

# CRSS Certification Exam Preparation Course

6-Week Intensive | Mondays | 2 Hours Per Session

This course is designed to help you pass the Illinois CRSS certification exam with confidence. Over six weeks, you will work through more than 500 unique practice questions covering every domain on the exam. Each session builds on the last, starting with a pre-course diagnostic and finishing with full-length mock exams that mirror the real test — same length, same time limit, same domain mix.

Whether this is your first attempt or you are retaking the exam, this course meets you where you are. A 20-item diagnostic assessment before Week 1 identifies your strengths and gaps so every hour of study counts. Your lived experience is your greatest asset. This program gives you the structure, practice, and strategies to translate that experience into a passing score.

**505**

PRACTICE ITEMS

**22**

DRILL SETS

**4**

WEEKLY QUIZZES

**2**

MOCK EXAMS

**1**

DIAGNOSTIC

**0**

REPEATED ITEMS

## WHAT TO EXPECT EACH WEEK

- **Pre-Course Diagnostic** (new): 20-item assessment covering all five domains, taken before Week 1 to identify your starting strengths and gaps
- **Pre-Session Review Sheet** distributed the week before so you can preview key terms and assigned Harm Reduction reading
- **In-Class Assessment** completed during the session with guided review after — quiz length matches each domain's exam weight
- **Take-Home Practice Drills** for independent study between sessions, volume-balanced so Weeks 5–6 focus on mock exams, not new drills
- **Full Answer Rationales** for every question: why the right answer is right and why each wrong answer is wrong

## WHAT THE EXAM COVERS

The CRSS exam tests five performance domains. This course covers all of them. Harm reduction is integrated into every week through paired reading assignments and cross-domain drills, not siloed into a single session.

Domain	Weight	IC&RC KSAs	Key Topics
<b>Advocacy</b>	20%	A – F	Self-advocacy, shared decision making, person-centered services, natural supports
<b>Ethical Responsibility</b>	30%	A – J	Boundaries, confidentiality, mandated reporting, crisis response, professional conduct
<b>Mentoring &amp; Education</b>	20%	A – N	Role modeling, active/empathic listening, social learning, adult learning principles
<b>Recovery/Wellness Support</b>	15%	A – O	SAMHSA guiding principles, motivational interviewing, stages of change, WRAP
<b>Harm Reduction</b>	15%	A – G	Meeting people where they are, MOUD, naloxone, integration across all domains

## YOUR 6 - WEEK ROADMAP

Every practice question is unique. No item repeats across the entire course. Quiz lengths are proportional to each domain's exam weight. Harm Reduction modules are distributed across Weeks 1–4 so content builds alongside every domain.

**PRE-COURSE DIAGNOSTIC (before Week 1):** 20-item assessment covering all 5 domains. Taken online or on paper before the first session. Results identify your strongest and weakest domains so you and your instructor can prioritize from day one. **Read before starting:** HRM-01 (Harm Reduction Philosophy) — 20 items

WK	Focus	In Class	Take-Home Practice	HRM Reading	KSAs	Items
1	<b>Advocacy + Harm Reduction Foundations</b>	25-item quiz (30 min)	Advocacy Foundations (12) Advocacy Scenarios (12) HR Basics (10) Advocacy + HR Integration (10)	HRM-01 (Philosophy) HRM-02 (Strategies)	ADV A–F	<b>69</b>
2	<b>Ethical &amp; Professional Responsibility</b>	30-item quiz (36 min)	Ethics & Boundaries (12) Confidentiality & Rights (12) Crisis & Mandated Reporting (12) HR + Ethics Integration (10)	HRM-05 (Self-Awareness & Bias)	ETH A–J	<b>76</b>
3	<b>Mentoring, Listening &amp; Youth/Family</b>	22-item quiz (26 min)	Mentoring Foundations (12) Listening & Life Skills (12) Youth & Family (10) HR + Mentoring Integration (10) Cross-Domain Review: ADV + ETH (6)	HRM-04 (Wraparound Services)	MEN A–N	<b>72</b>
4	<b>Recovery Support + Motivational Interviewing</b>	18-item quiz (22 min)	Recovery Principles & SAMHSA (12) MI & Stages of Change (12) Strengths-Based Approach (12) HR + Recovery Integration (10) Cross-Domain Review: MEN + ETH (6)	HRM-03 (Naloxone/Overdose) HRM-06 (KSA Synthesis)	REC A–O	<b>70</b>
5	<b>Comprehensive Review + Mock Exam A</b>	75-item mock (120 min)	Ethics & Boundaries in Practice (12) Recovery Across Domains (12)	Review all HRM modules	All domains	<b>99</b>
6	<b>Final Prep + Mock Exam B</b>	75-item mock (120 min)	Weak-Area Targeted Review (12) Exam Confidence Builder (12)	Review flagged HRM items	All domains	<b>99</b>
Σ		<b>4 quizzes + 2 mock exams</b>	<b>22 take-home drill sets</b>	<b>All 6 HRM modules by Wk 4</b>		<b>505</b>

