-being.

Regardless of our level of experience with recovery, we maintain attitudes that support and uplift others, fostering a culture of empowerment and growth.

We acknowledge and address our biases, exemplifying open-mindedness, and promoting diversity to support individuals on their unique paths to recovery.

We uphold professional boundaries to ensure the safety and well-being of those we serve, working closely with supervisors or colleagues when necessary.

Duty to Others:

We acknowledge and accept imperfection while honoring the potential and strengths of others, creating a supportive environment that fosters growth and resilience. We respect the cultural diversity of individuals and organizations, demonstrating our commitment through inclusive language and behavior.

We advocate for the rights and autonomy of those we serve, empowering individuals to make informed decisions about their recovery journey.

We refrain from accepting gifts that might appear to influence professional decisions or actions, ensuring that our support is based solely on the needs and well-being of those we serve.

We maintain confidentiality and privacy in compliance with state and national laws, rules, and regulations, ensuring the safety and well-being of all individuals within our care.

We comply with mandatory reporting of abuse and neglect in accordance with the rules of the state in which we practice.

Duty to Profession:

We are positive voices in our communities, providing education, outreach, and presence to eliminate stigma and build communities of recovery.

We commit to continued learning and staying informed about best practices in the recovery field, ensuring that our support remains relevant and effective.

We uphold integrity and accountability in our practice, reporting any misconduct or ethical violations to maintain the quality and credibility of our credentials. It is our duty to report any person or activity that is exploitative or in conflict with laws, rules, regulations, and ethical standards, prioritizing the integrity of the profession and the safety of those served.

We promote a spirit of cooperation with our colleagues, recognizing each individual as integral to the recovery experience, fostering collaboration and mutual support.

Forensic ReEntry Peer Recovery Support Provider Code of Ethics - Created 2012, Updated 2024

Exam Preparation

The National Registry of Forensic Peer Recovery Providers (NRFPRP®) is committed to identifying and validating the knowledge, skills, and abilities most essential for Forensic Peer Recovery Support Providers, based on best practices in the mental health and substance use recovery fields.

To support this mission, NRFPRP® in collaboration with PARfessionals: Peer Advocates for Recovery has developed the exam. This exam is designed by subject matter experts under the direction of NRFPP® and PARfessionals and is administered by an independent, third-party testing organization to ensure fairness and integrity.

Before registering for the exam, candidates must:

- Meet all eligibility requirements
- Submit a complete application and required documentation through the electronic candidate portfolio system (as outlined in the Candidate Handbook) COMING THIS FALL 2025

Once all application materials have been reviewed and approved, candidates will receive notification of their eligibility to sit for the exam.

Exam Format:

- Administered in a secure virtual testing environment
- Delivered via computer and/or mobile devices
- Comprised of **50 multiple-choice questions**

Content Areas Covered in the Exam:

The exam content is divided into four major domains, reflecting the core knowledge, skills, and abilities identified by NRFPRP® and PARfessionals as critical for providing high-quality forensic peer recovery support services.

NRFPRP Exam Content

The Nationally Registered Forensic Peer Recovery Provider (NRFPRP) exam evaluates candidates across five core domains. Each domain reflects the essential knowledge, skills, and abilities required for competent and ethical forensic peer recovery support.

1. Knowledge – 25%

- Recovery Talk and lived experience in recovery
- Basics of addiction science
- History of the Recovery Movement and models of addiction recovery:
  - Minnesota Model
  - Harm Reduction Model (e.g., ATA)
  - 12-Step and other mutual aid approaches
- Evolution of addiction treatment, including:
  - SAMHSA's Definition of Recovery
  - Recovery-Oriented Systems of Care (ROSC)
  - Integrated behavioral health and medical care
- Role of peer support in treatment models
- Core competencies and ethics, including boundaries, confidentiality, documentation, Fair Housing and Civil Rights laws

2. Creating Partnership – 25%

- Phases of peer support and relationship development
- Communication, active listening, and empathy
- Stages of Change model and Motivational Interviewing (MI)
- Identifying and reframing cognitive distortions
- Group facilitation
- Assessment basics and appropriate use
- Co-occurring disorders, MAT, suicide/self-harm screening
- Whole-health recovery
- Compassion fatigue, self-care, and appropriate sharing of recovery stories

3. Recovery Planning – 25%

- Building person-centered recovery plans using MI and Stages of Change
- Recovery capital identification and application
- SMART Goals, Wheel of Life, GROW model, and strengths-based planning
- Relapse prevention tools: WRAP®, Crisis Plan, Advance Directive, Post-Crisis Plan

4. Supporting Activities – 15%

- Self-advocacy and rights education
- Accessing social service programs
- Cultural competency and responsiveness
- Trauma-informed care principles

5. Reentry Support & Criminal Justice System Navigation – 10%

- Common reentry challenges (e.g., housing, ID, employment, stigma)
- Importance of obtaining key documents (e.g., valid ID, Social Security card)
- Role of peer support in legal system navigation (without giving legal advice)
- Supporting court-mandated clients using recovery-oriented, trauma-informed approaches
- Promoting client empowerment during parole/probation supervision
- Reducing recidivism through consistency, trust, and access to services
- Peer support's role across the Sequential Intercept Model (SIM)

Candidates who have completed the 50-hour online or independent study training offered by PARfessionals are well-prepared with foundational knowledge aligned to the five core domains of the NRFPRP certification exam. For individuals who have not participated in this training, the Beginner's Guide to Addiction Peer Recovery for Justice-Involved Individuals, available at www.parfessionals.com, serves as the primary study resource.

