

# CRSS Exam Prep

## Fall 2026

Mondays · 120-minute sessions · Instructor: Gina

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### ABOUT THIS COURSE

This 16-week semester course prepares you for the Illinois CRSS certification exam with a two-phase structure. Weeks 1–10 cover each performance domain in proportion to the exam blueprint; weeks 11–16 are mixed-domain drill and review, including two 75-item mock exams (weeks 8 and 15) and a 100-item practice final in week 16.

Materials are generated from crss-exam-prep/config/fall-2026.json with zero item repetition across weeks. Every drill includes full rationales. Mock exams mirror the real test in length, time limit, and domain mix.

### BY THE NUMBERS

1,096

58

13

2

1

0

PRACTICE ITEMS

DRILL SETS

WEEKLY QUIZZES

MOCK EXAMS

PRACTICE FINAL REPEATED ITEMS

### DOMAIN WEIGHTS (IC&RC BLUEPRINT)

DOMAIN	WEIGHT	SCOREDKSAS	COURSE WEEKS
Ethical Responsibility	26%	39ETH	1, 2, 3, 8, 11–14
Advocacy	16%	24ADV	4, 5, 8, 11, 13, 14
Mentoring & Education	20%	30MEN	6, 7, 8, 11, 13, 14
Recovery & Wellness Support	23%	35REC	8, 9, 11, 12, 14
Harm Reduction	15%	22HRM	10, 1–16 (integrated)

# 16-Week Sequence

Each week ships a review sheet, in-class session, take-home drills with rationales, and an instructor guide.

## WEEK 1 Ethics & Professional Conduct (Foundations)

67 items

### REVIEW TOPICS

- CRSS Code of Ethics foundations (boundaries, dual relationships, gifts, professional conduct)
- Scope of practice & accountability (peer role vs. clinical role, supervision, self-disclosure)
- Harm reduction lens on ethics (non-judgmental stance, meeting people where they are)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Ethical Responsibility

### TAKE-HOME DRILLS

- Drill A: Code of Ethics & Boundaries — 12 items
- Drill B: Dual Relationships & Gifts — 12 items
- Drill C: Scope of Practice & Accountability — 12 items
- Drill D: HR + Ethics Integration — 9 items

### REFERENCES

**HRM reading:** HRM-05 (Self-Awareness & Bias)

**KSAs:** ETH A–E

**Study guide:** Part II: Ethical & Professional Responsibility (ETH-04, ETH-11, ETH-12, ETH-14) — accountability, supervisory relationship, code of ethics & decision making, dual/complex relationships

## WEEK 2 Confidentiality, Documentation & Rights

67 items

### REVIEW TOPICS

- Confidentiality & PHI (HIPAA basics, limits of confidentiality, mandatory disclosures)
- Records, release & disclosure (ROI, written consent, minimum necessary)
- Documentation standards (objective language, recovery-focused notes, what to omit)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Ethical Responsibility

### TAKE-HOME DRILLS

- Drill A: Confidentiality & PHI — 12 items
- Drill B: Records, Release & Disclosure — 12 items
- Drill C: Documentation Standards — 12 items
- Drill D: HR + Confidentiality Scenarios — 9 items

### REFERENCES

**HRM reading:** HRM-01 (Philosophy of Harm Reduction)

**KSAs:** ETH F–J

**Study guide:** Part II: Ethical & Professional Responsibility (ETH-05, ETH-06, ETH-15) — confidentiality, documentation, integrated physical and behavioral healthcare

## WEEK 3 Crisis, Safety & Mandated Reporting

67 items

### REVIEW TOPICS

- De-escalation & crisis response (active listening, environment, body language)
- Suicide risk & safety planning (warning signs, Columbia screener, collaborative safety plans)
- Mandated reporting (abuse, neglect, imminent harm — when peer role triggers a report)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Ethical Responsibility

### TAKE-HOME DRILLS

- Drill A: De-escalation & Crisis Response — 12 items
- Drill B: Suicide Risk & Safety Planning — 12 items
- Drill C: Mandated Reporting — 12 items
- Drill D: HR + Crisis Integration — 9 items

### REFERENCES

**HRM reading:** HRM-03 (Naloxone & Overdose Response)

**KSAs:** ETH K–O

**Study guide:** Part II: Ethical & Professional Responsibility (ETH-07, ETH-08, ETH-09, ETH-13) — de-escalation, suicide prevention, abuse and neglect reporting, trauma-informed care

