

CCAR Recovery Coach Academy is a 30 hour intensive training academy focusing on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Provided in a retreat like environment, Recovery Coach Academy prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

Participants will:

- Describe **Recovery Coach** role & functions
- List the components, core values & guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery & recovery coaching
- Discover attitudes about self disclosure & sharing your story
- Understand the stages of recovery
- Describe the stages of change & their applications
- Increase their awareness of culture, power & privilege
- Address ethical & boundaries issues
- Experience recovery wellness planning

All are welcome to attend—whether you are in recovery, a friend, family member or ally, we welcome you to participate—regardless of your length of time in sobriety.

**CCAR Recovery Coach Academy**  
**Early registration fee: \$345 per person**  
**Regular registration fee: \$445 per person**  
**(This fee includes all training materials.)**



All payments should be made payable to Morris County Prevention is Key, 25 West Main Street, Rockaway, NJ, 07866

Payment **must** be received two weeks prior to the training to secure your space.

### QUESTIONS?

Please call CARES at (973) 625-1143,  
 email [cares@mcpiik.org](mailto:cares@mcpiik.org) or visit  
[caresnj.org](http://caresnj.org)

For more information on CCAR,  
 visit [ccar.us](http://ccar.us)

**Registration is now available for this nationally recognized training program.**



**It's about building people...**



**...so they can build others.**



25 West Main Street  
 Rockaway, NJ 07866  
 (973) 625-1143  
[caresnj.org](http://caresnj.org)

## What is a Recovery Coach?

A Recovery coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery.

CCAR Recovery Coach Academy was conceived in 2008 in response to the needs of volunteers in the CCAR Recovery Community Centers. They asked for more training to better handle the variety of scenarios and situations generated from recoverees who frequented the centers. This included engagement and communication skills. When graduates returned from the academy, they started calling themselves “recovery coaches”.

## Recovery Coaches honor:

1. *A person is in recovery when they say they are.*
2. *There are many pathways to recovery.*
3. *Focus is on the recovery potential, not the pathology.*
4. *Err on the side of the recoveree.*

Each day of the Recovery Coach Academy is designed so that participants gain the necessary skills & knowledge to be a **Recovery Coach** by using the principles behind adult learning theory which states:

- Adults are internally motivated & self-directed
- Adults bring life experiences & knowledge to learning experiences
- Adults are goal oriented
- Adults are relevancy oriented
- Adults are practical



By designing the academy as more of a retreat or learning community, each participant comes away with not only the necessary skills, but are fully empowered and motivated.

## Why CCAR **Recovery Coach** Academy?

Recognized nationally as the original and leading recovery offering of its kind, RCA is an innovative new approach to healing people's lives that is unlike any other training. It offers participants the once-in-a-lifetime experience to gain new knowledge, be challenged, and reap valuable rewards, providing the essential learning, tools, and resources needed to become an effective **Recovery Coach**.

Since its inception in 2008, the CCAR Recovery Coach Academy has been held over 275 times and has trained more than 4,200 **Recovery Coaches** in 28 states across the country!

The lessons taught in Recovery Coach Academy expand way beyond the role of recovery coach, as many graduates leave feeling a greater sense of self, solidifying their position as allies in the every changing recovery community.

All participants will receive a Certificate of Completion documenting 30 hours of **Recovery Coach** training.