
CONNECTICUT COMMUNITY



FOR ADDICTION RECOVERY

CCAR Recovery Coaching

“An Opportunity for Change”

Rebecca Allen MPH

CCAR Director Recovery Support Services

The Connecticut Community for Addiction Recovery (CCAR)

CCAR's Vision:

"The Connecticut Community for Addiction Recovery (CCAR) envisions a world where the power, hope and healing of recovery from alcohol and other addictions is thoroughly understood and embraced."

CCAR's Mission:

1. Put a face on recovery, and
2. Provide recovery support services and promote recovery from alcohol and other addictions through advocacy, education and service. CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

Connecticut Community for Addiction Recovery (CCAR)

CCAR's Recovery Principles:

- ❑ Recovery First!
- ❑ You are in recovery if you say you are.
- ❑ There are many pathways to recovery.
- ❑ Focus on the recovery potential, not the pathology.
- ❑ Err on the side of the recoveree.
- ❑ Err on the side of being generous.

“Recovery Community” -Individuals in Recovery, Family, Friends and Allies.

Recovery Coach Academy© 5-day 30hr.

2008- 2019 over 35,000 Recovery Coaches trained

What is a Recovery Coach?

- Research shows ***trained peers*** with shared experiences have a higher success rate at engaging individuals in need of help.
- Work with people affected by alcohol/substance use disorders.
- Coaches don't diagnose or treat addiction.
- Focus on the future; they do not explore past feelings or trauma.
- Help with decision making, plans towards recovery that will improve lives, one step at a time.
- Provide ***support*** in following through.
- Knowledgeable about “multiple pathways” of recovery and community resources.

