

My Soul Medicine – Living my meaningful life

Independently, in the left-hand column, make a list of what makes you you. What makes you up – who are you? Below are some prompts to get you thinking.

What do I care deeply about?

What do I spend my time doing – what do I dedicate my time to?

What groups, hobbies or affiliations do I belong to or participate in?

What do I look like (physical attributes)?

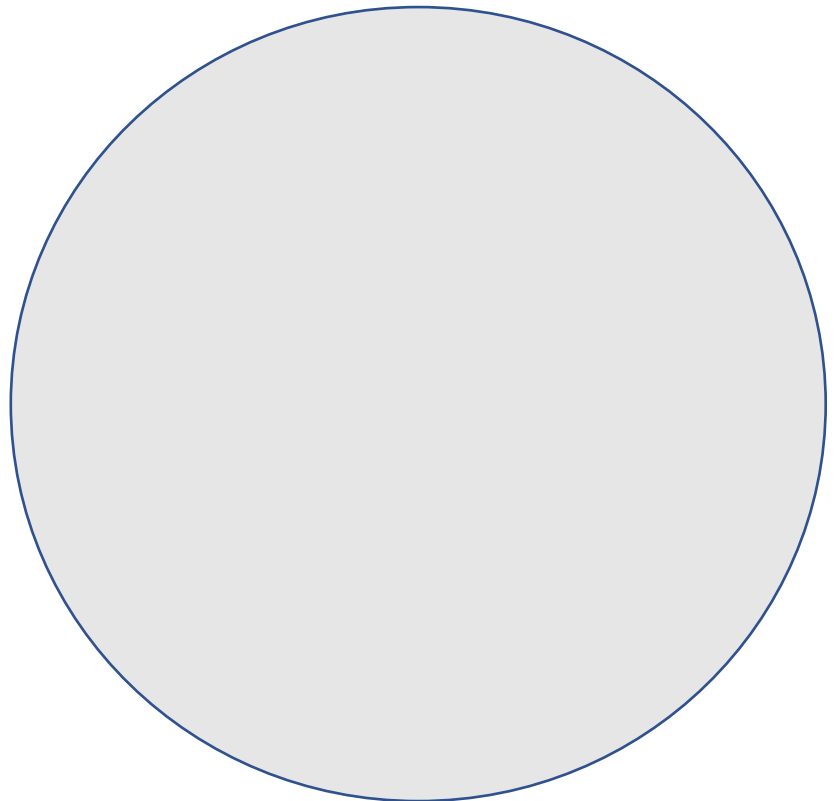
What qualities do I possess and value about myself?

What types of things do I wish to pursue in my life?

1st – List ingredients

Next, circle or underline the four most important items on your list.

Assign a percentage to each one of the items you chose and plot it on this pie into pieces.



Helping Others Help Others

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Learning Series Objectives:

Day 1

- Gain a fundamental understanding of the brain science of addiction
- Learn the behaviors of addiction and signs of return to use
- Learn how implicit biases and the words that are spoken cause life-threatening results
- Understand Cultural Awareness
- Define Recovery and understand barriers
- Learn the stages of change and the stages of recovery

Day 2

- Understand relapse, slip, and return to use
- Learn the role of a recovery coach and role clarity in behavioral health
- What is Trauma and Trauma Informed Care
- Harm Reduction ideology and Moderation versus abstinence
- Learn the foundations of Motivational Interviewing and active listening
- Learn how to empower a client rather than undermine their efforts

This series can be conducted in 2 consecutive days or delivered separately.
It is strongly advised that participants attend both sessions.

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Presenter's Bio

Ginger Ross, Hampton, NH is the founder/trainer of/for NH Recovery Coach Academy and Choices Peer Recovery Coach Training. Ginger founded NH Recovery Coach Academy in 2016 to fill a void in workforce development for recovery coaches. In all her prior training she received to acquire her CRSW credential she recognized one reoccurring issue; the need for consistent, quality, relatable training to those preparing to serve in the peer recovery coach role, and the need to build a community and maintain connectedness among those she trained. Ginger designed many state-approved trainings geared to educating the peer recovery workforce.

Ginger has recently launched her new program, Choices Peer Recovery Coach Trainings, which provides customized recovery education curriculums to human service fields outside of peer coaching agencies. Ginger has trained over 1,500 participants in the past three years, in NH, MA, CT and ME.

Ginger has her Bachelor of Arts in Forensic Psychology and holds the Certified Recovery Support Worker license in NH and holds her National Peer Credential-N CPRSS. Ginger also works with Granite Pathways in a variety of roles including group facilitator for Sober Parenting Journey Group, CRSW Supervisor The Clubhouse Model, and was the interim program manager for Strength to Succeed (peer coaches in each DCYF office). She is currently the training manager for Strength To Succeed.

Ginger has lived experienced with domestic violence, recovery, and working with child welfare.

Alexander Fidalgo was born in NY, and later raised in Puerto Rico and Tampa, Florida. He is a person in long term recovery. Alex is the Recovery Coach for Adcare Hospital in Worcester, MA under the umbrella of Blue Cross Blue Shield. He also works under Health Resources in Acton as a Trainer Associated in the Opioids Prevention Grant, as well as a Mentor for Hampden County.

Committed to his church, Alex graduated from the Latino Behavioral Health Workforce Program and was trained as a Recovery Coach in 2014. Alex has been providing peer recovery services and supervision for more than six years with various agencies. He has been a Recovery Coach Trainer for five years with the Bureau of Substance Addiction Services.

Alexander Fidalgo advocates for Peer coaching and is well known in the community for his passion for the work. Mr. Fidalgo is CARC and MAPGS Certified. Alex has been in the Massachusetts area for about seven years and is invested in providing mentorship and support to this great state.

For bilingual trainings offered in Spanish, Choices Peer Coach Recovery Trainings relies on Alexander's expertise and enthusiasm.

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