



Recovery Coach Academy

When: **October 18-24, 2014**

Where: **CARES**

25 West Main Street, Rockaway, NJ
(located behind MCPK in Quick
Chek Parking Lot)

Recovery Coach Academy is an 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.

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.

For more information or to register, please call **973-625-1143** email **CARES@mcpik.org** or visit **CARESNJ.org**



Program Schedule

Day 1 (Saturday) – 9:00am – 5:00pm:
Create a safe learning environment where new knowledge transfer can occur and basic assumptions and values can be challenged. Participants will get a firm foundation in terminology, role clarification and guiding principles.

Day 2 (Sunday) - 9:00am – 5:00pm:
Examine the optimal ways of working with people suffering from addictions. Both knowledge acquisition and skill development in our role as recovery coaches will be accomplished.

Day 3 (Monday) – 6:30pm – 9:30pm:
Knowledge acquisition on recovery and change models as well as a strong focus on skill development in motivating others to change, centering on how to work with addiction sufferers.

Day 4 (Tuesday) – 6:30pm – 9:30pm:
Knowledge and skill development on issues of spirituality, cultural competence and ethics, particularly in relation to individuals with addiction.

Day 5 (Wednesday) – 6:30pm – 9:30pm:
Immersion into the addiction community resources in New Jersey/Pennsylvania and how to access them.

Day 6 (Thursday) – 6:30pm – 9:30pm:
Actualization of becoming a recovery coach with role-play in small groups and other practice sessions to apply program teachings.

Day 7 (Friday) – 6:30pm – 9:30pm: Continues the practical aspects of supporting the recovery of specific individuals. An emphasis will also be placed on future professional development needs and responsibilities.