



The Recovery Institute For Mind / Body / Spirit

# Recovery Coach Academy Five Day Training Overview

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Provided by TRI Center Inc.\*  
The Recovery Institute

Contact:

TRI Center In.  
1369 Broadway  
2<sup>nd</sup> Floor  
New York, New York 10018

Phone: 212-268-8830  
[www.tricenter.com](http://www.tricenter.com)  
email: [tricenter@msn.com](mailto:tricenter@msn.com)

\* OASAS Credentialed Education and Training Provide of the CCAR RCA Training

## **Tri Center Treatment And Recovery Philosophy**

At TRI Center we base our philosophy on the belief that each person is unique and that for most individuals, a “standardized” treatment protocol is simply not the most effective. We embrace a unified cognitive/behavioral/psychodynamic approach to addiction treatments, as well as a recovery oriented system of care which means:

- We blend a variety of treatment modalities in order to address the needs of each individual.
- We view the aspects of mind, body, and spirit as essential elements in the healing process.
- We are passionate in our belief that sustainable recovery is possible for all who truly seek a pathway to wellness and are committed to getting help.
- We include and promote peer-to-peer recovery support as a vital part of the services offered.
- We believe in the empowerment of individuals, and in their collaboration with professionals and peers to direct their own recovery.
- We ensure continuity of community-based services and supports for as long as needed.
- We acknowledge the meaningful role the recovery community, peers, family, and friends, play in the design of services, provision, and quality improvement.

TRI Center’s approach to recovery is one that is person-centered, empowering, collaborative, and goal-oriented. It is a design that centers around peer-to-peer recovery support—Recovery Coaching.

### **Recovery Coaching**

Recovery Coaching is a strengths-based approach to coaching. It provides support services to individuals at any given stage of change in their recovery process. A recovery coach acts as a personal guide for individuals pursuing, or presently in recovery and awakens them to the many possible ways of recovery. A recovery coach “promotes recovery, removes barriers, connects people with support services, helps set and achieve goals, and encourages hope, optimism, and healthy living”. The recovery coach serves as a mentor and role model, one that promotes recovery and a healthy lifestyle by way of example.

### **Recovery Coach Academy (RCA) Training**

TRI Center is an OASAS Credentialed Education and Training Provider. We provide the 30 hour CCAR Recovery Coach Academy 5-day Training Program. Our training and internship programs provide our alumni the opportunity to acquire or sharpen their academic and employment skills, obtain work experience, and attain a professional mind-set.

The Recovery Coach Academy Training Program has now been expanded and is open to all health care professionals, social workers, school counselors and teachers, first-responders, clergy, EAP professionals, criminal justice workers, individuals in recovery, their family members, and anyone who wishes to enter the field of addiction and recovery. The RCA tuition is \$225.00 and includes the RCA training manual.

By opening the OASAS-approved RCA Training Program to individuals in the community, we hope to bring a face to recovery, raise their awareness of the recovery process, and have them come together to support and encourage those on their journey of long-term recovery.

# **CCAR Recovery Coach Academy 5-Day Training Program**

## **Goal**

The new paradigm in the field of addiction is one that favors recovery support. There is an increasing demand for recovery coaches, those individuals who would like to promote recovery by removing its barriers and obstacles and serving as personal guides and mentors for people seeking or already in recovery.

The CCAR Recovery Coach Academy (RCA) Training Program is a nationally recognized 5-day intensive program that provides participants with the tools and resources needed to become recovery coaches. The content and structure of the training program provides participants the opportunity and experience to acquire new knowledge and skills, and to be challenged. The goal of the RCA Program is to empower and motivate their graduates and have them leave with a greater sense of self so that they can return to their communities and begin their work as Recovery Coaches.

## **RCA Program**

The program consists of 5 days of classes. There are a number of topics to be covered in the morning and afternoon sessions. To illustrate, below are the topics to be covered in Day 1 with the desired learning outcomes for the first day of class.

### **Day 1: Topics Covered**

- Introductions
- Overview
- Creating a Safe Place
- Working Agreements
- Who Am I?
- Spectrum of Attitudes
- What is Recovery?
- Components of Recovery
- Recovery Core Values
- Guiding Principles of Recovery
- What is a Recovery Coach?

