



Recovery Coach Academy For Young People© - Breakdown of Hours

Time in Minutes - Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome/Introductions	40				
Creating a Safe Space	35				
3-Legged Stool	10				
Break					15
Personal Brand	40				
Johari's Window	40				
Lunch					60
Reconnection/Journaling	10				
What is Recovery		45			
Pathways of Recovery		45			
Break					15
What is a Recovery Coach?	65				
Pluses/Wishes/Closure	10				
Times are approximate	250	90	0	0	90
Day One Total (in hours)	4.16666667	1.5	0	0	1.5



Recovery Coach Academy For Young People© - Breakdown of Hours

Time in Minutes - Day Two

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome/Reconnection and Review	45				
The Art and Science	15				
Spectrum of Attitudes	40				
Break					15
Communication Styles	45				
Language of Recovery		45			
Lunch					60
Reconnection/Journaling	10				
Active Listening	30				
Other Communication Considerations	30				
Boundaries Part One				15	
Break					15
Boundaries Part Two				30	
Personal Code of Ethics	25				
Sharing Your Story	20				
Pluses/Wishes/Closure	10				
Times are approximate	270	45	0	45	90
Day Two Total (in hours)	4.5	0.75	0	0.75	1.5



Recovery Coach Academy For Young People© - Breakdown of Hours

Time in Minutes - Day Three

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome/Reconnection	30				
Courageous Conversations		30			
Privilege		60			
Break					15
Power Shuffle		60			
Lunch					60
Guided Meditation			10		
Risky Business	30				
Recovery Resources	15				15
Recovery Capital		20			
Referral		10			
Break					15
Recovery Wellness Plan/ Role Plays			40		
Self Care			30		
Closing	25				
Times are approximate	100	180	80	0	90
Day Three Total (in hours)	1.66666667	3	1.33333333	0	1.5



Recovery Coach Academy For Young People© - Breakdown of Hours

Time in Minutes - Online Component, Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Adolescent Brain Development			75		
Brain Chemistry of Addiction			60		
Stages of Change and Recovery	75				
Motivational Interviewing	75				
Group Dynamics	75				
Times are approximate	225	0	135	0	0
Day Four Total (in hours)	3.75	0	2.25	0	0



Recovery Coach Academy For Young People© - Breakdown of Hours

Time in Minutes - Online Component, Day Two

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Ethical Considerations (both virtual and personal)				60	
Cultural Competency		60			
Privilege and Recovery		60			
Your Rights as a Coach	60				
Medication Assisted Recovery (MAR)			60		
Advocacy	60				
Times are approximate	120	120	60	60	0
Day Five Total (in hours)	2	2	1	1	1.5



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Time in Minutes - Summary

CCAR Total Hours:	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Free
30 hours	16.0833333	7.25	4.58333333	1.75	4.5