

Vermont Association for
**Mental Health &
Addiction Recovery**

An Empowerment Framework for Resource Provision

An Introduction to Recovery Vermont's Framework

**Recovery
Vermont**

Will Eberle, Director
Will Roberts, Director of Training

Definitions Gallery Walk:

ACEs

Trauma

Resilience

Harm Reduction

Recovery

As you walk around the room and review the definitions that are posted, please make note of:

- One thing you knew about each definition previously.
- One thing that was new to you about each definition.

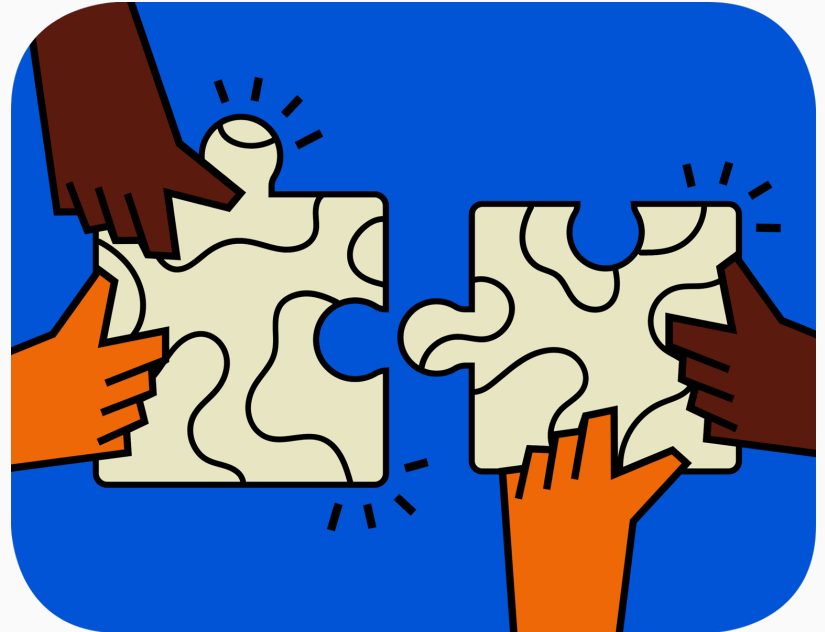
After returning to your seats, we will hear your discoveries.

What is Recovery Coaching

In pairs:

Create a working definition of what Recovery Coaching is.

We will hear your thoughts



The Recovery Coach Academy

The RCA is a 46-hour training that empowers participants with the skills and resources vital to help those in recovery.

Delivery of the training course is done both virtually through multiple Zoom sessions and on a self-paced learning platform.

In many cases, scholarships are available to those who qualify.

The Recovery Coach Academy

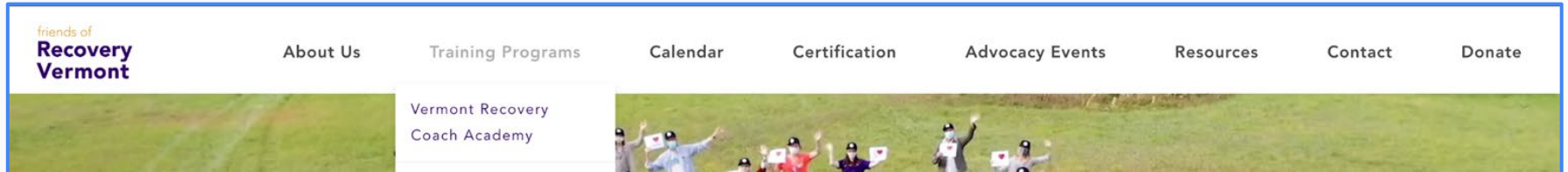
Topics covered:

Roles and Responsibilities of Recovery Coaches
The Science of Addiction
Ethics and Boundaries
Motivational Interviewing
Diversity, Equity, and Inclusion
Harm Reduction
Stigma
Trauma Informed Care
Resource Provisioning
Building Recovery Capital
Practice Coaching Sessions



The Recovery Coach Academy

How do you apply? Go to our website: recoveryvermont.org and follow the links to our **Training Programs** and the **Vermont Recovery Coach Academy**



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Questions?

Recovery
Vermont