

A faint, blue-tinted background image of a person's hands holding an open book, with light rays emanating from the pages. The entire image is framed by a dark blue border.

TRAINING SCHEDULE 2008

THE RECOVERY INSTITUTE
(RI)
training program

PRO•A

www.pro-a.org

contents

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The Certified Recovery Specialist (CRS)

The PA Certification Board (PCB), in collaboration with PRO.A, has developed a credential called the Certified Recovery Specialist (CRS). The concept behind this certification is that support and coaching provided by a CRS will be enhanced by their skills and experiences with recovery. The CRS certification, open to those who meet specific requirements, will provide credibility to the work done by individuals in the community, members of recovery community organizations and those who work in the addictions field who do not meet the present educational and supervisory criteria for clinical-based certifications.

The credential defines minimum acceptable standards of knowledge and skills to ensure a person's competency. Although no degree will be needed for the CRS credential, specific training to obtain and maintain the certification is required. This certification will open doors for individuals who possess extensive addiction and recovery knowledge—gained either through personal or professional experience—and who are interested in providing recovery support services to individuals and their families seeking recovery families.

PRO.A has been selected as the training provider to support the CRS credential. This handbook provides an overview of each training and the training hours required for each CRS applicant, under each domain, along with times and locations of each training. To learn more about the Certified Recovery Specialist credential, please contact Mary Jo Mather at the PA Certification Board (PCB) at 717-540-4455 or visit one of the following websites:

PA CERTIFICATION BOARD (PCB)
www.pacertboard.org

PRO.A
www.pro-a.org

General Information

TARGET AUDIENCE

- Individuals interested in pursuing the Certified Recovery Specialist (CRS) credential through the PA Certification Board (PCB)
- Professionals from the drug and alcohol, mental health, child welfare and criminal justice fields
- Social Workers
- Peer providers from Recovery Community Organizations
- Peer Specialists
- Others interested in learning more about recovery from addiction.

COST: \$75 PER EACH 6-HOUR TRAINING

BDAP-sponsored trainings are free of cost and are identified by an asterisk (*)

Limited scholarships are available. Please contact Cheryl Floyd at the PRO.A office for scholarship information.

For information on Bureau of Drug and Alcohol Programs (BDAP) on-site training opportunities, please contact Bob Burhannan at 717-787-2712.

CONTINUING EDUCATION CREDITS

PRO.A is an approved training provider by the PA Certification Board. As such, continuing education credits will be available for all trainings offered by our organization.

LSW (PA SBSWE) Licensed Social Workers and Professional Counselors in Pennsylvania: We hope to offer social work credits in the near future.

REGISTRATION INFORMATION

By Phone: To register for trainings by phone, please call the PRO.A office at 717-545-8929 or toll free at 800-858-6040. Please identify the training title and location you are registering for. Payment for each training must be received by PRO.A within 10 days of registration.

By Fax: To register by fax, please copy the registration form at the end of this handbook, complete the form and fax it to 717-545-9163. Payment for each training must be received by PRO.A within 10 days of registration.

By Mail: To register by mail, please copy the registration form at the end of this handbook, complete the form and mail it along with payment to: PRO.A
900 S. Arlington Avenue, Suite 119, Harrisburg, PA 17109

EARLY REGISTRATION

We strongly encourage you to register early as space at each training is limited. Confirmation cards will be sent two weeks prior to the course date(s) to confirm your registration of a training.

CANCELLATIONS

INCLEMENT WEATHER: Please call the PRO.A office for cancellation information.

- If you are unable to attend a training you have registered for, you must contact the PRO.A Training Coordinator **at least 5 days prior to the scheduled training.** Failure to do so will result in forfeiture of your training fee.
- If you fail to cancel and do not attend more than one registered training, we regret that we may not be able to register you for future courses. It is important that those who register use the slot reserved for them. Substitutions may be made for attendees.

ADDITIONAL INFORMATION

Please inform the PRO.A Training Coordinator when you register if you have any disability or other special needs so that we can ensure appropriate accommodations for you.

