



Springs Rescue Mission's
Coordinator Addiction Counselor
Training Program Handbook

"I was hungry, and you gave me something to eat, I was thirsty, and you gave me something to drink, I was a stranger, and you invited me in, I needed clothes, and you clothed me, I was sick, and you looked after me, I was in prison, and you came to visit me." (Matthew 25:35-36 NIV).

Springs Rescue Mission
Programs

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Introduction

Springs Rescue Mission (SRM) has been called to serve the homeless and impoverished, and we believe it is a high calling. God has called many organizations in our community to serve the “least of these,” but He has called SRM to lead in the fight against single adult homelessness. This calling is not easy, and certainly not for the faint of heart. SRM must be a pioneer in addiction recovery and impoverished programming to lead in this challenging community crisis. This innovative mindset will be woven throughout program concept, design, and implementation. To create new ideas and concepts, SRM will need fearless staff and volunteers who believe in the vision and mission of the organization so that they can lead this community in the fight against homelessness.

Springs Rescue Mission’s

Vision: To see lives transformed and filled with hope as our community works together to fight homelessness, poverty, and addiction.

Mission: Because of our love for and obedience to God, our mission is to mobilize the community to provide Housing, Health, and Work services.

A Few Good Questions

1. Do you believe in the **Vision** of SRM? “To see lives transformed and filled with hope as our community works together to fight homelessness, poverty, and addiction.”
2. Do you agree with the **Mission** of SRM? “Because of our love for and obedience to God, our mission is to mobilize the community to provide Housing, Health, and Work services.”
3. To that end, do you trust that you are **called to serve** at Springs Rescue Mission?

If you can say **yes to all three questions** and desire to help those facing addiction, you are invited to be a part of the Coordinator/Addiction Counselor Training Program.

Programs Overview

Springs Rescue Mission (SRM) wants to see the homeless community of Colorado Springs abound with opportunities for health, housing, and work. These are fundamental factors of community development and human dignity, which we believe originates in our creation in the image of God. People deserve health, housing, and work with no other qualifications needed. To that end, the Mission will mobilize the community to work together, helping provide these opportunities for as many homeless and impoverished citizens as possible.

Program Objectives:

Health is an incredibly large topic. It is best divided into behavioral health, physical health, and spiritual health. Someone healthy is:

- Addressing and maintaining their medical issues and disabilities with limited support (physical health).
- They are not affected by substance use in their daily life and caring for their underlying or overt mental health issues (behavioral health).
- They are building and maintaining meaningful relationships in their lives that reflect the gospel of Jesus Christ (spiritual health).

Housing can also be defined in several ways. At the Mission, low-barrier shelters bring many people to us first. SRM's Entry Shelter is a low-barrier shelter, allowing anyone over the age of

18, who is compliant with our rules, to stay no matter their state of mind. Moving guests through tiered programmatic shelters to build the skills necessary to successfully maintain permanent housing is the goal. Springs Rescue Mission's approach to housing is best defined as:

- People enter at a housing level they need, and through program interventions and restoring personal relationships; they will progress to a level of housing that is sustainable and healthy for both them and the broader community.

Work is founded on the concept of value. People are valuable regardless of how they see themselves or how others view them. There are many ways to demonstrate value. People treat property of significant value differently. They take care of it, put it on display, insure it, and take great pride in it. They also expect greater financial compensation for objects of great value. When people see themselves as having great value, act and expect to be treated similarly. They take care of themselves, expect to be treated well, and believe they have something to contribute. Our guests will see themselves as someone of great value and live their lives in such a manner. We will connect them with services, employers, and wages worthy of their value as people by providing work training and opportunities to learn valuable, competitive skills. If we help someone see their value, they will treat themselves and others with dignity and respect.

With these concepts guiding Springs Rescue Mission, we plan to lead our community and rescue missions across the nation towards sustainable solutions to every homeless community's health, housing, and work needs.

As defined by Springs Rescue Mission, a program is an environment that provides an opportunity for organized agency, activity, and consistency. **Agency** is the starting point. It is when an individual has hope for something better. **Activity** is the action of doing the program.

Finally, **Consistency** is the outcomes produced from the client's initial hope for something better.

We will assess where each guest to the Mission is, according to these definitions. We will also plan what interventions will most likely help them progress as an individual. Finally, we will report the effectiveness of those interventions transparently with the community of Colorado Springs and rescue missions across the nation, with a commitment to reviewing and improving these definitions and processes cooperatively over time.