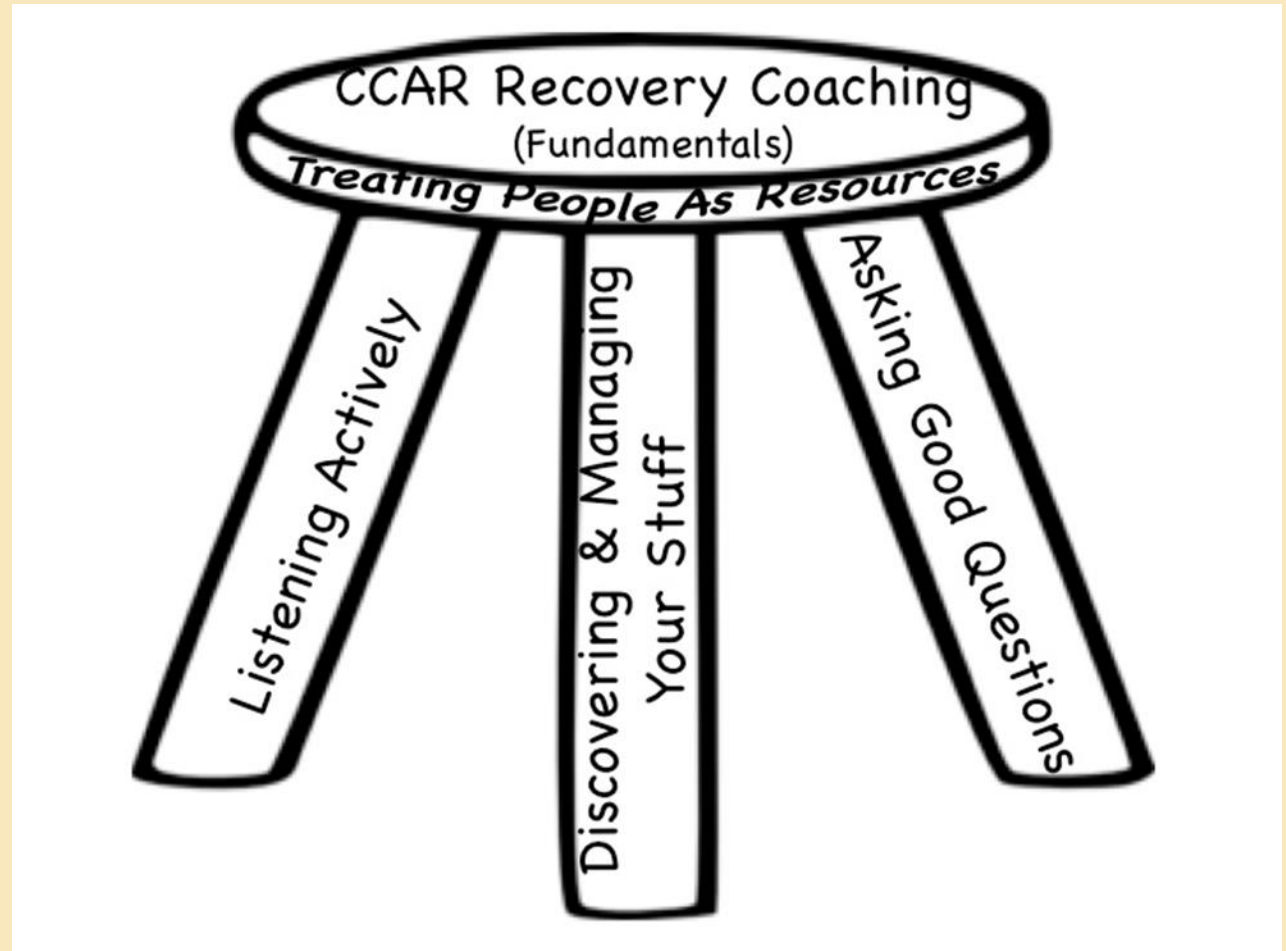
Multiple Pathways of Recovery

- 12-step (AA, NA, CA, ACA, DRA, Women in Sobriety)
- Religious (Celebrate Recovery, Alcoholics for Christ, Pioneer Association) or Spiritual (Refuge Recovery, White Bison)
- Secular (Life Ring, SMART)
- Medicated Assisted Treatment- Methadone, Suboxone, Vivitrol
 - Campral, Antabuse, Topamax
- Wellness based (Yoga, Meditation, Qigong, Tai-Chi, etc.)
- Active Sober Community (Phoenix, ROCovery Fitness, Fit2Recover, etc.)
- Online Recovery Supports (In the Rooms, Recovery 2.0, Daily Affirmations, etc.)

Goals of a Recovery Coach

- Promote recovery
- Remove barriers and obstacles to recovery
- Connect people with recovery support services (includes treatment and community resources)
- Help build recovery capital (internal & external resources needed to initiate and sustain recovery)
- Encourage hope, optimism and healthy living

Coaching



Asking good questions

Active listening (MI)

Discovering & Managing your own biases

Treating people as resources

RCA Overview

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

Recovery Coach Training-EDRC program

- CCAR Recovery Coach Academy© (30 hrs.)
- Ethical Considerations for Recovery Coaches© (16 hrs.)
- Spirituality for Recovery Coaches© (12 hrs.)
- Professionalism for Recovery Coaches© (12 hrs.)
- Mental Health First Aid (8 hrs.)
- Medicated Assisted Recovery (6 hrs.)
- Crisis Intervention & Conflict Resolution
- Narcan/Harm Reduction
- Site specific training (Emergency Department, Treatment Provider, Court, Probation/Parole, Dept. of Corrections)
- Shadow training 30-90 days

Hiring/Integrating a Recovery Coach

- Staff bias
- Recovery Friendly- starts with Leadership
- Hiring process
- Supervision
- Importance of Self-care
- Infuse organization with Recovery Values!!!

Autonomy and Choice

- Recovery is voluntary; It must be chosen; Enhance choices and choice making.

Dignity and Respect

- Express compassion; Accept imperfection; Honor each other's potential.

Recovery Coach Job Description

Qualifications:

Certificate of completion of the CCAR Recovery Coach Academy©; Ethical Considerations for Recovery Coaches©; Spirituality for Recovery Coaches©; Recovery Coaching in Professional Settings™ preferred.

Recovery Coach Professional (RCP) designation or in process to earn designation.

Experience with the addiction recovery process.

Understanding of medication-assisted recovery and practices.

Familiarity with local support services, resources and recovery community.

Capability of building an effective coach-recoveree relationship.

Understanding of and ability to maintain appropriate boundaries.

Ability to work within a hospital setting.

Availability to work different shifts as necessary.

Cross-cultural skills, and experience with culturally diverse populations.

Bilingual abilities are a plus.

A valid driver's license, insurance and reliable vehicle required.

Strong customer service ethic essential.

Recovery Coach Job Description

Duties and Responsibilities:

Provides recovery coaching primarily in hospital emergency rooms.

Work closely with Emergency Department personnel and staff.

Facilitate timely referrals and placements from hospital to treatment/recovery support providers.

Connect patients to a larger community of care.

Follow up recovery coaching with ED recoverees as requested.

Engage in recovery planning with recoveree.

Educate and assist family members as requested.

Serve as a recovery ambassador.

Promote the message and services of CCAR.

Participate in ongoing recovery coach training, education and performance support.

Report writing, record keeping as required by CCAR and/or hospitals.

Travel required.

Other duties as required.

Hiring/Integrating a Recovery Coach

- Supervision- CCAR Coachervision © (12 hrs.)

Participants in this two-day workshop will:

- Define expectations of Recovery Coach oversight
 - Understand the complexity and intricacy of the Recovery Coach role
 - Understand how organizational culture can support a Coachervision© model
 - Learn the importance of accountability for both the Coachervisor and Recovery Coach
 - How to support Recovery Coaches in professional settings
- Importance of Self-care



Thank You!

Rebecca Allen MPH
Director RSS
75 Charter Oak Avenue Hartford, CT 06106
(860) 920-7733
rebecca@ccar.us
