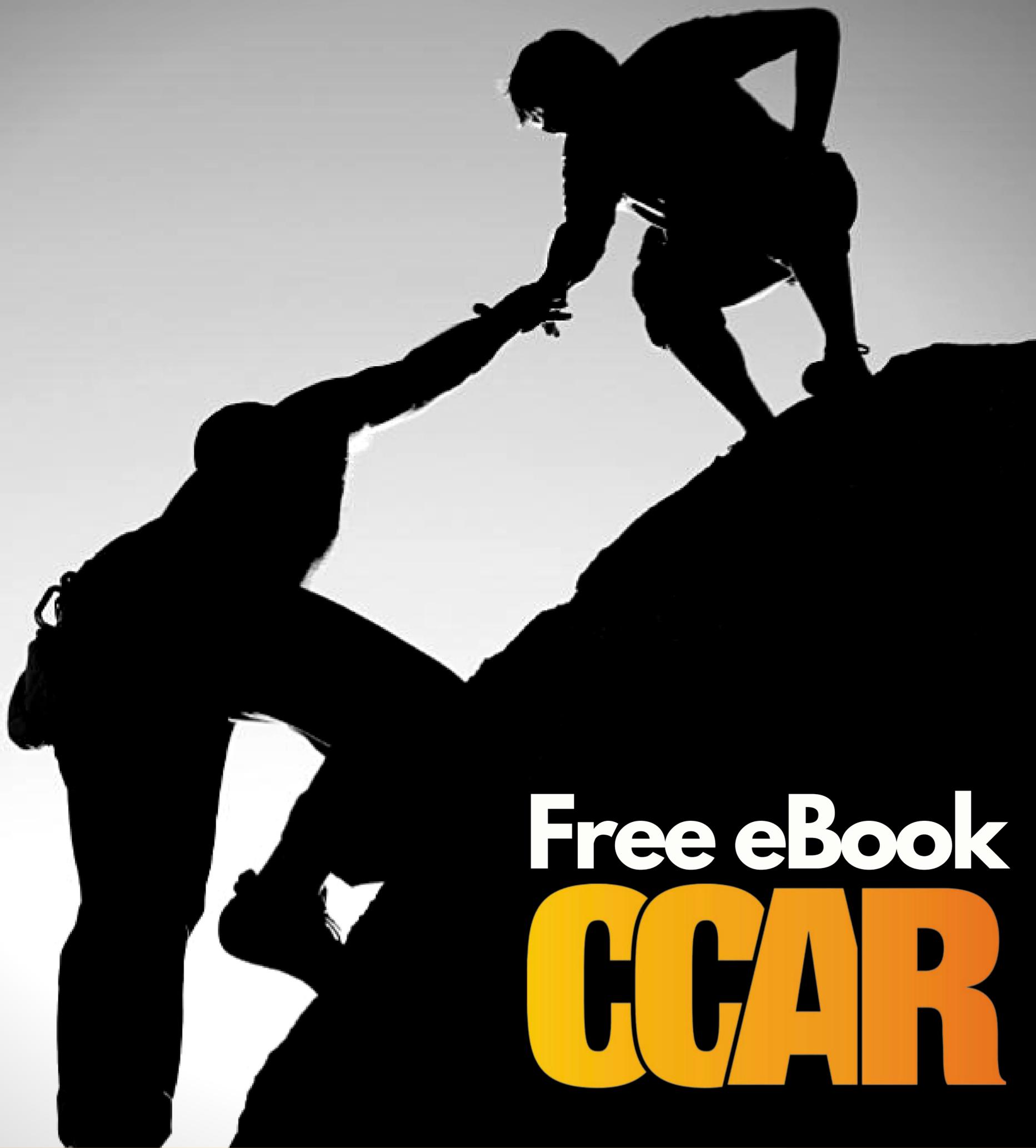


CONNECTICUT COMMUNITY OF
ADDICTION RECOVERY (CCAR)

What is a Recovery Coach?



Free eBook
CCAR

Who is CCAR & what do we do?

Along with organizing the recovery community (people in recovery, family members, friends and allies) to 1) put a face on recovery and 2) provide recovery support services, we also promote recovery from alcohol and other drug addiction through advocacy, education and service. CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

Our Values – CCAR meets people where they are. We don't push any one form of recovery on anyone. Over the years CCAR has developed some foundational principles on which we base our work.

They are:

Recovery First.

You are in recovery if you say you are.

There are many pathways of recovery.

Focus on the recovery potential, not the pathology.

Err on the side of the recoveree.

Err on the side of being generous.



What is a Recovery Coach?



A Recovery Coach promotes recovery and removes barriers and obstacles to recovery. Recovery Coaches serve as a personal guide and mentor for people seeking or already in recovery from an addiction to alcohol and/or other drugs.



While we believe in the title Recovery Coach, there are many other titles that are used for this sought-after position. What distinguishes a coach from other peer positions is that we stay in the lane of providing support for people in recovery from an addiction to alcohol and or other drugs.

How do you become a Recovery Coach?

CCAR offers a variety of training opportunities virtually, so anyone, anywhere, can access our nationally and internationally recognized training to become a coach or sharpen their skills.

Many people start with the 30-hour CCAR Recovery Coach Academy©, which was conceived in 2008 in response to the needs of volunteers in the CCAR Recovery Community Centers. They asked for more training to better handle the variety of scenarios and situations generated from recoverees who frequented CCAR's Recovery Community Centers. This included engagement and communication skills. When graduates returned from the academy, they started calling themselves "Recovery Coaches".

