

Recovery Coach Academy Comes to The RECOVER Project

The RECOVER Project recently hosted a four day Recovery Coach Academy training presented by Enid Watson of the Institute for Health and Recovery (IHR). The training, which took place on Mondays in late March and early April, was attended by RP staff, volunteers, community members, and those traveling from recovery centers as far as Brockton!

The Recovery Coach Academy curriculum was originally designed by the Connecticut Community for Addiction Recovery (CCAR) and has been adapted by IHR for our use. Among its many definitions, CCAR defines 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 training began with a discussion of the distinctions between a 12 Step sponsor, a recovery coach, and a traditional counselor or therapist. We also explored the core roles of a recovery coach laid out by William White, one of the pioneers of this model. Those roles include motivator and cheerleader, ally and confidant, truth teller, role model and mentor, problem solver, resource broker, and advocate.

The recovery coach training at the RP included conversations around recovery core values and components of recovery, as well as communication skills, cultural competency, stages of change, and a brief introduction to motivational interviewing. A representative from the Massachusetts Organization for Addiction Recovery, an organization that focuses on political advocacy around recovery issues, also spoke to the group about upcoming legislative issues affecting people in recovery. These issues included an anticipated appeal of the recently reinstated alcohol tax and the Good Samaritan law which would afford some legal immunity to those calling in an overdose to emergency services.

The final portion of the training included discussions around creating recovery wellness plans, establishing and maintaining boundaries and self-care, role playing, and learning how to tell your own story. Each session included information presented by Enid, along with group activities designed to further explain the concepts involved with recovery coaching.

“Recovery coaching is a training that most peers working in recovery centers should take,” said Peggy, a Volunteer Peer Leader at the RP. “It gives us the tools to help our peers who already come to the RP, as well as those who still need help.”

Those participating in the training received a certificate of attendance upon completion.

Save the Date!

No Wrong Door to Recovery BSAS Recovery Community Conference

When: Weds. May 26th 8:15 am—4:00pm

**Where: Best Western Royal Plaza Hotel
Marlborough, MA**

The RP will have a bus leaving Greenfield for this conference at 6:40am. Call the RP to learn about registering and reserving a space on the bus.



**68 Federal Street
Greenfield, MA 01301
413-774-5489**

MISSION STATEMENT

THE RECOVER PROJECT IS A COMMUNITY OPEN TO ALL CONCERNED WITH ALCOHOL AND DRUG ADDICTION. WE EXIST TO FOSTER RECOVERY AND EMPOWER INDIVIDUALS, FAMILIES, AND THE COMMUNITY OF FRANKLIN COUNTY.

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Prevent-Treat-Recover-For Life*

SPECIAL THANKS

To all of the **volunteers** and **staff** who have made the creation and publication of this newsletter possible.