



RECOVERY COACH TRAINING APPLICATION

We are grateful you are interested in becoming a Recovery Coach! Being a successful Recovery Coach is very rewarding and also requires a great deal of time, energy, and commitment. Before applying to become a coach, we want to make sure you fully understand the Recovery Coach program and what will be required from you as a coach. To learn more about what a Recovery Coach is and the role of a Recovery Coach, please visit: <https://addictionrecoverytraining.org/recovery-coach-academy/>

RECOVERY COACH TRAINING OVERVIEW

The Recovery Coach Training will take place over a 4-day period:

The class is the standard 30-hour (4 day) Recovery Coach Academy (RCA). Once this is completed, each participant will be a certified Recovery Coach.

WHO SHOULD ATTEND: Anyone in the recovery field. The Recovery Coach Academy can accommodate *thirty* trainer candidates. There is limited space available and **individuals with lived experience will be prioritized for this training opportunity.**

DATES: The Recovery Coach Academy will be held **May 29th through June 1st, 2020** at Lourdes Counseling Center 1175 Carondelet Dr. Richland, WA. In order to apply, you must commit to attending the Recover Coach Training in full. **Please hold these dates on your calendar until you hear back from us regarding application decisions.**

COST: Training costs, tuition and materials will be covered by the Benton-Franklin Community Health Alliance. Transportation, meal and lodging assistance is NOT available for this training.

HOW TO SUBMIT APPLICATION

Email: jason@oxfordhouse.us

OR

Mail to: Attn: Jason Bliss
5426 N RD 68 Suite D
120
Pasco, WA 99301

**This application
packet is due by
May 5th, 2020**

QUESTIONS? Please contact **Jason Bliss** with any questions regarding the application. Email: jason@oxfordhouse.us Phone: 509-430-1155



RECOVERY COACH ACADEMY (RCA)

The Recovery Coach Academy is a 30-hour intensive training academy focused 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. Provided in a retreat-like environment, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, discover and manage their own stuff.

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



APPLICANT INFORMATION

Name:

Email:

Phone Number:

Address:

PART 1: APPLICANT SELF-ASSESSMENT

This self-assessment is designed to help you determine your level of readiness to become a Recovery Coach trainer. Honesty is most important here. This feedback also helps us to shape the training of trainers to best suit the needs of our trainer candidates.

Please rate yourself on the following items using the scale provided:

- 1 – Strongly disagree**
- 2 – Disagree**
- 3 – Neutral**
- 4 – Agree**
- 5 – Strongly Agree**

Place the number, from 1-5, that matches your level of agreement with the following statements:

___ I have a firm understanding of the goals of the Recovery Coach program.

___ I have a firm understanding of mental health challenges and the impacts on individuals and families.

___ I have a firm understanding of substance use challenges and the impacts on individuals and families.

___ I am comfortable speaking to and working in groups.

___ I am comfortable sharing material created by others and staying true to its components, purpose and goals.



___ I am available to attend the Recovery Coach Academy April 23rd through April 26th, 2020 in Richland, WA.

___ I commit to fully participate in the training and to work on my presentation skills, and to complete any required exercises/projects.

___ I will enthusiastically participate in continuing education/activities to support my mastery of the Recovery Coach curriculum.

___ I will promote and maintain the integrity of the Recovery Coach course material.

___ I am passionate about teaching mentoring and peer support skills to individuals who have been impacted by mental health and substance use challenges.

___ My lived experience with mental health/addiction challenges will be a great gift in assisting others as a Recovery Coach. If you do not have lived experience, please mark "N/A" for this question.

___ People describe me as a "people person" who is able to connect with a large cross-section of individuals.

___ I am able to respond rather than react when challenged and am tactful in my interactions with others.

___ I am flexible and enjoy collaborating with others.

___ I am able to maintain a sense of calm when people disagree with me or the course content.

PART 2: APPLICANT EXPERIENCE & QUALIFICATIONS

We know writing an application can feel intimidating. Some people feel they are really good at reading and writing, and other people feel they are really bad at it. The bottom line is that we welcome applications from people with any and all levels of literacy, English fluency, and education. We don't care about your spelling or grammar. What matters is your experience and honesty! Let us know if you need more information about any of the questions.

1. Why do you want to become a Recovery Coach?



2. Please describe your personal and professional experience with mental health, addiction, and recovery and why you believe this makes you a good candidate for this training?

3. What experience do you have in sharing experience, strength and hope in the recovery field?



4. Being a Recovery Coach means meeting people where they currently are in their recovery. How would you describe your knowledge of relapse prevention, harm reduction, and 12-step programs?

5. What other skills or experiences do you have that will support your effectiveness as a Recovery Coach?



6. Please describe activities you participate in in your community, including recovery-related activities?

7. Have you attended a Recovery Coach training before? If yes, what did you learn?

8. Being a recovery coach can be triggering. Please describe your plan to take care of your recovery, while helping others with theirs.