

RECOVERY COACHING A HARM REDUCTION PATHWAY[©]

3-Day Enrichment Training for Recovery Coaches & Peer Recovery Support Specialists

From the Designer and Lead Author of the Original 5-day CCAR Recovery Coach Academy[©]
along with the cofounder of the NH Harm Reduction Coalition and Texas Harm Reduction Alliance



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

Participant, August 2019 Training, Kalamazoo, MI

WHY THIS TRAINING?

Tens of thousands of people are trained as peer recovery coaches. Principles of recovery coaching include: 'Meet people where they are at'; 'You are in recovery when you say you are'; and 'There are many pathways to recovery'. Yet, harm reduction as a pathway to and of recovery remains widely misunderstood.

Abstinence-based pathways dominate and recovery coaches may struggle with coaching a harm reduction pathway due to a lack of understanding about harm reduction; personal, institutional, and cultural bias; and a lack of exposure to people achieving recovery outcomes through harm-reduction-based means.

Recovery Coaching a Harm Reduction Pathway[©] comes just in time for a new phase in recovery coaching development alongside a growing harm reduction movement across North America.

LEARNING OBJECTIVES

- **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 principles of harm reduction and recovery coaching
- **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 recovery coaching skills



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The
**LeMire
Group** LC

"This training was a true paradigm shifter. My mind was blown."

Participant, August 2019 Training, Austin, TX

WHO BENEFITS FROM THIS TRAINING?

- Active or Prospective Peer Recovery Coaches
- 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 DETAILS

- 3 Days of Interactive Instruction
- 24 Hours of Total Instruction
- Student Workbook Provided

PREREQUISITES

Completion of a recognized 30-46-hour recovery coaching fundamentals training, such as CCAR Recovery Coach Academy, is strongly suggested.

ABOUT THE AUTHORS



JIM WUELFING

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

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 *Recovery Coaching a Harm Reduction Pathway[®]*. 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

Cofounder of the NH Harm Reduction Coalition and Texas Harm Reduction Alliance

Owner and principle associate of The LeMire Group, LC, a recovery services consulting and training agency based in the Greater

Boston Area. 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 multi-county syringe services program. Dean has trained recovery coaches since 2015 and co-developed *Recovery Coaching a Harm Reduction Pathway[®]* with Jim Wuelfing in 2019.

FOR QUESTIONS OR INFORMATION

CALL **737-231-1255** OR EMAIL **RCHRP@THELEMIREGROUP.COM**