

Expanding the Continuum of Addiction Care: From Pathology to Wellness




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www.recoverycoachtraining.com

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About Us



NET INSTITUTE
Center for Addiction & Recovery Education

- Florida Non Profit Corporation 1998
- 501C3 Tax Exempt Charitable Status with US Internal Revenue Service
- Licensed Post Secondary School by Florida Dept. of Education

International Organization

Providing specialized ONLINE coursework in:

- Addiction
- Counseling
- Recovery Support Specialists
- Mental Health PEER Specialists
- Professional Coaching
- Professional Recovery Coaching

Mission: Reconnect individuals, families and communities impacted by addiction.




Extending the Global Safety NET of Recovery




Dr. Jean LaCour



Raising the Standard of Addiction Care since 1996

NET Institute ATTRACTS The Best!

- Certified Addiction Professionals
- Licensed Therapists & Counselors
- Mental Health PEER Specialists
- Addiction Recovery Services
- Outstanding Authors
- Expert Addiction Clinicians
- National & Global Thought Leaders
- Community Drug Free Coalitions
- Treatment Associations/ NAADAC
- Leading Ministries & Pastoral Care
- Recovery Community Organizers
- Government Agencies- local to UN

Training Programs



PROFESSIONAL RECOVERY COACH PROGRAM

NET Training Institute Center for Addiction and Recovery Education is a world leader in the addiction field and an internationally approved training provider for multiple national and international boards.

NET curriculum and Professional Recovery Coach Training is approved and recognized by:

- ICRC/Certification Reciprocity Consortium/Alcohol and other Drug Abuse Inc. which serves seventy-seven addiction member boards across 24 nations.
 - World Federation of Therapeutic Communities/ WFTC
 - Florida Certification Board/FCB, Single Source Training Provider
 - Georgia - Alcohol and Drug Abuse Certification Board of Georgia, Inc. (ADACB-Ga)
 - Indiana Counselor Association on Alcoholism and Drug Abuse (ICAADA)
- NAADAC: The Association for Addiction Professionals representing the interest of over seventy-five thousand addiction-related professionals.
- Egypt: The International Substance Abuse and Addiction Centre of Studies, Freedom Program
- Canada: Canadian Council of Professional Certification / Bermuda Certification Board

FL Code 491 Licensure: NET curriculum and Professional Recovery Coach Training is approved by the Florida Department of Health for continuing education for Licensed Clinical Social Workers, LCSW; Licensed Mental Health Counselors, LMHC; and Licensed Marriage and Family Therapists, LMFT.

NET Institute is licensed by the Florida Department of Education, Commission for Independent Education

www.RecoveryCoachTraining.com

1) Disaster Specialists: Acute Care

Paradigm: Behavioral Health /
Addiction Treatment (Pathology)

- Medical detoxification
- Primary medical healthcare
- Clinical interventions based on assessment- psychotherapy
- Co-occurring clinical services
- Medication assisted therapy



Clinical Counselors & Therapists



Residential Programs



Aim of Treatment

Initial and Early Recovery

1. Crises Management
2. Symptom Stabilization / Detox
3. Client Recognize their Problem
4. Coping Skills for Sobriety



2) Disaster Specialists: Extended Care

Paradigm: Recovery Management
Extended Recovery Support

- Targeted community based Service Providers
- Focused on needs of Whole Person
- Individualized to meet changing client needs
- Focus: build 'Recovery Capitol'



Disaster Specialists: People in Recovery

Recovery Support Services:

- Community organizations
- Connected to Treatment

Roles Models for:

- Hope
- Courage
- Perseverance
- Gratitude
- Service



www.netinstitute.org

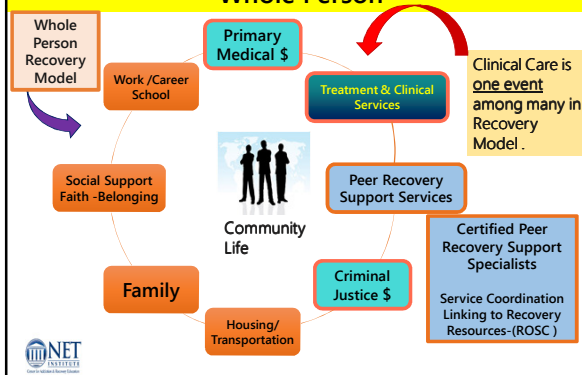
Recovery-Oriented Systems of Care (ROSC)

- A coordinated network of community-based services and supports that is person-centered and
- builds on the strengths and resilience of individuals, families, and communities
- to achieve abstinence and improved health, wellness, and quality of life
- for those with or at risk of alcohol and drug problems.



