



## CCAR Recovery Coach Academy© Program Overview

The CCAR Recovery Coach Academy© is a 4-day intensive training academy focusing on providing individuals with the skills need to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Provided in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

CCAR Recovery Coach Academy© participants will:

- Describe Recovery Coach roles and functions
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery and recovery coaching
- Discover attitudes about self-disclosure and sharing your story
- Understand the stages of recovery
- Describe the stages of change and their applications
- Increase their awareness of culture, power and privilege
- Address ethical and boundaries issues
- Experience recovery wellness planning
- Practice newly acquired skills

Each day of t e Recovery Coach Academy© is set up so that participants gain the necessary skills and knowledge to be a Recovery Coach by using the principles behind adult learning theory which states:

- |   |                                       |
|---|---------------------------------------|
| ✓ Adults are internally motivated and self-directed                   | ✓ Adults are goal oriented            |
| ✓ Adults bring life experiences and knowledge to learning experiences | ✓ Adults are relevancy oriented       |
|   | ✓ Adults are practical                |
|   | ✓ Adult learners like to be respected |

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**Day One** focuses on introducing participants to the concept of recovery coaching: what it is, what they do, how they function, and, most importantly, why recovery coaches are an important piece of the recovery process. Throughout the first day of this academy, participants take part in an array of introductory exercises to help them introduce themselves, and to begin the process of understand the wide scope of the recovery coach role. This day contains segments on sexual harassment, crisis intervention, transference and counter transference, as recovery coaches are peers and will need some basic understanding of what to do if and when these situations arise.

Describe the roles and functions of a recovery coach; List the components, core values & guiding principles of recovery

**AGENDA:**

**AM:**

Welcome/Introductions of Presenters and Participants

Overview of the week, Day 1 Agenda

Creating a Safe Place/Working Agreements

Who Am I? Exercise

Spectrum of Attitudes

What is Recovery?

Guiding Principles of Recovery, Recovery Core Values, Components of Recovery

What is a Recovery Coach?

**PM:**

Reconnection/Journaling

Distinguishing the Counselor, Recovery Coach and Sponsor  
Reconnection and Review

Building Skills to Enhance Relationships

Listening and Communication Skills

Values and Differences

Sexual Harassment

Crisis Intervention

Pluses/Wishes/Closing



**Day Two** moves participants a little further into understanding their own personal biases and how these differences can help or hinder working as a recovery coach. Throughout the day emphasis is placed on building communication skills in order to help participants understand the importance of asking good questions, without our “own stuff” getting in the way. Understand the stages of recovery; Describe stages of change and their applications provides participants with an opportunity to learn about the different stages of recovery and the various pathways of recovery. In order to assist someone along their path, it is important for a coach to have an understanding of the multiple pathways of recovery in order to help match someone with what might work best for them. We introduce the Stages of Change model and motivational interviewing during this day, so coaches have an understanding of meeting people where they are at, and how best to guide them.

Build skills to enhance relationships; Explore many dimensions of recovery & recovery coaching;  
Discover attitudes about self-disclosure & sharing your story

**AGENDA:**

AM:	Welcome, Agenda and Reconnection
	Stigma and Labels
	Motivational Interviewing
	Stages of Change
PM:	Reconnections and Journaling
	Stages of Recovery
	Sharing your Story
	Issues of Self Disclosure
	Multiple Pathways of
	Recovery
	Making Connections
	Closing



**Day Three** has two distinct parts. In the morning, a great deal of time is spent on culture and cultural competence, and well as power and privilege. It is important for coaches to be able to “reach” the people they provide services to, understanding their stories and what their obstacles might. The second half of the day introduces the concept of Recovery Capital, and its importance in this role of recovery coach. Participants are given time to create lists of local resources in their own recovery community and learn when to make a referral.

Increase awareness of culture, power & privilege; Understand the concept of Recovery Capital and its importance in recovery coaching

**AGENDA:**

AM: Welcome, Agenda and Reconnection  
Culture and Cultural Competence  
Power and Privilege  
Power Walk

PM: The CCAR Experience  
Making a Referral  
Building Recovery Capital  
Resources Available to Us  
Researching Additional Resources  
Pluses/Wishes/Closing



**Day Four** introduces participants to the Recovery Wellness Plan, the tool that they can utilize when meeting with the people they will serve to help set priorities and to create smart goals. Through an activity focusing on self-care, participants then are given time to utilize the tool. A practice coaching session, where an observer, coach and recoveree are all present, allow for immediate feedback. Time is also spent covering some potential boundary issues that could arise, as well as next steps for continuing professional development.

Address ethical & boundary issues; Experience recovery wellness planning; Practice newly acquired skills

**AGENDA:**

AM: Welcome, Agenda and Reconnection  
Boundary Issues  
Self-Care  
Recovery Wellness Plan

PM: Role Plays  
Continued Professional Development  
and Next Steps  
Closing Exercise



## CCAR Recovery Coach Academy© Training of Trainer Program Overview

**Price per person \$650.00\***

CCAR has partnered with hundreds of individuals and agencies across the country who are making a difference in the field of recovery while increasing their revenue stream by training the nationally recognized CCAR Recovery Coach Academy© Curriculum. Anyone with a training background, who also has a passion for this work, can be very successful as a trainer. 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.

### ***What participants of the RCA Training of Trainer Program can expect:***

- All participants in the CCAR RCA Training of Trainers receive a manual with the curriculum, scripts, exercises, handouts, DVDs and PowerPoint slides so they can train the CCAR RCA back in their home town.
- Trainers of the RCA have access to personalized customer service, online ordering for manuals and technical assistance.
- CCAR maintains regular communication with all trainers regarding the RCA and provides updated training materials whenever the curriculum is revised to reflect the latest in Recovery Coaching best practices.
- Your training evaluations will be compiled and summarized for your review after each Academy.
- Most importantly, you will be a part of the one of the most recognized and respected training programs for Recovery Coaches across the country.
- All Trainers must attend the CCAR Recovery Coach Academy© and Training of Trainer program in full. Upon completion Trainers sign an agreement indicating their commitment to the following:
  - ✓ Purchase of training materials through CCAR (Materials cannot be duplicated).
  - ✓ To promote the Academy as the CCAR Recovery Coach Academy in any marketing materials.
  - ✓ To co-train the Academy (CCAR insists that the training be conducted by two people)
  - ✓ To deliver the training and curriculum in its entirety and in the order specified.