## WEEK 4 Advocacy Foundations & Self-Advocacy

65 items

### REVIEW TOPICS

- Advocacy foundations (self-advocacy, shared decision making, person-centered language)
- Natural supports & self-determination (family, peers, community, individual choice)
- Harm reduction integration (advocating for low-barrier services, MOUD access)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Advocacy

### TAKE-HOME DRILLS

- Drill A: Advocacy Foundations (Recall) — 12 items
- Drill B: Self-Advocacy & Shared Decision Making — 12 items
- Drill C: Natural Supports & Person-Centered Language — 12 items
- Drill D: HR + Advocacy Integration — 7 items

### REFERENCES

**HRM reading:** HRM-02 (Harm Reduction Strategies)

**KSAs:** ADV A–C

**Study guide:** Part I: Advocacy (ADV-01 through ADV-05) — system-level advocacy, self-advocacy, shared decision making, person-driven recovery, person-centered language

## WEEK 5 Systems Advocacy, Employment & Education Pathways

65 items

### REVIEW TOPICS

- Systems navigation & chain of command (when to escalate, who to talk to)
- Employment & education pathways (vocational rehab, IPS, accommodations, ADA basics)
- Advocacy application scenarios (housing, benefits, court, healthcare)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Advocacy

### TAKE-HOME DRILLS

- Drill A: System Navigation & Chain of Command — 12 items
- Drill B: Employment & Education Pathways — 12 items
- Drill C: Advocacy Application Scenarios — 12 items
- Drill D: HR + Systems Advocacy Integration — 7 items

### REFERENCES

**HRM reading:** HRM-04 (Wraparound Services)

**KSAs:** ADV D–F

**Study guide:** Part I: Advocacy (ADV-06 through ADV-09) — non-judgmental behavior, advance directives, natural supports and community connections, employment and education as recovery pathways

## WEEK 6 Mentoring Foundations & Active Listening

65 items

### REVIEW TOPICS

- Mentoring foundations (role modeling, social learning, non-judgmental stance)
- Active & empathic listening (OARS, reflective listening, holding space)
- Mentoring scenarios (groups, 1:1, telephonic, peer specialist boundaries)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Mentoring and Education

### TAKE-HOME DRILLS

- Drill A: Mentoring Foundations & Role Modeling — 12 items
- Drill B: Active & Empathic Listening — 12 items
- Drill C: Mentoring Application Scenarios — 12 items
- Drill D: HR + Mentoring Integration — 7 items

### REFERENCES

**HRM reading:** HRM-04 (Wraparound Services)

**KSAs:** MEN A–G

**Study guide:** Part III: Mentoring & Education (MEN-01, MEN-02, MEN-03, MEN-07, MEN-08, MEN-09) — mentoring & mutuality, role modeling, social learning, active listening, empathic listening, consistency and reliability

## WEEK 7 Youth & Family, Life Skills & Education

65 items

### REVIEW TOPICS

- Life skills & daily living (budgeting, transportation, basic needs, problem-solving)
- Education & psychoeducation (teaching about recovery, mental health, medication)
- Youth & family specifics (consent at 12+, parental involvement, developmental stance)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Mentoring and Education

### TAKE-HOME DRILLS

- Drill A: Life Skills & Daily Living — 12 items
- Drill B: Education & Psychoeducation — 12 items
- Drill C: Youth & Family Specific — 12 items
- Drill D: HR + Youth/Family Integration — 7 items

### REFERENCES

**HRM reading:** HRM-04 (Wraparound Services)

**KSAs:** MEN H–N

**Study guide:** Part III: Mentoring & Education (MEN-04, MEN-05, MEN-06) — life skills, adult learning principles, healthy interdependent relationships

## WEEK 8 Mid-Cohort Comprehensive Review + Mock Exam #1

111 items

### REVIEW TOPICS

- Mid-cohort comprehensive review across all five domains (Weeks 1–7)
- Test-taking strategies (reading stems, elimination, time pacing for 75 items in 120 min)
- Cross-domain reasoning (ethics in recovery, advocacy in mentoring, HR in everything)

### IN-CLASS SESSION

Mock Exam #1 · 120 minutes

### TAKE-HOME DRILLS

- Drill A: Cross-Domain Challenge Items — 12 items
- Drill B: All-Domain Application Scenarios — 12 items
- Drill C: Targeted Remediation — 12 items