SAMHSA/ CSAT

Recovery-Oriented System of Care – Support for Whole Person



Recovery Capitol: resources available to the client to support initiating & maintaining Recovery from a life-changing disorder

External Resources:

- Financial resources
- Housing
- Employment
- Education resources
- Safe Environment
- Car/ Transportation
- Access to healthy diet
- Access to medical care
- Access to hobbies, social activities
- Pets



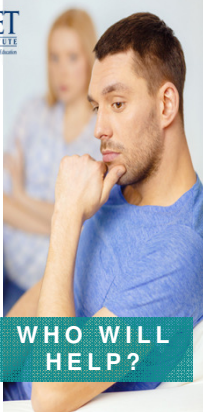
Internal Resources:

- Spirituality
- Being Present/ Mindful
- Resilience
- Self Esteem
- Problem Solving/ Teachable
- Coping Skills/ crises
- Assertiveness, Choices
- Social Connections: family, church, recovery, ethnic, sports
- Able to internalize information

William L. White Research Library

- Emeritus Senior Research Consultant at Chestnut Health Systems / Lighthouse Institute
- Master's degree in Addiction Studies and has worked full time in the addictions field since 1969 as a streetworker, counselor, clinical director, researcher, well-traveled trainer and consultant.
- Authored or co-authored more than 400 articles, monographs, research reports and book chapters and 18 books.
- Papers selected for inclusion contain all of the articles and monographs authored by William White on the **new recovery advocacy movement, recovery management and recovery-oriented systems of care.**

- <http://www.williamwhitepapers.com/>



WHO WILL HELP?

Even when active drinking or substance abuse has stopped, the addict and the family system will still operate in a dysfunctional alcoholic manner unless there is Intentional Recovery.

- The Brain must heal
- If left untreated, the alcoholic behavior will continue.
- Anger, resentment, hurt & rejection feelings are common for the alcoholic and the non-alcoholic family members.
- Even years after the drinking has stopped or cut back, the family will still act out in denial, fear & resentment without family recovery.

Addiction Recovery "Workforce"

1) Substance Abuse Counselor

Pathology: Assess & Treat Clinical Training (Past oriented)
Non Peer 1880's

2) Twelve Step Sponsor

Role Model Sobriety
Peer - Lived Experience
1930's

4) Professional Recovery Coach Professional Coach w/ Addiction Recovery Specialty

Strength based & Future Focused
Facilitate Change Process

Maximize Potential, Resilience & Focused Action
Non Peer & Peer
1990's

3) Recovery Support Specialist

Support Services & Linkage to Resources

2000's: Faces & Voices of Recovery - CCAR
"Access to Recovery" ATR Funding
Faith-based Compassion movement
Mental Health Peer movement
Native American Wellbriety

Peer Recovery

**Called: Recovery Coach, Mentor, Advocate



Substance Abuse / Addiction Counselor

Substance Abuse Counselor

Clinical & Regulated
Therapists, Psychologists, Psychiatrists,
Social Workers-
Co-occurring Disorders

Non Peer

Training: Post Graduate Degrees & Certs
Certified/Licensed: Legal Jurisdictions,
Clinical Licensing or Addiction Boards

Paid by Treatment Programs funded by
Government, Insurance, and Clients /
private practice

1880's Wilhelm Wundt Psychological
Institute



Clinical Social Worker

Licensed Professional
Counselor



12 Step Sponsors

12 Step Sponsor / Volunteer

Non Clinical & Non
regulated
Peer – Lived Experience
Accountability & Role
Modeling
Incorporate 12 Steps into
Daily Life
Certified: None –

No training
Not paid

1930's



State Certified- Recovery Support Specialist

Entry-level Substance
Abuse credential for
persons who use their
lived experience to
assist clients achieve
and maintain recovery
from addictions.