* **Walk-ins** are discouraged and may not be admitted if the training session is full. Pre-registration is strongly encouraged. Payment must be made at the time of registration.

Upon completion of the training evaluation form, a training certificate will be issued to those who have pre-registered. All other training certificates will be sent by mail. Training certificates will only be issued to those who have attended the entire training session.

If you have questions or need additional information, please contact the PRO.A office at 717-545-8929 or toll-free at 800-858-6040. Please send all electronic inquiries to proa900@comcast.net.

SAVE THE DATES

SEPTEMBER 16-17, 2008

PRO.A ANNUAL CONFERENCE, A VISION FOR THE FUTURE
FOUR-POINTS SHERATON HOTEL, 800 EAST PARK DRIVE
HARRISBURG, PA 17111

OCTOBER 11, 2008

RECOVERY BREAKFAST, HOLIDAY INN EAST
4751 LINDLE ROAD, HARRISBURG, PA 17111

NOVEMBER 22, 2008

"GIVING THANKS" SPEAKER JAM, THE HARRISBURG MILITARY POST (ARMORY)
1400 CALDER STREET, HARRISBURG, PA 17103

REGISTRATION IS REQUIRED FOR EACH EVENT!

To register for these events, please contact the PRO.A office at 717-545-8929.

REGIONAL TRAINING SCHEDULE

TRAINING	CENTRAL	SOUTHEAST	WEST	OTHER
Recovery 101	10/9/08	12/11/08	1/17/09	11/18/08 *
The Addiction Process	10/6/08	1/20/09	12/12/08	
A Common Vision of Recovery	11/6/08	10/29/08	1/31/09	
Ethics and Boundaries for Peer Providers	1/22/08	12/16/08	10/17/08	
Addiction and the Family	12/12/08	1/30/09	11/17/08	
Recovery Support Services	12/2/08	11/20/08	10/6/08	
Healing the Stigma of Addiction	1/16/09 **	11/12/08 *		10/22/08 * 10/23/08 *
Do You Hear What I Hear: Communications	11/21/08	10/28/08	11/8/08	
An Inside Look at Interventions	12/12/08	1/30/09	11/19/08	

* Free Trainings

** Trainings held at alternative locations:

10/22/08 – Armstrong/Indiana Single County Authority

10/23/08 – Washington Single County Authority

11/18/08 – BDAP Mini Regional Training Inst., Sharon, PA

www.pro-a.org

course descriptions

COURSE DESCRIPTIONS

THE ADDICTION PROCESS

This comprehensive workshop provides knowledge on biological and psychological factors of addiction, drug classifications and provides an understanding of the changes that occur in the body that lead to the uncontrollable obsession and compulsion associated with addiction. At the conclusion of the training, individuals will be able to:

- Identify drugs according to classification
- Clarify the difference among substance misuse, abuse, dependency and addiction
- Understand tolerance and withdrawal syndrome associated with chemical dependency
- Identify risk factors for individuals susceptible to addiction
- Describe neurological changes that occur in the brain due to chemical dependency
- Recognize defense mechanisms associated with addiction

6 PCB Credit Hours

RECOVERY 101 *

Many people will ask...“What exactly does recovery mean and how is it achieved”? Recovery 101 will answer these important questions and more. The training strives to alleviate the misunderstandings that may exist toward the unknown by offering attendees a better understanding of the recovery process. At the conclusion of the training, individuals will be able to:

- Identify the stages and symptoms of drug and alcohol use
- List three entryways to recovery
- Understand the need for comprehensive care
- Create an individualized recovery plan
- Identify various pathways to recovery
- Locate resources that support individuals in reaching long-term recovery

6 PCB Credit Hours

* This training is available free of cost to Single County Authorities (SCA) through the Bureau of Drug and Alcohol Programs (BDAP) on-site training program. It is also available at the BDAP Regional Training Institute (RTI) at the following locations:

SEPTEMBER 16, 2008
Holiday Inn Monroeville
Monroeville, PA

NOVEMBER 18, 2008
Radisson Hotel Sharon
West Middlesex, PA

Please contact the BDAP Office at 717.787.2712 to register for these trainings.