The sources listed below were integrated throughout the 50-hour training and are recommended for reinforcing key concepts covered in the exam.

Sources:

Abrahams, I. A., Ali, O., Davidson, L., Evans, A. C., King, J. K., Poplawski, P., & White, W. L. (2014). Practice guidelines for recovery and resilience oriented treatment. City of Philadelphia Department of Behavioral Health and Mental Retardation Services.

Bureau of Justice Assistance. (2018). Data collection across the sequential intercept model: Essential measures. U.S. Department of Justice. https://bja.ojp.gov

Center for Mental Health Services (CMHS) & Center for Substance Abuse Treatment (CSAT). (2012). Equipping behavioral health systems and authorities to promote peer specialist/peer recovery coaching services. Substance Abuse and Mental Health Services Administration.

Center for Substance Abuse and Mental Health Services Administration. (2024). The sequential intercept model (SIM). U.S. Department of Health and Human Services. https://samhsa.gov

Center for Substance Abuse Treatment. (1999). Enhancing motivation for change in substance abuse treatment (Treatment Improvement Protocol [TIP] Series No. 35; HHS Publication No. SMA 13-4212). Substance Abuse and Mental Health Services Administration.

Center for Substance Abuse Treatment. (2009). What are peer recovery support services? (HHS Publication No. SMA 09-4454). Substance Abuse and Mental Health Services Administration.

Copeland Center for Wellness & Recovery. (2014). The way WRAP® works. Author.
Council of State Governments Justice Center. (2021). Trauma-informed approaches across the sequential intercept model. https://csgjusticecenter.org

Freedman, M. N., & McCaughan, A. M. (2008). HIPAA for dummies: A practitioner's guide. In G. R. Walz, J. C. Bleuer, & R. K. Yep (Eds.), Compelling counseling interventions: Celebrating VISTAS' fifth anniversary (pp. 305–312). Counseling Outfitters.

International Association of Recovery Coach Professionals. (2020). Code of Ethics. Retrieved June 21, 2025, from https://www.ia-rcp.org/code-of-ethics

International Coach Federation. (2013). Core competencies. https://www.coachfederation.org/credential/landing.cfm?ItemNumber=2206&navItemNumber=576

Kunkel, T. (2012). Substance abuse and confidentiality: 42 CFR Part 2. National Center for State Courts.

McKregg, K., & Oakden, J. (2009). Characteristics of good peer support. Wellink Trust. http://www.wellink.org.nz/pdf/Characteristics_of_Good_Peer_Support.pdf

Mid-Atlantic Addiction Technology Transfer Center. (n.d.). Motivational interviewing: An overview. http://motivationalinterview.org/Documents/1%20A%20MI%20Definition%20Principles%20&%20Approach%20V4%20012911.pdf

National Association of Peer Supporters (iNAPS). (2019). National ethical guidelines and practice standards: National practice guidelines for peer supporters. Author.

National Institute on Drug Abuse. (2010). Drugs, brains, and behavior: The science of addiction (NIH Publication No. 10-5605). Author.

Purdue University. (n.d.). Everything you ever wanted to know about case notes. https://www.purdue.edu/hhs/hdfs/engagement/documents/MFT_forms/Student/Resources/Casenote.PDF

Sells, D., et al. (2020). Peer-mentored community reentry reduces recidivism: A pilot RCT. Office of Justice Programs. https://ojp.gov

Sheedy, C. K., & Whitter, M. (2009). Guiding principles and elements of recovery-oriented systems of care: What do we know from the research? (HHS Publication No. SMA 09-4439). Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration.

Substance Abuse and Mental Health Services Administration. (2012). SAMHSA's working definition of recovery (Recovery Support Initiative PEP12-RECDEF). U.S. Government Printing Office. https://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEP12-RECDEF

Substance Abuse and Mental Health Services Administration. (2014). Trauma-informed care in behavioral health services (Treatment Improvement Protocol [TIP] Series No. 57; HHS Publication No. SMA 13-4801). Author.

University of New Mexico Sentencing Commission. (2023). Effectiveness of the use of peer support workers in criminal justice settings: A literature review. https://nmsc.unm.edu

Wang, Z. G. (2013). Peer recovery credential job analysis report 2013. International Credentialing & Reciprocity Consortium.