**Design notes.** Weeks 1–4 build domain knowledge with focused quizzes and targeted drills. Quiz lengths are proportional to exam weight: Ethics gets 30 items (30% of exam), Recovery gets 18 (15%). Weeks 5–6 shift to full-length mock exams at the real exam pace: 75 questions, 120 minutes, all five domains. Take-home volume is flattened across weeks (66–76 items in Weeks 1–4, 24 in Weeks 5–6) so mock exam weeks focus on consolidation, not new material. Harm reduction reading is distributed across Weeks 1–4 and integrated into every week's drills, not siloed.

**HOW REMEDIATION WORKS:** After each weekly quiz, your score is broken down by domain. Any domain below 70% is flagged. Your Week 5 "Targeted Review" drills are pulled from your two weakest domains based on Quiz 1–4 results. After Mock Exam A, the instructor reviews class-wide patterns and assigns the Week 6 "Weak-Area Targeted Review" drill from the domain with the lowest class average. Individual students with domain scores below 60% on Mock A receive a supplemental 12-item drill for that domain.

## ABOUT THE CRSS EXAM

The CRSS exam is the IC&RC Peer Recovery (PR) Examination, administered by ICB. Both CRSS and CPRS candidates take this same exam.

<b>Total Questions</b>	75 (65 scored + 10 unscored pre-test items)
<b>Question Format</b>	Multiple choice with 3 or 4 answer choices
<b>Time Limit</b>	2 hours (120 minutes)
<b>Passing Score</b>	500 out of 800
<b>Guessing Penalty</b>	None. Answer every question.
<b>Format</b>	Computer-based, by appointment only (no walk-ins)
<b>Application Window</b>	Must complete within 1 year of opening in Certemy
<b>Early Testing</b>	You may test before full approval after completing first two phases and paying fees

## DOMAIN WEIGHTS

Ethical Responsibility alone makes up nearly a third of the exam. Prioritize accordingly:

Domain	Weight	Scored Qs	KSAs	Course Weeks
<b>Ethical Responsibility</b>	30%	~20	A–J	2, 5, 6
Advocacy	20%	~13	A–F	1, 5, 6
Mentoring & Education	20%	~13	A–N	3, 5, 6
Recovery/Wellness Support	15%	~10	A–O	4, 5, 6
Harm Reduction	15%	~10	A–G	1–6 (integrated)

## F E E S

Paid directly to ICB. Scholarship assistance may be available through the CRSS Success Program.

<b>Application Fee</b>	\$100
<b>Examination Fee (each attempt)</b>	\$200
<b>Biennial Recertification (every 2 years)</b>	\$150

*Note: CRSS applicants must sign a Statement of Self-Disclosure.*

## TEST-TAKING STRATEGIES

- Answer every question.** No penalty for guessing. Score is based only on correct answers.
- Read the stem carefully.** Watch for MOST appropriate, FIRST step, BEST response. Some questions have 3 choices, some 4.
- Eliminate wrong answers.** Cross out anything outside CRSS scope (diagnosing, prescribing) or violating core principles.
- When two options look right,** choose the most person-centered, autonomy-respecting, or supervision-using answer.
- Manage your time.** 75 questions in 120 minutes = ~96 seconds each. Flag tough ones and come back.
- 10 questions don't count.** Unscored pre-test items are mixed in. Treat every question the same.

