

ALL Together, a program of Dartmouth-Hitchcock,

is pleased to present the nationally recognized training academy,



What is a Recovery Coach? 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 CCAR Recovery Coach Academy© is a 5-day intensive training academy focusing on providing individuals with the skills need to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Provided in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

Transformed People, Transform People

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 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

Each day of the Recovery Coach Academy© is set up so that participants gain the necessary skills and knowledge to be a Recovery Coach by using the principles behind adult learning theory which states:

- Adults are internally motivated and self-directed
- Adults bring life experiences and knowledge to learning experiences
- Adults are goal oriented
- Adults are relevancy oriented
- Adults are practical
- Adult learners like to be respected

All participants who attend in full, will receive a **Certificate of Achievement** upon completion of an online evaluation after the CCAR Recovery Coach Academy©.

Dates: Monday January 9, 2017 to
Friday January 13, 2017

Times: 8:45am - 4:00pm (8:30am on Monday)

Location: Training Room #2 at Hypertherm Inc.
71 Heater Road Lebanon, NH 03766

Cost: Free, limited space for 40 attendees

Contact: Aita Romain, 603-653-6861
Aita.Romain@hitchcock.org

CCAR RCA Registration Form

Register by emailing your info to Aita Romain or return this form by December 29, 2016 to:
Aita Romain, c/o Dartmouth-Hitchcock Community Health, One Medical Center Drive, Lebanon, NH 03756-0001

Name: _____

Email Address: _____

Phone: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____