



## TEXAS DEPARTMENT OF STATE HEALTH SERVICES

DAVID L. LAKEY, M.D.  
COMMISSIONER

P.O. Box 149347  
Austin, Texas 78714-9347  
1-888-963-7111  
TTY: 1-800-735-2989  
[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

*SA Contractor Broadcast MSG0171*

April 2, 2013

To: Executive Directors, DSHS-funded Substance Abuse Contractors

From: Philander Moore, Unit Manager, Substance Abuse Program Services

Re: Recovery Coach Training of Trainers (TOT)

*CA  
for PM*

### OVERVIEW

The Department of State Health Services (DSHS) is pleased to announce the Recovery Coach Training of Trainers (TOT). Those interested in receiving Recovery Coach TOT training may attend the 5-day training being offered in Austin, Texas.

### TRAINING DESCRIPTION

The purpose of the Recovery Coach TOT is to train and certify qualified participants as Recovery Coach Trainers. In turn, these qualified individuals will train other persons to become Recovery Coaches and thus perpetuate the presence of Recovery Coaches in their region.

Recovery Coach TOT training will provide participants with a comprehensive overview of the purpose, tasks, and role of a Recovery Coach and Recovery Coach Trainer. The Recovery Coach TOT training will provide participants with information, tools, and resources needed to provide Recovery Coach services. Recovery Coach TOT training will emphasize the skills needed to link people in substance abuse recovery to needed supports within their communities and provide the ability to train others in their community to promote substance abuse recovery. Eligible participants are defined as “individuals 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 Recovery Coach TOT 5-day training will be for 10 hours-per-day beginning promptly at 8:30 a.m., and will ending at 7:30 p.m. each day. To be certified as a Trainer of Trainers, a participant must complete 50 hours of training. A total of 50 hours of continuing education units are available for those who successfully complete the Recovery Coach TOT training. The 5-day training agenda is included with this announcement. **This training opportunity is limited to 20 participants.**

At the end of this training participants will be able to:

- Describe the roles and functions of a Recovery Coach
- List the components, core values, and guiding principles of recovery
- Build skills to enhance relationships
- Describe stages of change and their applications
- Address ethical issues
- Practice newly acquired skills

#### RECOVERY COACH TRAINING LOCATIONS

Training will be conducted on the following dates and location:

**April 22 – 26, 2013**

Austin State Hospital Campus  
Building 552, Conference Room 125  
909 W 45<sup>th</sup> Street  
Austin, Texas 78751

#### RECOVERY COACH TRAINER APPLICATION AND TRAINER REQUIREMENTS

DSHS will accept applications for training through **April 15, 2013**. Due to the limited number of seats available, DSHS reserves the right to select participants. DSHS will notify selected individuals in sufficient time to allow the individual to make the necessary arrangements to attend the training.

DSHS looks forward to working with you and being able to offer this unique opportunity to those interested in assisting others in recovery. For questions or further information regarding the Recovery Coach TOT training, please contact Laura Czepiel at [laura.czepiel@dshs.state.tx.us](mailto:laura.czepiel@dshs.state.tx.us) (512) 206-5980 or Tina Hosaka at [tina.hosaka@dshs.state.tx.us](mailto:tina.hosaka@dshs.state.tx.us) (512) 206-5205. Thank you for your response.

## Sample 5-day Agenda

### DAY 1 – Monday

- 8:30 – 9am - WELCOME
- Housekeeping/Time, Breaks, & Lunch
- Intros/Overview of Week 9 – 10am
- Creating a Safe Place
- Working Agreements
- 10am – Break (15 Min.)
- 10:15am – Noon
- Who Am I?
- Spectrum of Attitudes
- What is Recovery?
- Components of Recovery
- Noon – Lunch on Own
- 12:30 – 2:30pm
- Recovery Core Values
- Guiding Principles of Recovery
- What is a Recovery Coach?
- 2:30pm – Break (15 min.)
- 2:45 – 5pm
- Distinguishing the Addiction Counselor, Recovery Coach, & Mutual Aid Sponsor/Guide
- Closing and Journaling
- 5pm – Dinner on Own

### TRAIN THE TRAINER

- 5:30-7:30pm TOT
- Use Terms in Training
- Keep it Simple
- Do not change training – Fidelity to the model is Paramount
- Encourage practice for MI

### DAY 2 – Tuesday

- 8:30 – 9am
- Re-acquaintance/Review 9 – 10am
- Building Skills to Enhance Relationships
- Listening and Communication Skills
- 10am – Break (15 Min.)
- 10:15 - Noon
- Transference/Counter-Transference
- Sexual Harassment
- Crisis Intervention
- Trauma
- Noon – Lunch on Own
- 12:30 – 2:30pm
- Values and Differences
- Stigma and Labels
- 2:30pm – Break (15 Min.)
- 2:45 – 5pm
- Telling your Own Story
- Issues of Self-Disclosure
- Referral Skills
- Closing and Journaling
- 5pm – Dinner on Own

### TRAIN THE TRAINER

- 5:30 – 7:30pm TOT
- Role Play – Study one Segment of Training with Partner
- Prepare to Present to Class on Day 3

### DAY 3 - Wednesday

- 8:30 – 9am
- Re-acquaintance/Review 9 – 10am
- Stages of Recovery
- 10am – Break (15 Min.)
- 10:15 - Noon
- Cont'd Stages of Recovery
- Noon – Lunch on Own
- 12:30 – 2:30pm
- Pathways to Recovery
- 2:30 – Break (15 Min.)
- 2:45 – 5pm
- Stages of Change
- A Brief Primer in Motivational Interviewing
- Closing and Journaling
- 5pm – Dinner on Own

### TRAIN THE TRAINER

- 5:30 – 7:30pm TOT
- Training Presentations
- Group Critique

### DAY 4 – Thursday

- 8:30 – 9am
- Re-acquaintance/Review 9 – 10am
- Cultural Competence
- Privilege and Power
- 10am – Break (15 Min.)
- 10:15 - Noon
- Cultural Competence Self-Assessment
- Spirituality and Religion
- Common Spiritual Themes
- Noon – Lunch on Own
- 12:30 – 2:30pm
- Resources and Programs
- Researching Resources
- 2:30 – Break (15 Min.)
- 2:45 – 5pm
- Keeping up with Changes
- Closing and Journaling
- 5pm – Dinner on Own

### TRAIN THE TRAINER

- 5:30 – 7:30pm TOT
- Training Presentations
- Group Critique

### DAY 5 – Friday

- 8:30 – 9am
- Re-acquaintance/Review 9 – 10am
- Self-care
- Boundary Issues
- 10am – Break (15 Min.)
- 10:15 – Noon
- Respectful Model
- Recovery Wellness Plan
- Role Plays
- Noon – Lunch on Own
- 12:30 – 2:30pm
- Continued Professional Development
- 2:30 – Break (15 Min.)
- 2:45 – 5pm
- Closing Exercise
- Evaluations & Certificates

### TRAIN THE TRAINER

- 5:30 – 7:30pm TOT
- Training Presentations
- Group Critique
- Ongoing Continuing Recovery Education Units (CREU)
- Practice, Practice, Practice
- TOT Certificates