### REFERENCES

**HRM reading:** Review HRM-01 through HRM-05

**KSAs:** All domains

**Study guide:** Review Parts I–III (Advocacy, Ethics, Mentoring) — focus on flagged modules from Weeks 1–7

## WEEK 9 Recovery Principles, MI & Stages of Change

66 items

### REVIEW TOPICS

- Recovery principles (SAMHSA's 10 guiding principles, four dimensions of recovery)
- Motivational interviewing & stages of change (precontemplation through maintenance, change talk)
- Strengths-based approach (WRAP, wellness tools, evidence-based practices)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Recovery/Wellness Support

### TAKE-HOME DRILLS

- Drill A: SAMHSA Principles & Recovery Definition — 12 items
- Drill B: MI & Stages of Change — 12 items
- Drill C: Strengths-Based Approach & Wellness Tools — 12 items
- Drill D: HR + Recovery Support Integration — 8 items

### REFERENCES

**HRM reading:** HRM-01 (Philosophy of Harm Reduction)

**KSAs:** REC A–H

**Study guide:** Part IV: Recovery & Wellness Support (REC-01 through REC-06) — strengths-based approach, stages of change, stages of recovery, motivational interviewing, problem-solving, WRAP

## WEEK 10 Harm Reduction (Comprehensive)

71 items

### REVIEW TOPICS

- Harm reduction foundations (SAMHSA HR framework, meeting people where they are)
- MOUD, naloxone & evidence-based services (methadone, buprenorphine, SSP, low-barrier care)
- HR application scenarios (active use, polysubstance, pregnancy, criminal-legal involvement)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes · Harm Reduction

### TAKE-HOME DRILLS

- Drill A: Harm Reduction Foundations — 12 items
- Drill B: MOUD, Naloxone & Evidence-Based Services — 12 items
- Drill C: HR Application Scenarios — 12 items
- Drill D: HR + Recovery Integration (Advanced) — 10 items

### REFERENCES

**HRM reading:** HRM-01 through HRM-06 (full module review)

**KSAs:** REC I–O + HRM integration

**Study guide:** Part V: Harm Reduction (HRM-01 through HRM-06) — philosophy and principles, strategies and tools, overdose prevention and naloxone, wraparound and ancillary services, self-awareness and personal bias, IC&RC exam integration

## WEEK 11 Cumulative Drill: Cross-Domain Integration

64 items

### REVIEW TOPICS

- Why cross-domain items matter on the real exam (most stems pull from 2+ domains)
- Mixed application scenarios (housing + ethics, recovery + advocacy, mentoring + HR)
- Recovery & wellness application across settings (clinical, community, peer-run)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes

### TAKE-HOME DRILLS

- Drill A: Cross-Domain Analysis Items — 12 items
- Drill B: Mixed Application Scenarios — 12 items
- Drill C: Recovery & Wellness Application — 12 items
- Drill D: HR Integration — 6 items

### REFERENCES

**HRM reading:** Review all HRM modules — focus on integration

**KSAs:** All domains

**Study guide:** ETH-03 (cultural humility & competency) — applies across all domains. Plus: review flagged modules from Weeks 1–10 with emphasis on cross-domain stems

## WEEK 12 Cumulative Drill: Ethics + Recovery Emphasis

64 items

### REVIEW TOPICS

- Ethics & confidentiality refresher (boundaries, ROI, mandated reporting edge cases)
- Recovery & MI application (open questions, affirmations, reflections, summaries)
- Professional Responsibility analysis items (test-style scenarios with subtle ethics layers)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes

### TAKE-HOME DRILLS

- Drill A: Ethics & Confidentiality Refresher — 12 items
- Drill B: Recovery & MI Application — 12 items
- Drill C: PR Analysis Items — 12 items
- Drill D: HR + Recovery Integration — 6 items

### REFERENCES

**HRM reading:** HRM-06 (KSA Synthesis)

**KSAs:** ETH + REC emphasis

**Study guide:** Part IV: Recovery & Wellness Support (REC-07, REC-08, REC-09) — scope of practice & professional referral, co-occurring disorders & IDDT, spirituality in recovery. From Part II: read ETH-01 (SAMHSA's 10 guiding principles of recovery) and ETH-02 (wellness-focused vs. illness-based approach) as recovery's ethical foundations