PEER-BASED RECOVERY SUPPORT SERVICES

The State of Pennsylvania recognizes the critical role Recovery Support Services play in the continuum of care for recovery from addiction. This workshop offers a comprehensive look at what Recovery Support Services are and how they are utilized for maximum benefit. In addition, current tools and methodologies will be presented. At the conclusion of the training, individuals will be able to:

- Explain the principles of recovery
- Define Recovery Support Services
- Understand the role of Recovery Support Services as a part of the continuum of care
- Name and explain types of “social supports” utilized in the delivery of Recovery Support Services
- Utilize community resources critical to supporting long-term recovery

6 PCB Credit Hours

DO YOU HEAR WHAT I HEAR: LESSONS IN EFFECTIVE COMMUNICATION

The ability to communicate with others is often viewed as a simple process; however, the lack of communication can have a huge affect on individuals, one on one relationships, groups, and even society as a whole. This training provides instruction and group exercises that will assist in sharpening your communication skills and effective ways to reduce conflict, thereby improving interaction with others.

At the conclusion of the training, individuals will be able to:

- Choose appropriate communication styles within different settings
- Use techniques that engage and encourage openness
- Define person-centered language and understand the positive impact it has when communicating with others
- Recognize non-verbal cues and identify what they can mean
- Use communication techniques that help resolve conflict

6 PCB Credit Hours

ETHICS AND BOUNDARIES FOR PEER PROVIDERS

The process of helping others is becoming increasingly dangerous, with a variety of complex dilemmas that challenge the integrity of service providers and community-based organizations alike. This informative, one-day training provides an overview of ethical guidelines for recovery support service providers, examines the most common ethical mistakes made during the delivery of services, using actual case studies to illustrate simple oversights and everyday errors, as well as the deliberate, blatant blunders. Through this thought-provoking, interactive training, attendees will gain insight into frequently identified problem areas that can hurt both clients and service providers. At the conclusion of the training, individuals will be able to:

- Discuss the boundaries of personal and professional ethics
- Identify and understand potential ethical dilemmas for recovery support service providers
- Develop tools to assist in ethical decision making
- Understand confidentiality, boundary issues, informed consent, impairment, and other aspects of the helping relationship
- Anticipate ethical issues in special settings and circumstances

6 PCB Credit Hours

course descriptions

COURSE DESCRIPTIONS

HEALING THE STIGMA OF ADDICTION *

The consequences of stigmatizing attitudes and behaviors are tangible, painful, and destructive. The mission of this training is to reduce stigma by raising consciousness, facilitating ongoing dialogue, searching for creative solutions, and educating all within or connected to the Recovering Community. At the conclusion of the training, individuals will be able to:

- Define stigma
- List the signs and symptoms of addiction-related stigma
- Recognize the negative impact stigma has on individuals and their families/loved ones
- Identify possible personal bias toward addiction
- Initiate advocacy efforts
- Access local, state, and national agencies and resources that assist in fighting stigma

6 PCB Credit Hours

*** Agencies can request to have this BDAP-sponsored training brought to their program free of charge. Please contact Cheryl Floyd at the PRO.A office at 717.545.8929 for more information on bringing this training to your area.*

ADDICTION AND THE FAMILY

Chemical dependency, including alcohol and prescription medications, has a severe impact on families, loved ones, and other individuals close to the person who is chemically dependent. The most effective way for family members to be responsive and supportive of their loved one is to develop a strong understanding of the disease and recovery processes. Addiction and the Family provides an understanding of the consequences of addiction, family dynamics, and techniques that promote self-care. At the conclusion of the training, individuals will be able to:

- Describe the family unit from a systems approach
- Identify the different roles individuals play within the family system
- List and define common defense mechanisms
- Apply skills to break through denial and other defense mechanisms
- Understand the importance of self-care

3 PCB Credit Hours

Note: This training is offered in conjunction with “An Inside Look at Intervention Services” training. Please note on registration form if you prefer to register for only one of these trainings.

