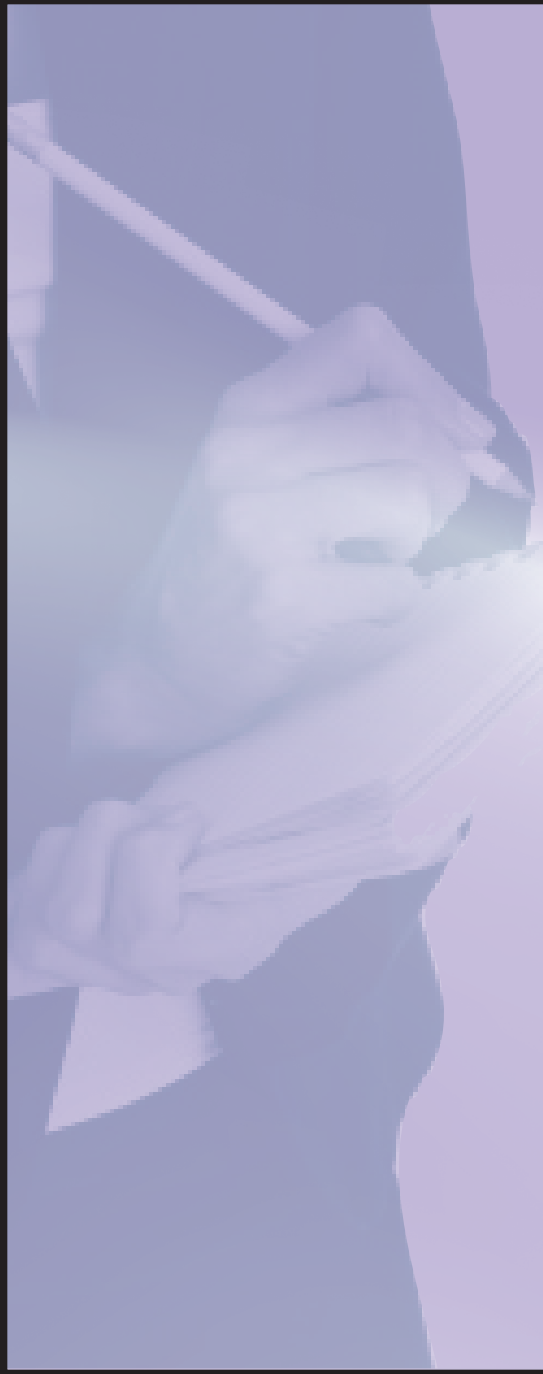

TRAINING SCHEDULE 2010

THE RECOVERY INSTITUTE (RI) training program

PRO•A

www.pro-a.org

TRAINING LOCATIONS

CENTRAL PENNSYLVANIA

YORK: PLEASANT ACRES ANNEX, 112 PLEASANT ACRES ROAD, YORK, PA

HARRISBURG: PRO.A, 900 S. ARLINGTON AVE., SUITE 254A, HARRISBURG, PA

WESTERN PENNSYLVANIA

WASHINGTON DRUG & ALCOHOL COMMISSION, 90 WEST CHESTNUT STREET, SUITE 310, WASHINGTON, PA

course descriptions

COURSE DESCRIPTIONS

THE ADDICTION PROCESS 6 PCB Credit Hours

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**

RECOVERY 101 * 6 PCB Credit Hours

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**

Recovery 101 trainings available through BDAP

3/17/2010
Luzerne County Community College
1333 S. Prospect Street
Nanticoke, PA

5/13/2010
Dolee Hotel & Resort
301 DeKalb Pike
King of Prussia, PA

PEER-BASED RECOVERY SUPPORT SERVICES 6 PCB Credit Hours

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**

LESSONS IN EFFECTIVE COMMUNICATION 6 PCB Credit Hours

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**

ETHICS AND BOUNDARIES 6 PCB Credit Hours

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**

HEALING THE STIGMA 6 PCB Credit Hours

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**

continued

course descriptions

COURSE DESCRIPTIONS

ADDICTION AND THE FAMILY 3 PCB Credit Hours

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**

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.

CRISIS INTERVENTION STRATEGIES 3 PCB Credit Hours

Physical, psychological or medical situations or emergencies can create stress, fear and anxiety for individuals. They may have difficulty dealing with an event or situation that exceeds their resources and coping mechanisms. This educational workshop provides peer providers with tips that can assist in providing a safe avenue for the resolution of a crisis. At the conclusion of the training, individuals will be able to:

- **Identify differences between urgency, crisis and emergency**
- **View crisis intervention as a multi-dimensional process**
- **Utilize effective verbal intervention skills**
- **List three steps of crisis intervention**

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.

