

RECOVERY COACHING A HARM REDUCTION PATHWAY©



An 18-hour Enrichment Training for
Peer Recovery Support Specialists

From the Designer and Lead Author of the Original 5-day CCAR Recovery Coach Academy®



"I was able to shift my conception of recovery and viable pathways to include and celebrate harm reduction."

-- from participant evaluation

WHY THIS TRAINING?

Tens of thousands of people are trained as peer recovery coaches; many now work in rapidly growing and changing peer recovery support services (PRSS) field across a wide variety of service settings. Several of the key tenets in peer-assisted recovery are: 'Meet people where they are at'; 'You are in recovery when you say you are'; and, 'There are many pathways to recovery'. Still, harm reduction as pathway to and of recovery from addiction remains widely misunderstood.

Abstinence-based pathways have for decades dominated the helping services of addiction recovery. Peer specialists may struggle with supporting a harm reduction pathway for many reasons, including: Lack of understanding about harm reduction; personal, institutional, and cultural bias; and/or lack of exposure to people achieving recovery outcomes through harm-reduction-based means.

RCHRP© comes just in time for a new phase in PRSS development alongside a swelling harm reduction movement across North America. A handful of leaders in both the PRSS and harm reduction movements collaborated to bring this curriculum to its current form. RCHRP utilizes adult learning theory concepts and modalities to address knowledge, attitudes, practices, access to resources, and coaching skills. As this training explores sensitive topics, its design and delivery are highly trauma-informed. Each class becomes a safe place for self-examination and practice from the outset.

LEARNING OBJECTIVES

Participants will be able to:

- Define harm reduction as a practice and as a social movement
- Examine one's beliefs and values around a harm reduction pathway of recovery
- Compare and contrast established principles of Harm Reduction and recovery-oriented service delivery
- Define and locate opportunities for improving a Recovery-Oriented System of Care that serves people who use drugs
- Discuss advocacy and practices around social justice issues as part of Harm Reduction
- Practice newly acquired knowledge and skills supporting a harm reduction pathway of recovery
- Develop a personal action plan for further development of harm reduction-oriented service delivery skills

WHO BENEFITS FROM THIS TRAINING?

Active or prospective peer specialists; Recovery Community Organization personnel; recovery housing service providers; substance use disorder treatment providers; medical and psychiatric services providers; peers and family members in recovery.

TRAINING FORMATS

Live videoconference or in person

PREREQUISITES

Completion of a recognized 30-46-hour recovery coaching fundamentals training is strongly suggested.

APPROVED FOR 18 CEUs IN

NC, TN, WV, NH, NY, TX, PA, NV, MN. Required for initial peer recovery credential in MD.

IC&RC PEER RECOVERY SUPPORT DOMAINS COVERED

Support 3.5 hrs; Ethics 4.5 hrs; Advocacy 5.5 hrs; Mentoring 4.5 hrs

ABOUT THE AUTHORS



Jim Wuelfing is owner and principle associate of the New England Center, dedicated to exceptional training, facilitation and consulting services for nearly 40 years. In the recovery supports arena he has been a major contributor in the design and delivery of several curricula including the CCAR Recovery Coach Academy and CCAR Ethical Considerations for Recovery Coaches, as well as *SOS Developing Excellence in Recovery Coaching* and *SOS The Art & Science of Peer Assisted Recovery*. He has aided in the formation of several statewide recovery community organizations and has served on the board of the Massachusetts Organization of Addiction Recovery. Jim also has a decades long experience working on social justice issues focusing on racial inequities and understanding the dynamics of power and privilege. He co-wrote with Arthur Woodard, Jr. the nationally well-received training *Racism of the Well-Intended*.