### **Performance Objectives:**

At the end of Day 1 (of the 5-day course), the trainees will be able to:

- Create a safe working environment to explore and challenge ideas and values
- Distinguish, compare, and contrast the attitudes underlying 3 types of coaching relationships
- State the meaning, components, core values & guiding principles of recovery
- Describe and clarify the roles and functions of a recovery coach

## **Time**

RCA is a 5-day course consisting of 30 hours of class time running from 9:00 –4:00 p.m. There is a one hour lunch break. The 5-day training schedule is held one day a week for 5 weeks (e.g., five consecutive Fridays), or five successive days (M-F). A Wed., Thu., Fri., Mon., and Tue. schedule also works well for many because the topics covered on the third day (stages of recovery, pathways, stages of change, and MI) can be the most challenging. The weekend break gives the trainees the opportunity to work on those concepts and skills.

## **Course Materials**

- CCAR Recovery Coach Academy Training Manual
- Handouts / articles for additional reading

- Video (topic specific - homework)

### **Certification**

Trainees who attend all five days of classes, are punctual, complete all assignments, and demonstrate satisfactory command of the course content (class participation, assignments, final assessment) are awarded a CCAR RCA Certificate of Completion and an OASAS Certificate of Completion (documenting completion of OASAS approved course work/training).

### **A Note From The Instructor:**

The 5-Day Recovery Coach Academy (RCA) Training Program is open to those who are in recovery and wish to become Recovery Coaches..

The RCA Program requires commitment; it is intensive (see attached 5-Day Training Program Agenda). There are daily homework assignments given at the end of each class day. The homework requires at least 2 hours of study, reading, and writing time in the evenings. In order for trainees to complete the training program successfully, the trainees will need to apply themselves to the content and workload of the training program. The information and skills to be learned are not difficult, but they do require attention, review, practice, application, and more review.

The 5-Day RCA Training Program is the first step to becoming a professional in the field of addiction and recovery. However, the acquisition of a professional mind-set does not begin when one enters the workforce; it begins the night before the first class—by preparing oneself accordingly so as to arrive on time and be ready to start the day as scheduled. Once candidates are selected and become recovery coach trainees, they will not be treated as students; they will be treated as future coaches. As coaches, both trainees and instructor are expected to be diligent, punctual, open-minded, and committed to their goals as well as to their class peers. By doing so, we will help each other grow.

### **Next Training:**

**Starts:** Tuesday, November 29, 2016 to Monday, December 05, 2016 (no classes 12/3 – 12/4)

**Time:** 9:00 am to 4:00 pm (lunch 12:00-1:00)

**Location:** TRI Center Inc.  
1369 Broadway, 2<sup>nd</sup> Floor (corner of 37<sup>th</sup> St. and Broadway)  
New York, New York 10018  
Office Phone: 718-584-7204

### **Future Trainings:**

Trainings are held 6 to 8 times a year. For information regarding future trainings, please contact the Recovery Coach training instructor.

**Instructor:** William J. Gonzalez  
Recovery Coach  
CCAR Recovery Coach Academy (RCA) Trainer  
Work Cell: 646-306-7415  
E-mail: william.gonzalez@tricenter.com

# CCAR Recovery Coach Academy Training Program

## 5-Day Agenda (9:00 a.m. to 4:00 p.m.)

### Day 1 Agenda

- Introductions
- Overview
- Creating a Safe Place
- Working Agreements
- Who Am I?
- Spectrum of Attitudes
- What is Recovery?
- Components of Recovery
- Recovery Core Values
- Guiding Principles of Recovery
- What is a Recovery Coach?

### Day 2 Agenda

- Reconnection & Review
- Building skills to enhance relationships
- Active listening and communication skills
- Values and differences
- Getting your buttons pushed
- Sexual harassment
- Crisis intervention
- Reconnection & Journaling
- Stigma and labels
- Sharing your story
- Issues of self-disclosure
- Closing

### Day 3 Agenda

- Reconnection & Agenda
- Stages of Recovery
- Pathways of Recovery
- Reconnection & Journaling
- Stages of Change
- Primer in Motivational Interviewing
- Making Connections
- Closing

### Day 4 Agenda

- Reconnection & Review
- Culture & Cultural Competence
- Privilege & Power
- Power Shuffle
- Cultural Competence Self-Assessment
- Religion & Spirituality
- Journaling
- Resources Available to Us
- Researching Additional Resources
- Connecticut Resource Video
- Making a Referral
- Closing

### Day 5 Agenda

- Reconnection & Review
- Self-Care
- Boundary Issues
- Recovery Wellness Plan
- Role Plays
- Continued Professional Development & Next Steps
- Closing Exercise
- Evaluations & Certificates

### In addition at TRI Center, there will be

- a daily attendance sheet that must be signed including your time in and time out. (OASAS regulations)
- daily reading assignments to review and/or preview each class day's content.
- daily writing assignments (journal writing, exercises in workbook).
- a brief activity each morning to review the previous day's topics.