

ADDICTION RECOVERY COACH CERTIFICATE PROGRAM

WESTFIELD STATE UNIVERSITY

Program Content

The Recovery Coach Program is a 66-hour training program offered over one 11 week semester from 8:30 am to 3:30 pm on Saturdays. The content of the ARCC Program has been accredited by the Massachusetts Board of Substance Abuse Counselor Certification (MBASCC) for CARC requirements. In addition, all students are expected to complete a minimum of 25 hours as a recovery coach intern with an approved program.

CARC requirements are:

Educational

Content in the four domains of:

- Advocacy (10-hours)
- Mentoring/Education (10-hours)
- Recovery/Wellness Support (10- hours)
- Ethical Responsibility (16- hours)

And additional training in:

- Cultural Competency (3-hours)
- Addictions 101 (5-hours)
- Mental Health (3-hours)
- Motivational Interviewing (3-hours)

Practical Training beyond this course is required for certification

MBSACC CARC Certification requires an additional 500 hours of supervised paid or volunteer work experience specific to the domains of advocacy, mentoring/education, recovery/wellness support, and ethical responsibility. 35 of these hours specific to the domains must be supervised by an organization's documented and qualified supervisory staff per job description. This person must be a trained Recovery Coach and/or have completed the Recovery Coach Supervision Training or related experience. **These 500 hours are NOT part of the ARCC program.**

A 25 hour internship is required for this program to provide experiential learning for this course. Internship questions can be addressed by contacting program director.

ARCC ACADEMIC COURSE CONTENT

Recovery, Wellness Support, Mentoring, Education and Advocacy – 30 hours

The first 5 classes of the ARCC Program are built on the CCAR Recovery Coach Academy© (RCA), an intensive training 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 or other drugs. The RCA meets the 30-hour CARC requirement in the domains of Advocacy, Mentoring/Education, and Recovery/Wellness Support.

We will explore topics such as: the role of a recovery coach; the components, core values, and guiding principles of recovery; self-awareness of personal biases and attitudes; issues of culture, power, and privilege; stigma and labels; the language of recovery; stages of recovery; multiple pathways of recovery; stages of change and its application; religion and spirituality; sharing one's own story; self care; and recovery wellness planning.

Motivational Interviewing for Recovery Coaches – 3 hrs

This segment of the peer recovery coach program will introduce and explore the history, overview, skills, and key elements of MI. We will address non-clinical considerations, authenticity, and provide meaningful hands-on practice with listening skills, asking open-ended questions, reflection and summation.

Mental Health – 3 hours

The impact of trauma and the behavioral adaptations resulting in mental health challenges and substance addiction will be explored. We will learn about the foundational ACE study and its implications to trauma informed systems and recovery coach relationships. The characteristics and skills that foster resiliency will be discussed. Understanding of the mental health challenges recovery coaches might be called on to support will be explored.

Ethical Responsibility – 16 hours

This segment of the program facilitates the application of best practices into ethical behavior. We will explore what ethics are and why ethics are so important when offering recovery coach support, learn how to “stay in your lane” as a recovery coach, understand the ethical decision making process, and develop guidelines for making ethical decisions. The importance of having and adhering to a Code of Ethics for Recovery Coaches will be discussed. CCAR's Ethical Considerations for Recovery Coaches is the curriculum for this segment.

Addictions 101 – 5 hours

This class will survey the broader scope of issues related to addictions in our society, as well as the history and overview of substance use disorders and treatment. We will explore the science of

addiction, especially as it relates to the evidence based use of medication assisted recovery supports. We will examine models of addiction and discuss how they relate to recovery coaching support.

Cultural Competency – 6 hours

This class focuses on increasing awareness about personal attitudes in special populations. We will discuss cultural responsiveness with consideration of race and ethnicity, heritage, ability, gender identity, sexual orientation, economic and social class, homelessness, criminal justice involvement, age and developmental process. Recognition of the barriers and obstacles to recovery in special circumstances will be addressed.