Dean LeMire is owner and principal associate of The LeMire Group LLC, a substance use services consulting and training agency based in Dover, NH. In his various roles across the substance use disorder continuum of care, Dean has facilitated expansion of improved, person-centered, and community-based service delivery. In New Hampshire Dean was instrumental in forming a statewide network of Recovery Community Organizations, as well as a statewide network of harm reduction service programs as a founding board member of the New Hampshire Harm Reduction Coalition and as co-founder of Hand Up Health Services, a county-wide syringe services program. While living in Texas Dean served as President of RecoveryATX, a Recovery Community Organization, as co-founder of the Texas Harm Reduction Alliance, and D.O. of THRA's direct services program Austin Overdose Prevention Services (Austin-OPS). In recent years Dean has grown & managed remote teams of peer recovery specialists who forge the digital frontier of PRSS. Dean has trained peer recovery specialists since 2016.



Training of Trainers, Austin, TX

Some RCHRP/ ToT host orgs

Great Lakes ATTC
New Jersey Prevention Network
Massachusetts Bureau of SA Svcs
Foundations for Recovery (Las Vegas)
Oxford House, Inc
Maryland DHS



Day 1: Making a Start

The primary purpose of the first session/s of RCHRP is to create a safe environment for learning and exploring one's own values and beliefs surrounding harm reduction wherein new knowledge transfer can occur and previous practices of recovery coaching can be challenged and/or enhanced.

Creating a Safe Place

There are multiple objectives to this module. First is the development of creating a safe place for learning. This module also begins the process of transferring the responsibility of learning from the trainers to the participants. Finally, the creation of the Safety Agreements allows the trainers to use them as a first attempt to change individual/group behavior rather than addressing individuals.

Values Continuum Exercise (Part 1)

This module begins the process of participants examining their values and beliefs around Harm Reduction.

Values Continuum (Part 2)

This module continues the process of examining and questioning values and beliefs around harm reduction as a pathway of recovery. This process will continue throughout the training.

Defining Harm Reduction

There are several objectives to this module. You will note that before the trainers give a piece of didactic information, they will allow participants to address what they already know. This is true in many places in this training. Additionally, participants will gain insight into how other leaders in the recovery field describe harm reduction. This module helps build a foundation for the rest of the training. Finally, this module sets us up for a more universal application of Harm Reduction principles across the continuum of care.

History of Harm Reduction

The objective of this module is to supply some historical context to Harm Reduction/harm reduction as a philosophy, as a set of health-promoting practices, and as a social justice & human rights movement.

Articulating the Case for Harm Reduction

The purpose of this module is to allow participants to use some of their knowledge and experiences in a conversation with someone playing a role where they do not know much about the topic. It is designed to use a kinesthetic learning technique and possibly have some fun after a full day.

Harm Reduction Strategies for a Variety of Drugs

The purpose of this module is to broaden application of Harm Reduction principles beyond opioid-specific practices.

Harm Reduction as an End Unto Itself?

The purpose of this module is to allow for reflection on the day's materials.



Day 2: Making Connections

The focus shifts from getting acquainted to digging deeper into harm reduction concepts such as principles, goals, and best practices, into the connections between harm reduction and recovery coaching principles, into harm-reduction-specific resources, and into stigma and advocacy issues viewed through a harm reduction lens. We also explore theoretical and practical applications of harm reduction in our work as peer specialists.

Digging Deeper into Harm Reduction

The purpose of this module is to put the Harm Reduction movement in context with a Recovery-Oriented System of Care and then to broaden that context by showing that the established principles of Recovery and of Harm Reduction are remarkably similar.

Harm Reduction and Recovery Coaching Principles

The purpose of this module is similar to the previous module in illustrating that the established principles of Harm Reduction and of recovery coaching support one another.

Harm Reduction Specific Resources

The purpose of this module is to introduce participants to the resources available to those using a harm reduction pathway, as well as to show that participants may already be aware of several harm-reduction-oriented resources.

Medicine in Recovery Coaching

The purpose of this module is to discuss medicinal treatments for opioid use disorders and established research as to their overall effectiveness, as well as to address misconceptions that have often been a stumbling block in effective delivery of treatment and recovery services.

