



Appalachian
Regional
Commission

Certified Recovery Specialist (CRS) Training Series 2023

The CRS/CFRS training series will be held over 10 days beginning 3/6/23 and concluding 3/17/23. The training is funded by F.A.V.O.R.'s ARC INSPIRE initiative **Recovery to Work (R2W) Laurel Highlands** and there is no cost to attend. Priority seating will be given to residents of Westmoreland, Cambria, Blair, Bedford, Somerset, Huntingdon, Fayette, and Indiana counties until 2/3/23. Students and/or their employer will be responsible for the \$150 testing/PCB application fee.

Training Location:

Peerstar, LLC.
209B College Park Plaza
Johnstown, PA 15904

To Apply:

- Candidates must begin by creating an account at <https://www.pacertboard.org/>
- Once an account is created candidates must apply for the class at <https://www.pacertboard.org/class/recovery-specialist-165>
- The class is currently set to "private" and the password to access the application is **R2W Laurel Highlands**
- Students may test for CRS Certification after completing 78 hours of training including 66 classroom hours and 12 hours of work outside the classroom.

*The hours listed here are the minimum hours necessary to complete the curriculum. Actual classroom time may vary from week to week depending on class flow. Students should arrive by 8:15 am and expect to be in class to 4:30 pm each day.

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| Date | Course | Hours |
|-----------|--|------------|
| 3/6/2023 | RSC01 - Introduction for the Recovery Specialist | 6.5 |
| | The first session in the Recovery Specialist Curriculum (RSC) will introduce the course, covering the history of SUD and recovery. Multiple definitions of recovery will be discussed as well as initial dialogue on the role of the recovery specialist. | |
| 3/7/2023 | RSC02 - The Role of the Recovery Specialist | 6.5 |
| | The second session in the RSC will conclude the discussion of the role of the Recovery Specialist (RS) and begin the review of communication and professional skills of the RS | |
| 3/8/2023 | RSC03 - Communication and Motivational Interviewing | 7 |
| | The third session of the RSC will conclude the discussion of the role of the Recovery Specialist (RS) and introduce Motivational Interviewing. | |
| 3/9/2023 | RSC04 - Stages of Change and Ethical Considerations | 6.5 |
| | The fourth session of the RSC will continue the discussion of Motivational Interviewing and review the Stages of Change. Ethical responsibility and professionalism will also be discussed. | |
| 3/10/2023 | RSC05 - Ethical Responsibility and Professionalism | 6.5 |
| | The fifth session of the RSC will conclude the discussion on ethics and professionalism. The day will conclude with beginning the discussion on Substance Use Knowledge. | |
| 3/13/2023 | RSC06 - Substance Use Knowledge | 6 |
| | The sixth session of the RSC will be an in-depth discussion on substance use | |
| 3/14/2023 | RSC07 - Co-Occurring/Mental Health and Recovery Planning/Collaboration | 6.5 |
| | The seventh session of the RSC will discuss co-occurring disorders and mental health, as well as begin a discussion on recovery planning and collaboration. | |
| 3/15/2023 | RSC08 - Recovery Planning/Collaboration and Other Types of Support | 6.5 |
| | The eighth session of the RSC will conclude discussion of recovery planning and collaboration. Additionally, other types of support a recovery specialist can provide will be reviewed, including non-clinical support groups, digital recovery support, and advocacy. | |
| 3/16/2023 | RSC09 - Advocacy and Cultural Competency | 7 |
| | The ninth session of the RSC will conclude discussion on advocacy and begin a discussion on cultural competency. | |
| 3/17/2023 | RSC10 - Cultural Competency, Safety and Self-Care | 7 |
| | The tenth and final session in the RSC will conclude the discussion of cultural competency and discuss safety and self-care for the recovery specialist. | |
| | Classroom Total | 66 |
| | Out of class assignments | 12 |
| | Total Certification Hours | 78 |

Please call Keith Elders at (814) 248 - 9040 for more info or with any questions.