## WEEK 13 Cumulative Drill: Advocacy + Mentoring Emphasis

64 items

### REVIEW TOPICS

- Advocacy application (systems navigation, self-advocacy coaching, benefits)
- Mentoring application (group facilitation, 1:1 mentoring, peer role boundaries)
- Youth & family mixed scenarios (consent, parental involvement, school settings)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes

### TAKE-HOME DRILLS

- Drill A: Advocacy Application — 12 items
- Drill B: Mentoring Application — 12 items
- Drill C: Youth & Family Mixed — 12 items
- Drill D: HR + Advocacy/Mentoring Integration — 6 items

### REFERENCES

**HRM reading:** HRM-04 (Wraparound Services)

**KSAs:** ADV + MEN emphasis

**Study guide:** Re-read Parts I + III (Advocacy, Mentoring) — focus on application examples

## WEEK 14 Cumulative Drill: Targeted Remediation + Test Strategy

64 items

### REVIEW TOPICS

- Targeted remediation using Mock #1 data (revisit your weakest domain)
- Recall + understanding refresher (definitions, frameworks, key acronyms)
- Analysis-heavy practice (multi-step reasoning, eliminating two-good answers)

### IN-CLASS SESSION

In-Class Quiz · 30 minutes

### TAKE-HOME DRILLS

- Drill A: Targeted Remediation (Open Pool) — 12 items
- Drill B: Recall + Understanding Refresher — 12 items
- Drill C: Analysis-Heavy Practice — 12 items
- Drill D: HR Comprehensive Review — 6 items

### REFERENCES

**HRM reading:** Review flagged HRM items from Mock #1

**KSAs:** Weak-area focus per student

**Study guide:** ETH-10 (personal stressors, triggers & self-care) — applies to test-day prep. Plus: flagged modules from prior weeks focused on items missed on Mock #1

## WEEK 15 Pre-Final Review + Mock Exam #2

111 items

### REVIEW TOPICS

- Final review of key principles (self-determination, multiple pathways, scope of practice, confidentiality, harm reduction)
- Test-day pacing (75 items in 120 min, roughly 96 sec/item — flag-and-return strategy)
- All-domain confidence builder (high-frequency stems, common distractors)

### IN-CLASS SESSION

Mock Exam #2 · 120 minutes

### TAKE-HOME DRILLS

- Drill A: Targeted Weak-Area Review — 12 items
- Drill B: Recovery & HR Comprehensive Review — 12 items
- Drill C: Confidence Builder — 12 items

### REFERENCES

**HRM reading:** Review all HRM modules

**KSAs:** All domains

**Study guide:** Review all parts — focus on glossary terms and KSA summaries

## WEEK 16 Final Review + 100-Item Practice Final

20 items

### REVIEW TOPICS

- 100-item practice final (mirrors real-exam length, time, and domain mix)
- Test-day logistics (what to bring, accommodations, scheduling, after the exam)
- Post-exam reflection (regardless of pass/no-pass, what's next in peer practice)

### IN-CLASS SESSION

Final Review · 30 minutes

### REFERENCES

**HRM reading:** Review flagged HRM items

**KSAs:** All domains

**Study guide:** Flagged modules + Glossary — final pass before exam day

# Test-Day Reference

What to expect, what to bring, what happens after.

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## FORMAT

- 100 scored items + 50 unscored field-test items, randomly interspersed.
- Multiple choice, four options per item, single best answer.
- 150 minutes total. Computer-based, taken at an IBT testing center.
- Passing score: scaled 500. Approximately 65% raw on scored items in recent forms.

## WHAT TO BRING

- Two forms of ID — one government-issued photo ID, one secondary.
- Approved-testing-center confirmation email or appointment slip.
- No phones, smartwatches, notes, food, or drinks in the testing room.

## PACING

- 150 items in 150 minutes — roughly 60 seconds per item.
- Flag-and-return: never spend more than 90 seconds on a single item the first pass.
- Eliminate two clearly wrong options before re-reading the stem.
- Trust your first instinct unless you find an explicit reason to change.

## AFTER THE EXAM

- Preliminary pass/fail score appears on screen immediately.
- Official score report and IAODAPCA certificate arrive within 6 weeks.
- If you don't pass, you may re-take after 30 days — bring your domain breakdown to the post-exam review.