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Question: 1416

A Peer Support Specialist needs to record billable notes during a meeting with an individual. How should the peer specialist maintain partnership and trust regarding administrative documentation?

- A.** Require the individual to sign note drafts prior to leaving the peer support room.
- B.** Refuse to document any peer interactions to avoid creating formal medical record trails.
- C.** Document details silently without explaining the purpose of note-taking to the individual.
- D.** Explain the purpose of notes, seek permission to write, and share what is recorded if requested.

Answer: D

Explanation: Transparency builds trust. Explaining why notes are recorded, seeking permission, and offering to share written content demystifies administrative tasks and models open, respectful partnership in every phase of care.

Question: 1417

An individual shows sudden tearfulness, statements of worthlessness, and withdrawal from usual activities. What is the Peer Support Specialist's appropriate response?

- A.** Insist the individual is overreacting to normal life events
- B.** Acknowledge the distress and explore supportive options together
- C.** End the interaction without offering further connection

D. Minimize the observations and change the subject

Answer: B

Explanation: These signs signal rising emotional crisis. Acknowledging the distress validates the experience and opens the door to collaborative exploration of supports, which is the core of supportive response skills.

Question: 1418

What is the primary function of a peer support specialist in a mental health setting?

- A.** To share personal experiences and offer support
- B.** To conduct therapy sessions
- C.** To provide medical advice
- D.** To prescribe medications

Answer: A

Explanation: The primary function of a peer support specialist is to share personal experiences and offer support to individuals facing similar challenges. They provide empathy, understanding, and encouragement based on their own recovery journey.

Question: 1419

An individual diagnosed with a co-occurring mental health and substance use challenge requests assistance with finding recovery support services. Which community resource should the Peer Support Specialist share?

- A.** An online commercial medical shop selling non-prescribed health supplements
- B.** An out-of-state private executive retreat that does not accept insurance
- C.** A local peer-led 12-step or SMART Recovery meeting focused on dual recovery
- D.** A specialized financial investment service for disability beneficiaries

Answer: C

Explanation: Sharing community recovery support groups, such as dual-recovery 12-step groups or SMART Recovery, directly aligns with providing appropriate community resources for individuals experiencing co-occurring mental health and substance use challenges.

Question: 1420

How can peer support specialists help individuals combat self-stigma?

- A.** By encouraging them to avoid self-reflection
- B.** By isolating them from community interactions
- C.** By promoting a one-size-fits-all recovery model
- D.** By helping them recognize and challenge negative self-beliefs

Answer: D

Explanation: Helping individuals recognize and challenge negative self-

beliefs is essential in combating self-stigma, allowing them to develop a more positive self-image and embrace their recovery journey.

Question: 1421

An individual's WRAP Crisis Plan lists "Contacting my sister to care for my pet cat" as a critical task during crisis intervention. Why is documenting practical daily care needs like pet care essential in an advanced crisis strategy?

- A.** Supporting pet care allows the peer support specialist to take personal ownership of the pet permanently.
- B.** Pet care arrangements are legally mandated by county courts before any psychiatric treatment can be administered.
- C.** Addressing practical personal responsibilities alleviates major distress and removes significant barriers to seeking voluntary crisis care or hospitalization.
- D.** Documenting pet care replaces the need for medical or psychiatric evaluation during acute crisis events.

Answer: C

Explanation: Practical concerns—such as care for pets, dependent care, house security, or employment notification—are often major sources of anxiety and can cause individuals to avoid or delay seeking necessary crisis stabilization or hospital care. Addressing these practical details explicitly in a crisis plan reduces panic, supports emotional safety, and facilitates smoother transition into crisis services.

Question: 1422

Which of the following best defines the concept of resiliency in behavioral health?

- A.** The process of learning new coping strategies
- B.** The ability to recover quickly from difficulties
- C.** The state of being free from mental illness
- D.** The reliance on medication for mental health stability

Answer: B

Explanation: Resiliency in behavioral health refers to the ability to recover quickly from difficulties. It encompasses the skills and resources individuals utilize to bounce back from challenges and maintain a positive outlook, despite adversity. This concept is fundamental in supporting individuals with mental health needs, as it emphasizes growth and recovery rather than just the absence of symptoms.