## ON EXAM DAY

- Bring admission letter (emailed after scheduling) and valid government-issued photo ID
- Appointments are weekdays only; no walk-ins
- Accommodations: request in writing at least 30 days before exam date
- Unofficial results immediately; official scores in Certemy within 10–14 business days
- Unlimited retake attempts (exam fee each time); retest must occur within 1 year of application approval

## ESSENTIAL RESOURCES

### Illinois Certification Board (ICB)

- ICB Credentialing Page (start here) [iaodapca.org/Credentialing](https://iaodapca.org/Credentialing)
- CRSS Model (July 2025) [iaodapca.org/Portals/0/PDF/CRSS-Model-July-2025.pdf](https://iaodapca.org/Portals/0/PDF/CRSS-Model-July-2025.pdf)
- ICB CRSS Study Guide (free PDF) [iaodapca.org/Portals/0/PDF/CRSS\\_Study\\_Guide.pdf](https://iaodapca.org/Portals/0/PDF/CRSS_Study_Guide.pdf)
- IC&RC; PR Candidate Guide (April 2025, 12 sample Qs) [linked from Credentialing page](#)
- PR Exam Study Guide by JSI/Rhode Island (free, 20 practice Qs) [linked from CRSS Model, p. 7](#)
- Certemy Application Portal [icb.certemy.com](https://icb.certemy.com)
- ICB Testing Info [iaodapca.org/Testing](https://iaodapca.org/Testing)
- ICB Phone: (217) 698-8110 | Email: [info@iaodapca.org](mailto:info@iaodapca.org)

### State of Illinois

- IDHS CRSS/CPRS FAQ [dhs.state.il.us/page.aspx?item=155382](https://dhs.state.il.us/page.aspx?item=155382)
- IDHS Application To-Do List [dhs.state.il.us/page.aspx?item=155545](https://dhs.state.il.us/page.aspx?item=155545)
- IDHS Credential Process Overview [dhs.state.il.us/page.aspx?item=155901](https://dhs.state.il.us/page.aspx?item=155901)
- DBHR Wellness & Recovery Services [DHS.DBHR.RecoveryServices@illinois.gov](mailto:DHS.DBHR.RecoveryServices@illinois.gov)

### Study & Professional Development

- Online Recovery Academy & CRSS Library (ORACL) [recoveryacademyillinois.org](https://recoveryacademyillinois.org)
- IC&RC Practice Exams (paid, from exam developer) [internationalcredentialing.org](https://internationalcredentialing.org)
- CRSS Provider Workbook (free PDF) [iaodapca.org/Portals/0/PDF/CRSS-Provider-Workbook-FINAL.pdf](https://iaodapca.org/Portals/0/PDF/CRSS-Provider-Workbook-FINAL.pdf)
- SAMHSA Recovery and Recovery Support [samhsa.gov/recovery](https://samhsa.gov/recovery)
- SAMHSA Harm Reduction Framework [samhsa.gov/harm-reduction](https://samhsa.gov/harm-reduction)

### Crisis & Safety

- 988 Suicide & Crisis Lifeline **call or text 988**
- Illinois CARES Line (child abuse/neglect) **1-800-252-2873**

### DOWNLOAD BEFORE WEEK 1

1. **The CRSS Model (July 2025)**. Defines every performance domain and core function.
2. **The IC&RC PR Candidate Guide (April 2025)**. Exam blueprint, domain weights, KSAs, 12 sample questions.
3. **The ICB CRSS Study Guide**. Domain overviews and Illinois-specific scenarios.
4. **The PR Exam Study Guide (JSI/RI)**. Key concepts, test strategies, glossary, 20 practice questions.

All free. Start at [iaodapca.org/Credentialing](https://iaodapca.org/Credentialing)

*The CRSS Comprehensive Study Guide provided with this course replaces the 2012 ICB Study Guide as your primary study resource. Documents 1–4 above are companion references.*

### GET MORE FROM THIS COURSE ONLINE

Weekly checklists, clickable links, progress tracking, and exam prep tools.

[\[URL Coming Soon\]](#)

*You have the experience. We are here to help you prove it on paper.*