



The CCAR Recovery Coach Academy

The CCAR Recovery Coach Academy is a five-day training opportunity designed for those interested in becoming actively involved in serving as 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. The training will provide participants with a comprehensive overview of the purpose and tasks of a recovery coach and will explain the various roles played by a recovery coach. The training also provides participants with tools and resources that are useful in providing recovery support services and emphasizes the skills needed to link people in recovery to needed supports within the community that promote recovery.

Learning Objectives for the CCAR Recovery Coach Academy:

- Describe the roles and functions of a recovery coach
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Discuss co-occurring disorders and Medication Assisted Recovery
- Describe the stages of change and their applications
- Address ethical issues
- Experience Recovery/Wellness Planning
- Practice newly acquired skills

Recovery Coaches do not provide clinical services. They do, however, sometimes work with people experiencing difficult emotional and physical states. As a result, the training provides participants with a basic understanding of substance use and mental disorders, crisis intervention and how to respond in crisis situations. Also taught are skills and tools on effective communication, motivational enhancement strategies, recovery/wellness action planning, cultural competency and recovery ethics.

Comparison to CRS Training Series Objectives

- Identify drugs according to classification
- Define Recovery Support Services
- Use techniques that engage and encourage openness
- Develop tools to assist in ethical decision making
- Describe the family unit from a systems approach
- List three steps of crisis intervention
- Identify stages/symptoms of D&A use
- Define stigma

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5 Day Schedule

Day 1: The focus on Day One of the Recovery Coach Academy is to create a safe learning environment where new knowledge transfer can occur and basic assumptions and values can be challenged. Furthermore, participants will get a firm foundation in terminology, role clarification and guiding principles.

Day 2: The focus of Day Two is to examine the optimal ways of working with people. Both knowledge acquisition and skill development in our role as recovery coaches will be accomplished.

Day 3: Day Three has a knowledge acquisition on recovery models and change models as well as a strong focus on skill development in motivating others to change.

Day 4: Day Four has two distinct components: knowledge and skill development on issues of spirituality, cultural competence and ethics, and an immersion into local resources and how to access them.

Day 5: Day Five is primarily concerned with the actualization of becoming a recovery coach. Emphasis is placed on future professional development needs and responsibilities and the review of newly acquired skills and competencies.

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