Question: 1423

What is an important aspect of using formal channels to advocate for an individual's rights?

- A.** Ensuring that advocacy is done without the individual's consent
- B.** Focusing solely on personal opinions
- C.** Ignoring systemic barriers
- D.** Understanding the policies and regulations that impact service access

Answer: D

Explanation: Understanding the policies and regulations that impact service access is crucial for effective advocacy, allowing peer support specialists to navigate the system and ensure individuals receive their rights to services.

Question: 1424

How can exploring ambivalence benefit individuals in their recovery process?

- A. It focuses solely on negative experiences
- B. It discourages change
- C. It helps individuals devise wellness and recovery plans
- D. It prevents open communication

Answer: C

Explanation: Exploring ambivalence can benefit individuals by helping them devise wellness and recovery plans. This process encourages open dialogue about their feelings and motivations, facilitating a more comprehensive understanding of their desires for change.

Question: 1425

Before beginning a new phase of wellness planning, a Peer Support Specialist wants to ensure the individual feels ownership of the process. Which action best builds trust and mutual respect by seeking permission and partnership for every phase of the recovery and wellness journey?

- A.** Proceed with the phase based on the specialist's assessment of readiness
- B.** Present a completed plan and ask the individual to approve it
- C.** Inform the individual that the next phase is required by program guidelines
- D.** Ask the individual whether they are ready to explore the next phase and invite their input

Answer: D

Explanation: Seeking explicit permission and inviting partnership at each stage establishes mutual respect and shared decision-making. This practice reinforces that the individual retains control and that the relationship is collaborative rather than directive.

Question: 1426

In the context of peer support, what does practicing self-awareness ensure?

- A.** The peer support worker's needs are prioritized
- B.** The individual's recovery remains the focal point
- C.** The individual feels less important
- D.** The peer support worker shares their experiences

Answer: B

Explanation: Practicing self-awareness ensures that the focus remains on the individual's resiliency and recovery, allowing for a more effective peer support relationship.

Question: 1427

Which of the following best describes the role of a Peer Support Specialist in resource linkage?

- A.** To provide legal advice
- B.** To enforce treatment compliance
- C.** To act as a bridge between individuals and the resources they need
- D.** To manage healthcare facilities

Answer: C

Explanation: The role of a Peer Support Specialist in resource linkage is to act as a bridge, connecting individuals with the resources they need to support their recovery and wellness.

Question: 1428

Which statement accurately describes Medication-Assisted Treatment (MAT) for individuals with Opioid Use Disorder?

- A.** MAT requires complete cessation of all psychiatric medications before initiating any substance treatment.
- B.** MAT is only authorized for short-term emergency detox in locked residential facilities.
- C.** MAT combines FDA-approved medications with counseling and behavioral therapies to treat substance use disorders.
- D.** MAT replaces one addiction with another without providing any

physiological or social benefit to the individual.

Answer: C

Explanation: Medication-Assisted Treatment is a whole-person treatment approach that integrates Food and Drug Administration approved medications (such as buprenorphine, methadone, or naltrexone) with behavioral therapies and recovery support services. It helps sustain recovery, reduce mortality from opioid overdose, and improve overall functioning.

Question: 1429

When an individual is reluctant to use formal advocacy channels because of past negative experiences, the Peer Support Specialist can best respond by:

- A.** Forcing the individual to file a grievance immediately
- B.** Telling the individual that formal channels never work
- C.** Ignoring the reluctance and proceeding alone
- D.** Exploring the past experience, clarifying current rights and options, and offering to support the person step-by-step if they choose to proceed

Answer: D

Explanation: Acknowledging prior experiences while providing clear information and graduated support respects the person's autonomy and gradually rebuilds confidence in using formal channels for self-advocacy.

