



Massachusetts Council on Compulsive Gambling

We understand the problem. We can help.

The Massachusetts Council on Compulsive Gambling proudly offers

A Recovery Coach Academy



The Recovery Coach Academy (RCA) is a five-day training opportunity designed for anyone interested in serving as a Recovery Coach. The Academy offers a comprehensive overview of the purpose and roles of Recovery Coaching, while providing participants the tools and resources necessary to provide recovery support services.

What is a Recovery Coach? A Recovery Coach is anyone who is interested in promoting recovery by serving as a personal guide/mentor for people seeking

recovery from addiction, and by helping to remove barriers and obstacles to recovery.

At the Recovery Coach Academy people will learn the roles associated with recovery coaching: resource broker, role model and mentor, motivator and cheerleader, ally and confidant, problem solver, truth teller, advocate, community organizer, lifestyle consultant, friend, companion and equal. These have been taken from the writing of William White. People will also learn what a Recovery Coach is not: a sponsor, counselor, nurse/doctor or clergy member.

Learning Objectives for the Recovery Coach Academy

- Describe 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
- Address ethical issues
- Experience wellness planning
- Practice newly acquired skills

Unequivocally, recovery coaches are not providers of clinical services. They do, however sometimes work with people experiencing difficult emotional and physical states. As a result, the training provides participants with a basic understanding of crisis intervention and how to respond in crisis situations. In addition, skills and tools on effective communication, motivational

enhancement strategies, recovery action planning, cultural competency and recovery ethics will be offered.

Training of Trainers

Those interested in becoming trainers of the Recovery Coach Academy (RCA) can attend a concurrent Training-of-Trainers (TOT), which will be offered in an additional two hours following each training day and all day Saturday following the Academy. The TOT is designed to familiarize participants with the full curriculum and to teach 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.

Dates, Location and Costs

The Recovery Coach Academy will be held June 15–19, 2009, from 9:00 a.m. – 4:00 p.m.

The Recovery Coach Academy TOT will be held from June 15-19, 2009, from 4:15 p.m. – 6:15 p.m. plus June 20, 2009, from 9:00 a.m. – 4:00 p.m. You must attend the Recovery Coach Academy to also attend the recovery Coach Academy TOT.

The event will take place at the Crowne Plaza Hotel, 10 Lincoln Square, Worcester, MA 01608. Continental breakfast, lunch and snacks will be provided each day. Parking at the hotel is also included.

The cost for the Recovery Coach Academy is \$285.00. This includes the training, all meals and a Recovery Coach manual.

The cost of the Recovery Coach TOT will be an additional \$75.00. This includes the above, as well as the TOT training and a TOT manual.

Please note: This cost is less than half of the normal cost because the Massachusetts Council on Compulsive Gambling is subsidizing the training by covering all of the trainer costs for this training only. Space is limited to 40 participants and 12 TOT participants.

Registration

To register, please send the information below, along with your check payable to: Mass. Council on Compulsive Gambling (address at bottom of page) Attn: Peggie Milisci. You will receive confirmation and directions when your check is received.

Name:

Title:

Agency/Company

Address:

State:

Zip Code:

Phone:

E-mail:

Return to: Massachusetts Council on Compulsive Gambling
190 High Street, Suite 5
Boston, MA 02110
Attn: Peggie Milisci