AN INSIDE LOOK AT INTERVENTION SERVICES

This workshop lends guidance to understanding and breaking down the denial that often stands in the way of individuals who need addiction treatment services in order to recover. It educates attendees on available drug and alcohol treatment services and how to access these services. This workshop also offers an opportunity for team building and group exercise that assists in understanding the concept of intervention services. At the conclusion of the training, individuals will be able to:

- Define intervention services and define intervention goals
- List components necessary for a family-based intervention
- Understand techniques that break through denial
- Perform a mock intervention
- Define appropriate drug and alcohol treatment services

3 PCB Credit Hours

Note: This training is offered in conjunction with “Addiction and the Family” training. Please note on registration form if you prefer to register for only one of these trainings.

OTHER AVAILABLE RECOVERY-FOCUSED TRAININGS

A COMMON VISION OF RECOVERY

This training provides an overview of addiction, mental illness, and co-occurring disorders. Participants will compare the common aspects and differences relative to the recovery process for addiction and mental illness. The training strives to provide persons in attendance with a better understanding of how to reach a common vision of recovery. PRO.A hopes to alleviate any misconceptions relevant to the recovery process of these disorders in an effort to reduce the disparity often associated with behavioral health disorders. At the conclusion of the training, individuals will be able to:

- Define addiction, mental illness, and co-occurring disorders
- Identify commonalities in the recovery process from addiction, mental illness, and co-occurring disorders
- Gain an understanding of the role of medication in the recovery process
- Identify diversities in the treatment and recovery process
- Identify peer to peer recovery support services in their area

6 PCB Credit Hours

PEER SUPPORT MENTORING PROGRAM (PSMP)

This two-day intensive course focuses on the critical elements of developing (or establishing) a Peer Support Mentoring Program (PSMP) that supports individuals with co-occurring disorders as they transition into the community. Group exercises, discussions and personal insight are integrated into the training to enhance skill development. Participants should attend both days to gain maximum benefit from this training. The principles and skills presented compliment values and practices of recovery-oriented services and support.

12 PCB Credit Hours

registration

RECOVERY INSTITUTE REGISTRATION FORM

NAME _____

ORGANIZATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

E-MAIL ADDRESS _____

TRAINING	REGION	DATE	COST
Recovery 101			\$75 *
The Addiction Process			\$75
A Common Vision of Recovery			\$75
Ethics and Boundaries			\$75
Addiction & the Family			\$37 **
Recovery Support Services			\$75
Healing the Stigma of Addiction			\$75 *
Communications			\$75
An Inside Look at Interventions			\$37 **

TOTAL NUMBER OF TRAININGS _____

TOTAL ENCLOSED \$ _____

* Free Trainings held at alternative locations

** Two trainings offered on same day

yes! I would like to be added to the mailing list.

PRO.A • 900 S. ARLINGTON AVE. • SUITE 119 • HARRISBURG, PA 17109
PROA900@COMCAST.NET
www.pro-a.org

TRAINING LOCATIONS

CENTRAL PENNSYLVANIA

DAUPHIN COUNTY DEPT. OF DRUG AND ALCOHOL SERVICES
1100 S. CAMERON STREET
HARRISBURG, PA 17104

PA RECOVERY ORGANIZATIONS ALLIANCE (PRO.A)
900 S. ARLINGTON AVENUE, SUITE 119
HARRISBURG, PA 17109.1014

SOUTHEAST PENNSYLVANIA

EAGLEVILLE HOSPITAL
100 EAGLEVILLE ROAD
EAGLEVILLE, PA 19408

WESTERN PENNSYLVANIA

MERCY BEHAVIORAL HEALTH
REEDSDALE CENTER, 1200 REEDSDALE STREET
PITTSBURGH, PA 15233

330 SOUTH NINTH ST.
PITTSBURGH, PA 15203
(Nov. 17, 2008 training only)

THE RECOVERY INSTITUTE

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