Question: 1430

Which of the following best reflects the principles of the recovery movement?

- A.** Recovery is a linear process.
- B.** Individuals are responsible for their own recovery.
- C.** Only clinical interventions lead to recovery.
- D.** Recovery is solely defined by abstinence.

Answer: B

Explanation: The recovery movement emphasizes that individuals are responsible for their own recovery, recognizing that it is a personal journey that can vary widely among different people.

Question: 1431

A Peer Support Specialist plans to introduce a new coping strategy. Which action best builds trust and mutual respect by seeking permission and partnership for every phase of the recovery and wellness journey?

- A.** Present the strategy and invite the individual to decide whether and how to explore it
- B.** Wait until the individual independently discovers the strategy
- C.** Implement the strategy because it has proven useful for others
- D.** Require the individual to try the strategy before any further support is offered

Answer: A

Explanation: Seeking permission and inviting decision-making at each phase reinforces partnership. This practice builds trust by confirming that the individual remains an equal participant in shaping the wellness journey.

Question: 1432

What is a primary difference between the role of a peer support worker and that of clinical providers?

- A.** Peer support workers provide medical advice
- B.** Peer support workers share personal recovery experiences
- C.** Peer support workers diagnose mental health conditions
- D.** Clinical providers focus on emotional support

Answer: B

Explanation: Peer support workers leverage their personal recovery experiences to connect with individuals, whereas clinical providers focus on medical and therapeutic interventions.

Question: 1433

If a progress note contains an error, the Peer Support Specialist should:

- A.** Ignore the error if it seems minor.
- B.** Delete the original note and rewrite it completely.

- C.** Ask a coworker to rewrite the note under their own name.
- D.** Follow agency procedures for amending the note so the correction is clear and the original content remains accessible as required.

Answer: D

Explanation: Thorough and accurate documentation includes proper correction of errors according to agency and regulatory standards. Amendments must preserve the integrity of the record while clearly indicating the change, supporting both clinical continuity and legal compliance.

Question: 1434

An individual enrolled in a County Mental Health Plan is dissatisfied with the timeliness of their assigned specialty mental health services. Which formal channel should the Certified Medi-Cal Peer Support Specialist guide the individual to use first within the county plan?

- A.** Submitting a direct complaint to the federal Substance Abuse and Mental Health Services Administration
- B.** Requesting an immediate judicial review in California Superior Court
- C.** Filing a formal plan grievance with the county Mental Health Plan
- D.** Writing a petition to the California State Board of Pharmacy for provider misconduct

Answer: C

Explanation: When a beneficiary experiences dissatisfaction with services, quality of care, or administrative timeliness in California's Medi-Cal system,

the appropriate initial formal channel is the county Mental Health Plan grievance process. Beneficiaries have the right to submit a grievance verbally or in writing at any time. Peer specialists assist individuals by explaining the grievance process, helping complete required forms, and supporting them throughout proceedings without replacing the individual's voice.

Question: 1435

In the context of recovery support, what does the term "harm reduction" refer to?

- A.** Ignoring risky behaviors
- B.** Minimizing negative consequences of behaviors
- C.** Eliminating all harmful behaviors
- D.** Forcing individuals to change

Answer: B

Explanation: Harm reduction focuses on minimizing the negative consequences associated with certain behaviors rather than insisting on complete abstinence, promoting a more realistic approach to recovery.

Question: 1436

An individual resolving a crisis expresses uncertainty about how to communicate their needs to their treating psychiatrist. What peer action best supports empowerment?

- A.** Telling the individual that doctors do not listen to patient requests anyway.
- B.** Contacting the psychiatrist independently to dictate treatment changes.
- C.** Attending the appointment for the peer and making all requests on their behalf.
- D.** Role-playing the conversation with the individual and helping them draft a list of questions.

Answer: D

Explanation: Role-playing self-advocacy skills builds confidence and competence. Helping the individual prepare their thoughts empowers them to lead their own care discussions with clinical treatment providers.



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