CCAR
CONNECTICUT COMMUNITY FOR ADDICTION RECOVERY

RECOVERY COACH ACADEMY

The CCAR Recovery Coach Academy© is a 5-day intensive training academy designed to provide individuals with an understanding of both the art and science of Recovery Coaching. Delivered in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants to guide and mentor others in recovery from an addiction to alcohol and or other drugs. By focusing on the goals of the individuals being served, participants will learn the key fundamentals of this rewarding work, which CCAR has identified as actively listening, asking really good questions, and treating people as their own best resource, all while discovering and managing our own stuff.

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

This training provides 30 CEUs/Contact Hours.

Dates: Monday thru Friday - February 9th , 10th, 11th, 12th, 13th

Time: 9:00AM-4:00 PM daily

Location: **Indiana County Recovery Capital**
15 South 8th Street, 3rd Floor, Indiana, PA 15701

Cost: **FREE** - Sponsored by The Armstrong-Indiana-Clarion Drug and Alcohol Commission Regional Recovery HUB

Materials and training manuals are included. You will be responsible for your own meals.

ARMSTRONG INDIANA CLARION
DRUG AND ALCOHOL COMMISSION
Maximizing Resources • Empowering Change

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