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Other Available Recovery-Focused Trainings

COMMON VISION OF RECOVERY 6 PCB Credit Hours

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**

Training Locations:

York - Each training will be held at the Pleasant Acres Annex, 112 Pleasant Acres Rd., York, PA. To register, please contact Carolyn Tilford, York/Adams Drug and Alcohol Program, phone (717) 840-4207 or via email at CLTilford@york-county.org.

Harrisburg - Each training will be held at the PRO.A Office, 900 Arlington Ave., Suite 254A, Harrisburg, PA. To register, please contact Barbara Genna, Training Manager at (717) 545-8929 or via email at bgenna@verizon.net.

Washington - Each training will be held at the Washington Drug & Alcohol Commission, 90 W. Chestnut St., #310, Washington, PA. To register please contact Evelyn Eddy, Southwest Behavioral Health at (724) 657-3470 x32 or via email at eeddy@swsix.com.

TRAINING SCHEDULE 2010

THE RECOVERY INSTITUTE

PRO·A

continued

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.

For more information about the CRS credential please contact the Pennsylvania Certification Board (PCB) at 717-540-4455.

PENNSYLVANIA CERTIFICATION BOARD (PCB) WWW.PACERTBOARD.ORG 717 540 4455 | PRO.A WWW.PRO-A.ORG 717 545 8929

toll free 800 858 6040

For more information relative to course content or the Certified Recovery Specialist credential, please contact the PRO-A Office at 717 545 8929.

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 mini-regional trainings are free of cost and locations 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, application is pending!

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, 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 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.

HOURS/CERTIFICATION REQUIREMENTS: Registration begins at 8:30 AM. Training(s) are from 9 AM - 4 PM. Persons missing more than 30 minutes of required training will forfeit their certificate.

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 Facilitator 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.

TRAINING SCHEDULE 2010

registration

✰ All trainings are approved for PCB credits ✰

Regional Training Schedule

TRAINING	CENTRAL York	CENTRAL Harrisburg	WEST Washington	COST
The Addiction Process	03/01/10	03/15/10	03/11/10	$75
Recovery 101	04/05/10	04/20/10	04/08/10	$75
Peer-Based Recovery Support Services	03/18/10	04/06/10	03/25/10	$75
Lessons in Effective Communications	05/11/10	05/21/10	05/13/10	$75
Ethics and Boundaries	04/12/10	05/10/10	04/22/10	$75
Healing the Stigma	05/25/10	06/08/10	05/27/10	N/C
Addiction and the Family (a.m.)	06/15/10	06/21/10	06/10/10	$37 *
Crisis Intervention Strategies (p.m.)	06/15/10	06/21/10	06/10/10	$37 *
Common Vision of Recovery	06/30/10	06/29/10	06/24/10	$75

* BDAP Mini-Regional trainings are free of cost charge. Locations are identified by an asterisk (*). For information on Bureau of Drug and Alcohol Programs (BDAP) on-site training opportunities, please contact Bob Burhannan at 717-787-2712.

Please note: Trainings begin promptly at 9:00 a.m., registration is encouraged by 8:45 a.m. unless otherwise noted. Certificate with PCB credits will be issued for each training upon completion.

PRO.A • 900 S. ARLINGTON AVE. • SUITE 254A • HARRISBURG, PA 17109
PROA900@COMCAST.NET 800 858 6040 www.pro-a.org

TRAINING	REGION	DATE	COST
The Addiction Process			$75
Recovery 101			$75
Peer-Based Recovery Support Services			$75
Lesson in Effective Communications			$75
Ethics and Boundaries			$75
Healing the Stigma			N/C
Addiction & the Family (a.m.)			$37
Crisis Intervention Strategies (p.m.)			$37
Common Vision of Recovery			$75

TOTAL NUMBER OF TRAININGS _____

NAME _____

ORGANIZATION _____

ADDRESS _____

_____

CITY _____ STATE _____ ZIP _____

PHONE _____

E-MAIL ADDRESS _____

METHOD OF PAYMENT

Make check payable to PRO.A $_____

❑ MASTERCARD ❑ VISA ❑ DISCOVER CARD

_____ _____
Card No. Exp. Date
3 digit code _____

NAME ON CARD _____

PRO•A