Min: high school

Training:
40 to 125 hours

NAADAC- National
Credential-
insurance, work w/
Treatment teams



{Peer} Recovery Support
Specialist
Certified/ Paid

Recovery Support Specialist
Non Clinical & Regulated
Peer – Lived Experience
Training: 40-125 hours

Certified: Legal Jurisdictions,
Licensing Boards, Associations

Paid by Treatment or Recovery
Program (Medicaid)- part of
Treatment team
Recovery Support Services/
volunteers

2000's – **Called: Recovery Coach,
Advocate, Mentor, Recovery
Specialist

Raising Recovery Expectations

- Larger Perspective
- Many Pathways
- Many Settings
- Many Skillsets
- Expanding Types of
Services
- New People joining
workforce



Recovery - An Evolving Process !



Charles LaCour, CAP
Former Senior Counselor
Therapeutic Community – Post
Prison population

"Recovery is a process of change through
which individuals:

- improve their health and wellness,
- live a self-directed life, and
- strive to reach their full potential."

SAMHSA /
Substance Abuse Mental Health Services Administration

Maritza, Nathaniel, Veronica



The Foundation Stones

Positive Psychology:

The scientific study of the
strengths & virtues
that enable each of us,
individuals &
communities, to thrive.



NEW Possibilities

1. Integrate Principles of

- Positive Psychology
- Theory of Wellbeing
- Human Resiliency

2. Complement & Add Value to

- Best Practices in Addiction Recovery





Professional Recovery Coaching

Professional Coaching

An ongoing relationship focusing on connecting with clients who take action towards the realization of their visions, goals or desires and their personal well-being by creating lasting positive change.





www.AuthenticHappiness.com



- ✓ Genuine Happiness Questionnaire
- ✓ Values in Action/ Strengths
- ✓ GRIT Score- perseverance
- ✓ Optimism Test
- ✓ Work-Life Questionnaire
- ✓ Compassionate Love Scale



Professional Recovery Coach

Outcomes:

- New Non Clinical Addiction Career
- Potential Financial Rewards of a Skilled Professional offering a Positive Approach to Recovery
- International Standards





Professional Coach-Recovery Specialty

Non Clinical & Non Regulated Potential & Future oriented Non Peer & Peer

Training: 20-125 hours
 Certified/Licensed: Training Institutes or Professional Associations
 Complements other Addiction Careers
 Paid by Clients or families

External Coaches: private practice
Internal Coaches: employee benefit
 1995's – Business, Life & Wellness Coaching

Professional Recovery Coaching

- Professional Investment
- Non-Therapeutic
- Not a substitute for therapy, treatment, sponsorship
- Does not work with trauma
- Relational Connection
- Removes barriers to recovery
- Promotes normalizing feelings.

Provides accountability to help their clients clarify and build on their own internal motivations for positive life change. Emerged early 2000's



Private Practice with Private Clients
 Referrals from Therapists, Treatment, Professional Associations, Professional Coaching well established with Specialty Niches

What makes a Professional Recovery Coach so unique?

Professional Recovery Coaches are trained as Certified Professional "Life" Coaches with specialized knowledge in Addiction Recovery.

You will be able to offer your Professional Coaching services to:

- People who need personalized, solution focused support in their recovery journey.
- Families or individuals who need personalized, solution focused support in dealing with a loved one's addictive behavior.



Who Hires a Professional Recovery Coach?

- Stigma prevents many people from seeking treatment or counseling or even attending 12 Step meetings.
- Coaching does not have this stigma; often seen as positive and beneficial.
- Professional Recovery Coaches will learn strategies for identifying and reaching the people they wish to serve.
- Potential clients include youth, young adults, families, and baby boomers.



Who Hires a Professional Recovery Coach? (continued)

- Professional people seek support to sustain & grow a recovery lifestyle
ex: impaired attorneys, physicians, nurses, corp. business people, workers in transportation, hospitality & service industries
- People coming out of treatment
- People in life transition exploring new possibilities
- People searching for deeper insight & purpose



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