Ward, K., & Soldnovich, J. (2022). Enhancing community integration after incarceration: Findings from a pilot study. Health & Justice, 10(1), Article 9. https://healthandjusticejournal.biomedcentral.com

White, W. L. (2008). Recovery management and recovery-oriented systems of care: Scientific rationale and promising practices. Northeast ATTC, Great Lakes ATTC, and Philadelphia Department of Behavioral Health and Mental Retardation Services.

White, W. L. (2009). Peer-based addiction recovery support: History, theory, practice, and scientific evaluation. Great Lakes ATTC & Philadelphia Department of Behavioral Health and Mental Retardation Services.

White, W., & Cloud, W. (2008). Recovery capital: A primer for addictions providers. Counselor, 9(5), 22–27.

White, W., PRO-ACT Ethics Workgroup, Popovits, R., & Donohue, B. (2007). Ethical guidelines for the delivery of peer-based recovery support services. Philadelphia Department of Behavioral Health and Mental Retardation Services.

Zhang, L., et al. (2023). Attrition from jail reentry programs and recidivism outcomes. Journal of Criminal Justice, 77, 102231. https://link.springer.com

Sample Exam Questions

Note: These questions are for study and preparation purposes only. They are not taken from the actual NRFPRP certification exam.

1. Which of the following best reflects the principle of "many pathways to recovery"?

a. All clients should follow a structured 12-step approach
b. Recovery should only be pursued after detox
c. Individuals should be supported in choosing the recovery model that fits their values
d. Harm reduction is not a true form of recovery

2. A key feature of the Harm Reduction Model is:

a. Mandatory abstinence
b. Use of medications without therapy
c. Reducing negative consequences related to substance use
d. Strict residential program requirements

3. What does the term "recovery capital" refer to?

a. The total number of meetings a person attends in recovery
b. Financial assets used to pay for treatment
c. Internal and external resources that support sustained recovery
d. Court-ordered support plans

4. In the Stages of Change model, which stage comes after someone begins taking action but still needs support to sustain it?

a. Contemplation
b. Preparation
c. Maintenance
d. Precontemplation

5. What is the primary goal of Motivational Interviewing (MI)?

a. Teach clients how to accept feedback
b. Increase treatment compliance
c. Resolve ambivalence and support self-directed change
d. Provide clinical therapy

6. Which of the following demonstrates an appropriate peer response using active listening?

a. “Let me tell you what I did when I went through that.”
b. “That doesn’t sound like a big deal to me.”
c. “I hear you saying this situation is frustrating—tell me more about that.”
d. “You should probably just go back to treatment.”

7. A peer provider helping a client explore their values and write goals that match their readiness for change is likely working on:

a. Co-occurring disorders assessment
b. Whole-health treatment planning
c. A person-centered recovery plan
d. A relapse letter

8. Which of the following is an example of a SMART goal?

a. “Try to get better soon”
b. “Meet with a case manager by Friday to apply for housing”
c. “Stop using substances eventually”
d. “Figure out what I want to do with my life”

9. A WRAP® plan is best used for:

a. Medication management only
b. Mapping emergency housing options
c. Identifying warning signs and wellness strategies before a crisis
d. Documenting legal history

10. A peer recovery specialist is helping a client apply for food assistance. This task falls under which domain?

a. Knowledge
b. Supporting Activities
c. Recovery Planning
d. Ethics

11. Which of the following is within the peer's role when supporting a client involved in the criminal justice system?

a. Helping the client understand court obligations and encouraging compliance
b. Providing legal advice about their charges
c. Writing a letter of defense to the judge
d. Attending court to advocate for early release

12. The Sequential Intercept Model (SIM) helps peer providers understand:

a. Treatment planning for complex trauma
b. Where peer support can be integrated across the criminal justice system
c. How to prioritize clients for housing
d. How to handle relapse

13. What is the best response when a client expresses fear of returning to their former neighborhood after release?

a. "Don't worry—it'll be fine."
b. "That's normal. Let's talk about other options that feel safer to you."
c. "You should tough it out and stay with family."
d. "There's nothing you can do about that right now."

14. A peer who regularly checks in with a client during their probation period and encourages goal-setting is helping reduce:

a. Clinical dependence
b. Trauma exposure
c. Recidivism
d. Time in treatment

15. Which of the following best represents the ethical use of personal recovery stories in peer work?

a. Sharing all personal details to build trust
b. Using your story only when the client asks
c. Sharing briefly and only when it helps the client feel hope or connection
d. Avoiding personal disclosure entirely

ANSWER KEY

1. **c**
2. **c**
3. **c**
4. **c**
5. **c**
6. **c**
7. **c**
8. **b**
9. **c**
10. **b**
11. **a**
12. **b**
13. **b**
14. **c**
15. **c**