Recovery Coaching Practice: What Do I Say Next

This module is designed to have participants discuss how they would respond as a recovery coach to a particular issue raised by a participant following or indicating a need to develop a harm reduction pathway of recovery.

Advocacy and Stigma

In this module, participants will specifically address issues of stigma as well as possible advocacy issues to address them and additional harm-reduction-focused needs of the community. The purpose is to not only identify the issues but also the obstacles that are likely to occur while addressing them.

CONTENT CONTRIBUTORS

William White | Tom Hill | Jenna Neasbitt | Kevin Irwin | Hannah Rose

Christie Mokry | Joseph Hogan-Sanchez | Michael Galipeau | Devin Reaves | Kevin McLaughlin



Day 3: Making Changes

The final day's tasks are to explore stigma in drug-use-related language, to practice harm-reduction-oriented recovery support service delivery skills, and to assess participants' attitudes about harm reduction concepts and their plans for continuing to develop new competencies in their work.

Reducing Harm with Words

The importance of language would be hard to overestimate. Language is alive and always changing. It is clearly the ethical responsibility of recovery services providers to inventory their own use of language, to learn from those they are serving as to what language is helpful and what is harmful, and to continue to advocate for the purposeful use of empowering language.

Recovery Coaching Role Plays

The purpose of this module is for participants to practice utilizing skills and knowledge covered in the training thus far.

Revisiting the Values Continuum Exercise

Takeaway/s: Participants will be given the opportunity to assess whether any of the values and beliefs that they entered the training with have changed. This process doesn't stop at the end of the training; more evolution of thoughts, attitudes, and behaviors will hopefully occur over time.

Continued Professional Development

Takeaway/s: The process of change initiated by attending a training such as this begins at the end of the training. To cover all that needs to be covered to be an accomplished recovery coach supporting a harm reduction pathway in a three-day training would be impossible. Further development is needed to competently integrate harm reduction into one's practice. This is an opportunity for participants to discuss what other learning opportunities they might pursue.

Goal-Setting

To leave this training without identifying goals for improving one's competency in supporting a harm reduction pathway would be neglectful. This module formally gives participants an opportunity to begin that process.

Filter

read article at bit.ly/rchrpfilter

A Mission to Turn Recovery Coaches Into a Harm Reduction Resource



BY OLIVIA PENNELLE

On International Overdose Awareness Day 2018, Dean LeMire sat in the New Hampshire woods with Jim Wuelfing, pondering a dilemma. The peer recovery coaching movement to which they belonged had grown exponentially—filling gaps in care and igniting changes in the systems that help people with substance use disorders—but it wasn't working as well as it should be.

FEES & COSTS



Available Services

Description

Fee



RCHRP 18-hour Training

Trainer's Fee for 2 core LGLC trainers, admin

\$6,000



In-person delivery adds

Travel, lodging, incidentals for 2 core LGLC trainers

Variable



Training of Trainers (ToT)

Trainer's Fee for 2 core LGLC trainers

\$2,500



Ongoing Implementation
TA Sessions

LGLC Associates' & guest
subject guest subjects' fees

\$300/ hour

Item

Description

Cost



Participant
Manual

Spiral-bound, includes shipping to continental U.S.
\$30 per single unit order; \$26 per unit for orders of 2+
units. Purchase via direct invoice or at rchrp.com/manual

\$30/
\$26 ea.



Digital
Participant
Manual

Fillable PDF with purchase of physical copy

Free



Trainer's Manual

With purchase of Training of Trainers; includes shipping;
\$40 single unit / \$36 each for orders of 2+

\$40/
\$36 ea.

MORE INFO AT rchrp.com

CONTACT training@rchrp.com

LGLC

Recovery Coaching a Harm Reduction Pathway ©2023 by *the leMire group, llc*