



# RECOVERY COACH ACADEMY

## North Central and Northwest PA

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 - May 6th, 7th, 8th, 9th and 10th

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

**Location:** Holiday Inn Express - 195 Comfort Lane, St. Marys, PA 15857

**Cost: FREE** - Sponsored by Workforce Solutions for North Central PA and The Armstrong-Indiana-Clarion Drug and Alcohol Commission Recovery HUB

**Materials, training manuals, and lunch are included.**

Transportation can be provided or reimbursement for mileage available. For more information, please contact Terry Hinton - [thinton@ncwdb.org](mailto:thinton@ncwdb.org)

Co-facilitators:

Michael Helsing, CRS, RCP, RCPF  
Shasta Wilkinson, CRS, RCP, RCPF



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*Its contents are solely the responsibility of the authors and do not necessarily represent the official views of SAMHSA or DDAP.*

## North Central and Northwest PA Participant Application Form

For residents of Crawford, Mercer, Lawrence, Venango, Warren, Forest, Clarion, McKean, Elk, Cameron, Jefferson, Clearfield, Potter and Tioga Counties

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Complete address: \_\_\_\_\_  
\_\_\_\_\_

County of Residence: \_\_\_\_\_

If applicable, describe your current employment: \_\_\_\_\_  
\_\_\_\_\_

Briefly describe your interest in becoming a Recovery Coach: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Materials, training manuals, and lunch are included.

**Participants must attend all five training days to receive certificate and be considered a trained Recovery Coach.**

**Registration Deadline: April 22, 2024**

**Email registration to: Bekka Flick**

Recovery HUB Assistant- AICDAC

[rflick@aicdac.org](mailto:rflick@aicdac.org)

724-840-4591

**Participants Notified : April 29, 2024**

Questions can be emailed to

[recoveryhub@aicdac.org](mailto:recoveryhub@aicdac.org)

