

## Recovery Coach Academy

A Recovery Coach as *anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery*. The Recovery Coach Academy (RAC) is a five-day training opportunity designed for those interested in becoming actively involved in serving as a recovery coach. The training will provide participants a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. The training will provide participants tools and resources useful in providing recovery support services and emphasizes the skills needed to link people in recovery to needed supports within the community that promote recovery.

Unequivocally, recovery coaches do not provide clinical services. They do, however sometimes work with people experiencing difficult emotional and physical states. As a result, the training provides participants with a basic understanding of substance use and mental disorders, crisis intervention and how to respond in crisis situations. In addition, skills and tools on effective communication, motivational enhancement strategies, recovery action planning, cultural competency and recovery ethics will be offered.

### Learning Objectives for the Recovery Coach Academy

Participants will be able to:

- Describe the roles and functions of a recovery coach
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Discuss co-occurring disorders and medicated assisted recovery
- Describe stages of change and their applications
- Address ethical issues
- Experience wellness planning
- Practice newly acquired skills

### Training of Trainers

Those interested in becoming trainers of the Recovery Coach Academy can attend a concurrent Training-of-Trainers which will be offered in an additional two hours following each training day and all day Saturday following the Academy. The TOT is designed to familiarize participants with the full curriculum and to learn optimal methods of delivering the RCA. The TOT is not a training primer, therefore those selecting to attend the TOT need to be seasoned trainers.

### Agendas

#### Day 1

Morning

- Introduction of presenters and participants
- Overview of the week
- Creating a safe place for learning
- Working agreements
- Overview and learning objectives of the day
- "Who Am I" exercise
- Spectrum of attitudes

## Afternoon

- What is recovery?
- Components of recovery
- Recovery core values
- Guiding principles of recovery
- What is a recovery coach?
- Closing

## Day 2

### Morning

- Reacquaintance and review
- Building skills to enhance relationships
- Listening and communication skills
- Values and differences
- Transference/counter-transference
- Sexual harassment
- Crisis intervention

### Afternoon

- Stigma and labels
- Telling your own story
- Issues of self-disclosure
- Referral skills
- Personal journaling

## Day 3

### Morning

- Reacquaintance and Review
- Stages of Recovery
- Pathways to Recovery

### Afternoon

- Stages of Change
- A Brief Primer in Motivational Interviewing
- Closing and Journaling

## Day 4

### Morning

- Reacquaintance and Review
- Cultural Competence
- Privilege and Power
- Self Cultural Competence Assessment
- Spirituality and Religion
- Common Spiritual Themes

Afternoon

- Resources and Programs
- Researching Resources
- Keeping Abreast of Changes
- Closing and Journaling

Day 5

Morning

- Reacquaintance and Review
- Self-Care
- Boundary Issues
- Respectful Model
- Recovery Wellness Plan
- Role Plays

Afternoon

- Role Plays Continued
- Continued Professional Development and Next Steps
- Closing Exercise
- Evaluations and Certificates