



FINGLAS
ADDICTION
SUPPORT
TEAM



Recovery Coaching & Addiction in the Community

Peer recovery in action...



What is this course about?

This course is an innovative initiative to provide the educational support to recovered (former) users of drugs and alcohol to work with people, currently struggling with addiction, in a recovery coaching relationship.

Recovery is defined as “voluntarily sustained control over substance use which maximises health and wellbeing and participation in the rights, roles and responsibilities of society” (UK Drugs Policy Commission 2008).

The role of ‘recovery champions’ i.e. visible community based examples of success, is increasingly gaining significance. This course provides the necessary theory and practice skills development to become effective recovery coaches in the community.

Background and rationale

The recovery movement in Ireland, by comparison with Scotland and England is in its infancy. This module provides an opportunity to shape and influence the recovery movement in Ireland in addiction.

Many recovery coach candidates have been previously marginalised and excluded from formal education because of various factors, e.g. local socio-economic deprivation, lack of opportunity/ support and addiction. Thus formal learning will not just equip these candidates to engage with others as recovery coaches but also contribute to their own personal recovery pathway and provide access to other programmes and opportunities at third level and in the workplace.

Topics covered on the course

On completion of this module and following a period of personal study the student will be able to:

- ◆ Understand the concept of recovery and the processes of change in relation to addiction including relapse and relapse prevention
- ◆ Utilise a range of communication and behavioural strategies in the effective coaching of recovering drug users
- ◆ Understand the key ethical issues associated with recovery coaching
- ◆ Evaluate the outcomes of recovery coaching

The formal educational programme for recovery coaches is based on a strengths based model of recovery coaching incorporating five principles:

1. The focus is on individual strengths rather than addiction
2. The community is viewed as an oasis of resources
3. Interventions are based on participant self-determination
4. Community outreach and in-reach are the preferred models of intervention
5. People suffering from addiction can continue to learn, grow and change

Recovery Coach Practice Development and Placements

In addition to the delivery of theory and skills development in class, a minimum of 20 hours coaching practice is a formal mandatory component of the programme.

Candidates of the programme will be required to identify a site or organisation who will facilitate coaching placement and who are willing to undertake assessor/supervisor preparation.

All components of the programme, theoretical and practical will be fully supported by the programme team in the form of individual and group tutorials and site visits.

Entry requirements

Minimum 18 months drug free.

No involvement in criminal activity, with no outstanding issues before the courts.

Experience of participating in recovery groups.

Has addressed personal issues relating to own addictive behaviours. Willing to become a recovery coach under supervision.

Willing to be flexible with their time.

Willing to learn, take feedback and be supervised.

You will have the following characteristics:

- ◆ Good reputation/positive role model in the community
- ◆ Ability to empathise
- ◆ Ability to work with individuals belonging to diverse cultural backgrounds
- ◆ A high level of energy and commitment
- ◆ Ease at working independently in community settings

Structure of the programme

The part time (one day per week) programme commences in October of each year and is comprised of a theory block of nine weeks followed by a block of four weeks practice.

After this initial 13 weeks, theory and practice alternate in each week for a further 8 weeks, commencing in January. Assessment of the module takes the form of a portfolio and course participants will be fully supported in the completion and submission of this work.

Host organisations

Host organisations will be required to:

- ◆ Provide day release to course participants (where applicable)
- ◆ Nominate a liaison person for their site
- ◆ Undertake a one day assessor/supervisor workshop (included in programme fees)
- ◆ Develop an assessor/supervisor relationship with the participant

The DCU/FAST partnership

The School of Nursing and Human Sciences at DCU and Finglas Addiction Support Team (FAST) have been working together for several years and share similar values; innovation, creativity and inclusion.

These values are key elements underpinning the Recovery Coach Programme (RCP). The recovery coach initiative overall is consistent with DCU's and FAST's strategic objectives of community engagement.



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How to apply and closing date

An application form can be obtained from the School of Nursing and Human Sciences, DCU:

- snhsenquiries@dcu.ie
- 01 700 5947

or from FAST:

- reception@fastld.ie
- 01 811 0595

The application form, a cover letter and any supporting documentation should be submitted to FAST by the **23rd September.**

Shortlisted candidates will be required to attend for interviews during the week beginning 30th September.

The programme commences on Monday 14th October.

For further details please contact:

raphaela.m.kane@dcu.ie

or

tom@fastld.ie