The **CCAR Recovery Coach Academy**© is a 5-day intensive training academy focusing 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 to alcohol and/or other drugs. Provided online, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff while treating the recoveree as their own best resource.



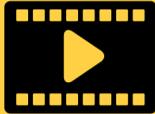
CCAR, A global leader in quality recovery coach training, bases all offerings on fundamentals of coaching excellence.



While the CCAR Recovery Coach Academy© has had a few updates over the past 10 years, the foundational principles of recovery coaching have stood the test of time.

In addition to the foundation training, many participants continue to complete CCAR's other courses in order to learn the science of Recovery Coaching while practicing their own art. Each CCAR Course offers continuing education credits (CEs); One (1) credit earned per hour attended.

Additional courses include,

- **Ethical Considerations** for Recovery Coaches© (16 Hours)
- **Professionalism** for Recovery Coaches© (12 Hours)
- **Spirituality** for Recovery Coaches© (12 Hours)
- Recovery Coaching in an **Emergency Room**© (12 Hours) 
- **Recovery Coaching Basics**© (6 Hours)
- **Coachervision** A Model of Supervision for Recovery Coaches© (12 Hours) 
- Recovery Coach Academy for **Young People**© (30 Hours)

What is the Recovery Coach Model Based on?

According to Roger D. Evered and James C. Selman, authors of *Coaching and the Art of Management*, “The very first use of the word 'coach' in English occurred in the 1500’s to refer to a particular kind of carriage...hence the root meaning of the verb 'to coach' to convey a valued person from where he or she was to where he or she wanted to be.”



COACH

As the creators of the CCAR Recovery Coach Academy©, we oftentimes get asked about data. Where is the data that supports the Recovery Coach model? Are these trainings based on evidence-based practices? These are great questions.



As Recovery Coaching is a peer-based service, there hasn't been a need for documentation - and without documentation, there isn't data to report. However, as more and more organizations have begun utilizing coaches to provide support services for those in recovery from alcohol and other addictions, we are finding more and more articles written to show support of this model.

Can anyone become a recovery coach?

Yes, and no. CCAR believes that anyone can be a recovery coach. Having empathy and compassion are the two greatest assets a recovery coach can possess.



At CCAR we do not have any prerequisites for attending our trainings or becoming a **Recovery Coach Professional**, now offered in both English and **Spanish**. 

CCAR established a Recovery Coach Professional (RCP)© designation to elevate the standard for recovery coaches worldwide. Our goal is to have the RCP© Designation recognized, trusted and valued in the field. Over the years, we have found that recovery coach certifications focus mainly on the science. To earn most certifications and/or credentials associated with recovery coaching, candidates must accumulate a certain number of training hours, accrue a specified amount of supervised time serving in the role and pass a written test. In addition, many certifications require someone to be abstinent from a personal addiction for a specific period of time. This is in direct conflict with the spirit of the role of a recovery coach as well as honoring multiple pathways of recovery.

In some states you must be certified by a **local certification board** in order to be employed. The CCAR curriculum has been widely accepted by most state boards and has been approved by the Association for Addiction Professionals, NAADAC, a nationally recognized organization serving over 100,000 professionals.

Are Recovery Coaches paid positions?

Yes, and no. At CCAR, Recovery Coaches started out as volunteers serving in recovery community centers, but as we have entered into different settings, we feel recovery coaches can be useful in wide variety of locations. CCAR employs over 20 full time recovery coaches serving in most of the emergency departments and Department of Correction facilities in Connecticut. We believe that recovery coaches are a valuable asset, and regardless of their place of employment, should be paid for their knowledge and expertise.

Across the country, employers are seeking out individuals who have taken the CCAR RCA by name. Past participants are working or volunteering across the country in numerous Emergency Departments, Recovery Community Organizations, Treatment Centers, and more.

We are Recovery Coaches. We are tireless advocates and we are making a difference in the new recovery movement. More importantly, we are saving lives. So, whether you are working as a coach, looking to become one, are a family member, or ally ready to learn about the recovery process, we can promise you a transformational experience.

One thing we know for sure is, transformed people, transform people.

Are YOU ready?

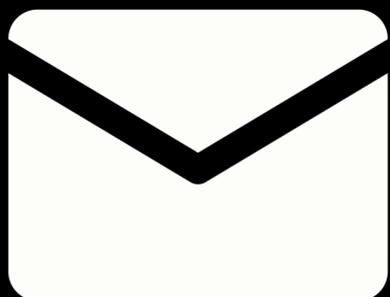
**Follow us to learn more
about the CCAR Recovery
Coach Academy and
other offerings for
recovery coaches.**



Questions?



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CCAR TRAINING

**We transform people, so
they can transform others.**

CCAR Training builds and sustains an expanding community of recovery coach professionals that can be accessed by anyone, anywhere at any time.

To do this with excellence, we:

- provide the gold standard of recovery coach training through an easily accessible online model, empowering quality recovery coaches throughout the state, nationally, and internationally
- ensure that CCAR-trained coaches live and practice the CCAR Recovery Coaching fundamentals, by providing opportunities to learn the science while developing their art.
- meet the needs of the larger recovery community by creating and implementing new curriculum that speak to real world situations

addictionrecoverytraining.org