



# Course Selections

Foundation for Recovery offers training sessions that can be provided as a series or individually to train individuals and/or providers on peer delivered recovery support services. Our trainings can serve to develop leadership and provide professional, community and organizational development. The following trainings are IC&RC endorsed and can be applied towards initial certification, for continuing education and for re-certification of the Peer Recovery and Support Specialist certification.

## PRSS

### Peer Recovery Support Specialist Training

(40 hours of education)

Foundation for Recovery offers an in-person peer recovery support specialist training. The training provides the skills and knowledge needed to provide peer recovery support services to those in or seeking recovery from addiction and/or mental health issues. The 40-hour training (with additional 6 hours of self-study) is offered to those with lived experience and meets the requirements to obtain the PRSS certification offered by the Nevada Certification Board, a member of the International Certification and Reciprocity Consortium (IC&RC).

FFR's training uses a blended learning approach that is led by instructors with lived recovery experience. Throughout the training participants will be involved through interaction in group activities, small group discussions and role-playing. At the conclusion of the training, participants receive a certificate indicating their completion of all required hours.

**THE FOLLOWING TRAININGS ARE ENDORSED BY IC&RC AND OFFER 1.5 CEHS.**

#### ADVOCACY AND THE RECOVERY MOVEMENT

This training outlines the evolution of the recovery movement dating back to the 16th century. We discuss the origin of mutual aid groups, recovery support services, and other key elements within the larger recovery movement. Concluding this training, participants will be able to:

- < Define the recovery movement throughout history
- < Describe the trends and culture of the recovery movement
- < Analyze the state and country's current advocacy movement
- < Assess how communities of recovery can have a greater impact as a result of advocacy

#### RECOVERY MESSAGING

This training explains the importance of proper recovery messaging and how to communicate in a positive way on addiction and recovery. Participants will develop their own personal recovery message and practice recovery messaging technique with others. Discussion on anonymity principles and how to discuss your recovery story still keeping to others in the community on to providers, the media, and public officials. Concluding this training, participants will be able to:

- < Discuss research studied recovery messaging and recognize the importance of this practice
- < Develop a personal recovery message and expressing this message to various audiences based on relationship and location
- < Identify the goals of delivering a recovery message and the results in which this message could be received

#### RECOVERY-ORIENTED SYSTEMS OF CARE

This training defines a recovery oriented system of care. Review of the various elements, as well as the different approaches are explained to discuss the transformation of a system of care. Concluding this training, participants will be able to:

- < Define Recovery-Oriented System of Care (ROSC) and the effective strategies and service delivery to true implementation of a recovery oriented system of care
- < List the overall goals of ROSC, outline the approaches to system transformation and explain the design of a systems change
- < Recognize challenges faced in different states transforming system to ROSC and determine solutions to challenges

#### REDUCING STIGMA

This training discusses the negative effects stigma has on individuals with behavioral health issues. We identify social strategies to help reduce stigma in our community and how to fight back against stigma. Concluding this training, participants will be able to:

- < Define stigma related to behavioral health disorders
- < Explain consequences of stigma and public policy that protect individuals and families from discrimination
- < Describe social strategies used to address stigma related to behavioral health disorders, goals in reducing stigma, and promoting recovery and resiliency

#### ALL PATHWAYS TO RECOVERY

This training describes pathways to recovery including use of medications and types of professional treatment programs, 12-step groups, faith-based communities, and many more. By examining the pathways, participants. Concluding this training, participants will be able to:

- < List and identify various pathways to recovery
- < Relate common themes around the various pathways to recovery
- < Summarize means of accessing differing pathways to recovery

#### WHAT IS AUTHENTIC PEER SUPPORT?

This training dives into the definition of peer support and how it is different than other roles in our system. We review why peer support is extremely effective and the research behind it and how it can be coupled successfully in various capacities, while keeping its authenticity. Concluding this training, participants will be able to:

- < Define Peer Support and recognize what characteristics contribute to authentic peer support services, and why it is necessary
- < Summarize the function of authentic peer support in recovery community organizations (RCOs) and how peer support assists in the clinical settings
- < Identify linkages in the community in conjunction with peer support

#### POLICY AND PROCEDURES IN RCOS

This training provides participants the understanding of why policies and procedures are vital within a Recovery-Community Organizations or any community-based organization. We review the activities typically provided within a RCO and why they are unique to other organizations. Concluding this training, participants will be able to:

- < Describe the functions of Recovery Community Organizations through their core principles, strategies, and values
- < Interpret the National Practice Guidelines for Peer Support
- < Explain procedural trainings, the requirements of peer support, and the importance of operating with policies and procedures in place

#### RECOVERY AMBASSADORS

This training, adapted from the Recovery Ambassadors Training originated from the Johnson Institute describes the efforts of community mobilizing. The training reviews step-by-step processes in which recovery ambassadors are utilizing education, advocacy, and mobilization in communities to create change.

Concluding this training, participants will be able to:

- < Identify the role of Recovery Ambassadors and the positive impact of this in communities an integral part of the recovery process
- < List the steps to organizing communities of recovery and tailoring a message of hope
- < Recognize ways people can engage in forwarding recovery

#### BUILDING RECOVERY LEADERS

This training provides participants with the understanding of what truly makes a leader both in recovery and within communities. Through brainstorm and inspiration, participants develop their own mission statements and explore their own personal reasons for wanting to partake in leadership development and growth in recovery and in advocacy efforts. Concluding this training, participants will be able to:

- < List leadership qualities and examine different qualities with recovery leaders
- < Identify personal leadership qualities
- < Develop a mission statement and apply that statement in everyday life

#### CREATING A CULTURE OF RECOVERY

This training educates participants on how communities adopt a recovery culture and embrace a shift through a multitude of recovery resources. Examples are provided from various social movements throughout time and how culture was changed. Concluding this training, participants will be able to:

- < Define the culture of recovery and examine the development of the culture
- < Analyze the difference between the culture of addiction and culture of recovery
- < Identify the elements that define a recovery culture

#### PEER RECOVERY SUPPORT SUPERVISION

The training will provide supervisors with an overview of recovery orientation and the role of a supervisor's competencies if they are not a peer support provider. Concluding this training, participants will be able to:

- < Explain the importance of recovery orientation and how staff duties and roles impact the PRSS and peers served
- < Possess knowledge of supervision competencies to enhance the role of peer support specialists
- < Understand and utilize feedback to support the peer support specialist in developing plan for personal and professional development

#### MENTAL HEALTH FIRST AID TRAINING

This training helps individuals assist someone experiencing a mental health or substance use related crisis. Participants learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone and where to turn for help. MHFA teaches about *recovery and resiliency*; the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well. Concluding this training, participants will be able to:

- < Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury
- < Use a 5-step action plan to help an individual in crisis connect with appropriate professional help
- < Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities
- < Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery
- < Assess their own views and feelings about mental health problems and disorders

All of Foundation for Recovery training is offered across the state of Nevada.

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for further information or to schedule.