

Recovery Support Network Recovery Coach Training

This five-day training opportunity is designed for those interested in becoming actively involved in coaching Washington County women in recovery from addiction and other substance use disorders. As the mission of Recovery Support Network is to provide transitional housing for women in recovery in Washington County, eligible participants **will be women**. The experience will provide participants a comprehensive overview of the purpose and practice of recovery coaching and will prepare people to successfully coach others through the recovery process. It will engage trainees in the sharing of tools and resources useful for providing recovery support and will help to develop the skills and expand the peer support capabilities needed to link people in recovery to existing recovery-promoting resources within local communities.

A Recovery Coach is one prepared to promote recovery by helping to remove barriers and obstacles to recovery, and by serving as a personal guide and mentor for people seeking or experiencing early recovery. Recovery coaches do not provide clinical services. They do, however, often 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 response awareness and techniques. In addition, skill-set development and tools for effective communication, motivational enhancement strategies, recovery action planning, cultural competency, and recovery ethics will be offered as part of this course.

The basic training curriculum being used was developed by the Connecticut Community for Addiction Recovery (CCAR) and has been generally recognized as a successful training model. Training participants will be selected on a first-come, first-served basis. No fee will be charged for this initial training; however, donations will be welcomed. Participants will be asked to commit to volunteer a minimum of forty (40) hours with Recovery Support Network. Trainee workbooks cost \$40; targeted donations to cover the cost of workbooks for those participants who cannot cover these costs would be appreciated.

For more information or for an application, please call (207) 263-6272, email info@recoverysupportnetwork.org, or contact us on our web page: www.recoverysupportnetwork.org or Facebook page: <https://www.facebook.com/RecoverySupportWashingtonCountyME>.

Learning Objectives for the Recovery Coach Training

Participants will be able to:

- Express 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
- Experience motivational interviewing (MI)
- Address ethical issues
- Initiate wellness planning
- Practice newly acquired skills

Overview

Day 1: Focus is to create a safe learning environment where new knowledge transfer can occur and basic assumptions and values can be challenged. Participants will develop a firm foundation in recovery coaching terminology, role clarification, and guiding principles.

Day 2: Focus is to examine optimal ways of working with others. Knowledge will be acquired and skills will be developed to express our roles as recovery coaches.

Day 3: Focus is to acquire knowledge about models of recovery and change. Skills will be developed to motivate others to change.

Day 4: Focus has two distinct components: (1) build knowledge and develop skills to facilitate working with issues of spirituality, cultural competence and ethics; and (2) explore Washington County recovery resources and how to facilitate recoverees access to them.

Day 5: Focus is actualizing the process of becoming a recovery coach. Future professional development needs and responsibilities will be identified and explored. Time will be given to appropriately closing a week-long training process.

For those interested in becoming trainers, please ask about participating in an additional training session, to be held at the close of each day's recovery coach training session. The Training of Trainers component is designed to familiarize participants with the full curriculum and to learn optimal methods of delivering the Recovery Coach training.