



Recovery Coach Academy Pre-Training Assignments' List

To maximize learning and to prevent you from having “homework” during the training week, please complete the assignments noted as REQUIRED before the Recovery Coach Academy. The list includes a book, several articles, and some inventories and other exercises that we will review on various days of the training. The assignments noted as OPTIONAL are encouraged to be completed but not required.

1. [Book: *What's Right With You* \(Duncan\)](#). Read 1st chapter (REQUIRED)
2. Article: “Relapse is Not Part of Recovery” (White). Also available at <http://www.williamwhitepapers.com>. (REQUIRED)
3. Exercise: [Understanding of Alcoholism Scale \(Miller & Moyer\)](#). Approximately 25 minutes. (OPTIONAL)
4. Exercise: [Recovery Coach Academy Core Skills Self-Assessment](#). Approximately 25 minutes. (REQUIRED)
5. Article: Recovery Capital Scale and Plan (White). Adapted from the version available at <http://www.williamwhitepapers.com>. (REQUIRED)
6. Exercise: Complete at least two of the Implicit Association Tests by clicking on “Project Implicit Social Attitudes” at: <https://implicit.harvard.edu/implicit>. Approximately 10 minutes per test. (REQUIRED)
7. Brochure: [Advocacy with Anonymity](#) (FAVOR). (REQUIRED)
8. Article: “[The Recovery Community Organization: Toward a Working Definition and Description](#)” (Valentine, White & Taylor). (REQUIRED)
9. Article: “[What Are Peer Recovery Support Services](#)” (SAMHSA-CSAT). (REQUIRED)
10. Descriptive Flyer: [Peer Recovery Support – It Works!](#) (REQUIRED)
11. Visit the Resource section on the RIH website (www.rih.me) and familiarize yourself with recovery-related resources. (REQUIRED)