



6555 NW 9th Avenue, Ste. 210 | Fort Lauderdale, FL 33309
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Certified Recovery Support Specialist - (75 HOURS)

Recovery Management, 17 hours

The Recovery Management portion of the Certified Recovery Support Specialist certification will offer the student a complete understanding of the history of addiction, its effects on the brain (including a basic overview of pharmacology) and the stages of change including motivational strategies for client success. Co-occurring disorders will be understood in depth. This class will also delve into relapse prevention techniques and outcomes after treatment. This 17 hour course will be guided by Florida Certification Board (FCB) certification standards. Experiential individual and group activities provide opportunities for the practical application of the topics covered in class.

OBJECTIVES

Upon completion of this course participants will be competent in the following areas:

1. Historical perspective of addiction and the stages of recovery
2. How addiction affects the brain and its chemistry
3. Knowledge of the terms and concepts related to theory, research, and practice.
4. Describe the behavioral, psychological, physical health, and social effects of psychoactive substances on the user and the significant other.
5. Potential for substance use disorders to mimic a variety of disorders and the potential for medical and psychological disorders to co-exist with addiction and substance use
6. Co-occurring disorders and appropriate treatment modalities and legislation
7. Relapse prevention techniques and prognosis
8. Motivation to change, stages of change

METHOD OF EVALUATION:

Pass or Fail; Grading:

90-100 = **A**

80-89 = **B**

70-79 = **C**

Below 70 will require the participant to repeat.

FINAL GRADE CALCULATION:

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|------------------|-----|
| In-class quizzes | 25% |
| Coursework | 25% |
| Class Final Test | 50% |

CLASS POLICIES

The Academy for Addiction Professionals is dedicated to the ethical development of future professionals.

- Classes begin on-time and all students should arrive at least 10 minutes before class time
- Students are expected to remain in class for the entire session
- All communication devices must be put on silent or turned off

The Academy for Addiction Professionals distinguishes between excused and unexcused absences. Excused absences are not expressly penalized, and faculty should make reasonable efforts to work with students to make up missed exams or quizzes. It is the student's responsibility to catch up on lost material in a timely manner by contacting their instructor.

Any absence is considered unexcused unless it meets one of the following criteria:

- Medical reasons. Students must have documentation from a physician
- Religious observances
- Family emergency
- Exceptional cases approved by the Program Director

REQUIRED READING:

NIDA: *Principles of Drug Addiction Treatment: A Research Based Guide:*

<http://www.drugabuse.gov/PODAT/PODATindex.html>

DrugFacts: *Understanding Drug Abuse and Addiction:*

<http://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>

NIDA: *Drugs, Brains, and Behavior The Science of Addiction:*

<http://www.drugabuse.gov/sites/default/files/sciofaddiction.pdf>

TIP 43 Chapter 3: <http://www.ncbi.nlm.nih.gov/books/NBK64158/>

Tip 42 Chapters 1-6: <http://www.ncbi.nlm.nih.gov/books/NBK64197/pdf/TOC.pdf>

COURSE OUTLINE:

Class 1: Understanding Addiction and Stages of Recovery

- What is the Certified Recovery Support Specialist's Duty?
- Core elements for success as a CRSS
- The history of addiction
- Drugs of abuse, an overview
- The effect of drug abuse on the addict, family and community
- Drug use and infectious disease

Class 2: Stages of Recovery Continued and Recovery Management

- Stages of Recovery
- What is addiction treatment?
- How people seek out treatment
- The role of family in treatment
- Diverse populations and cultural competence

Class 3: Brain Chemistry and Pharmacology

- Historical context of addiction as a disease
- How drugs affect the brain
- History of Pharmacology
- Identifying different classification of drugs
- Terms and concepts related to theory, research, and practice

Class 4: Co-occurring Disorders

- How addiction changes growth and development
- How addiction mimics other diseases
- How to accurately diagnose a substance abuse / addiction disorder
- Co-occurring disorders – addiction and mental health

Class 5: Co-occurring Disorders continued and Relapse Prevention

- Interdisciplinary care and coordination
- Re-entering and adapting to "normal" life
- Relapse prevention techniques
- Prognosis

Class 6: Motivation and Final Exam

- Motivating a client – strategies and tips
- Appropriate cultural motivators
- How the states of change are used in motivation and client engagement
- Final Exam