



Recovery Coach Academy© - Breakdown of Hours

Time in Minutes - Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Introduction of Presenters and Participants	45				
Overview of the Week, Day One Agenda	20				
Creating a Safe Place, Working Agreements	25				
Break					15
Who am I Exercise	50				
Spectrum of Attitudes	40				
Lunch					60
Reconnection/Journaling	15				
What is Recovery		40			
Guiding Principles of Recovery, Recovery Core Values, Components of Recovery		35			
What is a Recovery Coach?	45				
Break					15
Distinguishing the Counselor, Recovery Coach, Sponsor	30				
Pluses/Wishes/Closure	15				
Times are approximate	285	75	0	0	90
Day One Total (in hours)	4.75	1.25	0	0	1.5



Recovery Coach Academy© - Breakdown of Hours

Time in Minutes - Day Two

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Agenda, and Reconnection	30				
Active Listening	25				
Values and Differences	40				
Break					15
Getting Your Buttons Pushed	25				
Sexual Harrassment	30				
Crisis Intervention	30				
Lunch					60
Reconnection/Journaling	15				
Stigma and Labels			75		
Break					15
Sharing Your Story	30				
Issues of Self-Disclosure	35				
Pluses/Wishes/Closure	15				
Times are approximate	275	0	75	0	90
Day Two Total (in hours)	4.58333333	0	1.25	0	1.5



Recovery Coach Academy© - Breakdown of Hours

Time in Minutes - Day Three

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Agenda, and Reconnection	30				
Motivational Interviewing	50				
Break					15
Stages of Change	75				
Lunch					60
Reconnection/Journaling	15				
Stages of Recovery		35			
Pathways of Recovery (Part One)		30			
Break					15
Pathways of Recovery (Part Two)		25			
Making Connections	75				
Pluses/Wishes/Closure	15				
Times are approximate	260	90	0	0	90
Day Three Total (in hours)	4.33333333	1.5	0	0	1.5



Recovery Coach Academy© - Breakdown of Hours

Time in Minutes - Day Four

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Agenda, and Reconnection	15				
Defining Culture and Cultural Competence		30			
Power and Privilege		45			
Break					15
Power Shuffle		60			
Building Recovery Capital		60			
Lunch					60
Reconnection/Journaling	15				
Resources Available to Us	50				
Reseraching Additional Resources	20				
Break					15
The CCAR Experience Video			50		
Making a Referral			20		
Pluses/Wishes/Closure			10		
Times are approximate	100	195	80	0	90
Day Four Total (in hours)	1.66666667	3.25	1.33333333	0	1.5



Recovery Coach Academy© - Breakdown of Hours

Time in Minutes - Day Five

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Agenda, and Reconnection	35				
Boundary Issues				45	
Break					15
Self Care			50		
Recovery Wellness Plan			25		
Using the Recovery Wellness Plan (Part One)			25		
Using the Recovery Wellness Plan (Part Two)			10		
Lunch					60
Reconnection/Journaling	10				
Role Plays	90				
Break					15
Continuing Professional Development and Next Steps	20				
Closing Exercise	45				
Evaluations and Certificates	5				
Times are approximate	205	0	110	45	90
Day Five Total (in hours)	3.41666667	0	1.83333333	0.75	1.5



Recovery Coach Academy© - Breakdown of Hours

Time in Minutes - Summary

CCAR Total Hours:	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Free
29.9166667	18.75	6	4.41666667	0.75	
30 hours	17.25	7.5	4.5	0.75	