



Five-day CCAR Recovery Coach Academy[®] (RCA)

This training is for individuals who are involved in the recovery initiation of others and/or are in sustained recovery themselves and want to become a Recovery Coach or a Certified Recovery Support Worker for people seeking or already in recovery.

May 9 - 13, 2022

Alice Peck Day Memorial Hospital
Dwinell Room, 23 Alice Peck Day Drive
Lebanon, NH 03766
Registration deadline, April 10, 2022



Recovery Coaching is a peer-based recovery support service that is non-clinical and designed to engage others beyond recovery initiation through stabilization and into recovery maintenance. Similar peer interventions in clinical settings have been shown to improve engagement and retention of people seeking services. It is also known that long-term treatment and/or recovery outcomes are improved by assertive linkages to community-based recovery supports such as Recovery Coaching. There will be special emphasis on working with individuals or families in the prenatal and postpartum period.

What Recovery Coaches Do:

- Help to initiate and sustain an individual/family in their recovery from substance use disorder or addiction.
- Promote recovery by removing barriers and obstacles to recovery
- Serve as a personal guide and mentor for people seeking, or already in recovery

CCAR Recovery Coach Academy[®] participants will:

- Describe Recovery Coach role 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



Time: 30-hour Recovery Coach Academy - 9:00 to 4:30 each day (Registration at 8:30 on Day One)

All manuals will be provided. Participants will receive a Recovery Coach Academy Certificate. Certificates will not be issued for partial completion. 30 CEUs will be awarded.

This training is a collaboration of JSI Research & Training Institute, Inc., NH DHHS Maternal and Child Health Services, and the Dartmouth-Hitchcock Northern New England Perinatal Quality Improvement Network (NNEPQIN).

There is no fee for participation.

30 Seats are available. If 30 seats are filled, there will be a wait list, so please register! **Questions?** 603.653.6898

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YOU MUST ALSO ENROLL AT: <https://www.protraxx.com/Scripts/EzCatalogNY/ViewClass.aspx?ID=413105&CustomerID=245>

COVID screening and masks will be required.