Addiction Counseling Training Overview

At Springs Rescue Mission, we seek to invest in the future of our programs by investing in the program staff. At SRM, we know that we need to have educated counselors to have effective addiction recovery services. If you believe that God is calling you into this type of service, you may apply for a scholarship to the addiction counseling certification. If you are accepted to this training program, you will attend online courses through City Vision University.

- Each class is eight weeks in length and will require time at home for homework and online classroom studies.
- Students must have a passing grade to continue in the program.
- These courses will lead to a national certificate in addiction counseling.
- Once you have received your addiction counseling certification, you will have the ability to apply for the next-level Springs Rescue Mission scholarship to City Vision's associate degree program.

Springs Rescue Mission will pay the partnership portion of each course which is currently \$500.00. This amount will pay for each course in full as long as a student has a minimum grade of 'B' or 81%. If the student is lower than the minimum grade, then they must

pay the additional portion. Students must have a passing grade to continue in the program. A passing grade is a minimum of a 'C' or 71%. If a student receives less than 71%, they will need to retake the course at their own expense in order to gain the certificate.

The following courses are to be completed in 12 months to receive the Addiction Counseling Certification:

Addiction Recovery Counselor Certificate Course Schedule

[MIN101: Vocation, Calling & Purpose of Work](#): Fall 2 Semester
(October 18, 2021 – December 12, 2021)

[ADC101: Introduction to Christian Addiction Counseling](#): Spring 1 Semester
(January 10, 2022 – March 6, 2022)

[ADC201: Spirituality & Addiction](#): Spring 2 Semester
(March 21, 2022 – May 15, 2022)

[ADC302: Case Management](#): Summer Semester
(May 30, 2022 – July 24, 2022)

[ADC306: Recovery Coaching & Peer Support Specialist](#): Fall 1 Semester
(TBD)

Addiction Recovery Counselor Certificate Course Descriptions

MIN101: Vocation, Calling & Purpose of Work

Course Description: This course will help students to understand the purpose of work and a Christian understanding of vocation. Students will reflect on their life story to gain a better understanding of their unique identity and purpose in their vocation. Students will also conduct research on various career paths and set up meetings with mentors and others to provide input into their vocational discernment process. They will also refine their understanding of calling or vocation might be and how it fits into God's purposes and a Christian worldview. They will then create a synthesis of the above understandings into a reflective life plan.

Course Objectives: After completing this course, you will be able to:

1. Explain how your life story, personality, and personal identity inform your vocation and calling.
2. Conduct market research to develop three different potential career paths.
3. Set up meetings with mentors and networking contacts to provide input into your career and life plan.

4. Identify the ways that Christians' worldviews toward work can be distorted and to develop a discipleship and spiritual formation plan to restore them.
5. Develop a career strategy using business tools like personal SWOT analysis and personal branding.
6. Create a synthesis combining who you are with what you believe into a personal career and life plan.

ADC101: Introduction to Christian Addiction Counseling

Course Description: This course combines an Introduction to Christian Counseling with an Introduction to Addiction Counseling. The course reviews five approaches to counseling and Christianity, including: Levels-of-Explanation, Integration, Christian Psychology, Transformational Counseling and Biblical Counseling. Students work to apply each of these models to a sample case.

The course also presents an overview of key elements of addiction counseling, including: Assessment and Treatment, Co-Occurring Disorders, Behavioral Addictions, Relapse Prevention, Self-Help Groups, Addiction Counseling Techniques, Culturally Awareness and Development of the Counselor. The course also helps students to develop a plan to apply for certification in their state if they desire.

Course Objectives: After completing this course, you will be able to:

1. Describe each of five approaches to Counseling and Christianity, including: Levels-of-Explanation, Integration, Christian Psychology, Transformational Counseling and Biblical Counseling.
2. Apply each of five approaches to Counseling and Christianity to a sample case: Levels-of-Explanation, Integration, Christian Psychology, Transformational Counseling and Biblical Counseling.
3. Reflect on their own values and those of any organization they may work for to assess which model of Christian counseling may be the best fit in various contexts and with various clients.
4. Describe each of the key elements of addiction counseling including: Assessment and Treatment, Co-Occurring Disorders, Behavioral Addictions, Relapse Prevention, Self-Help Groups, Addiction Counseling Techniques, Culturally Awareness and Development of the Counselor.

ADC201: Spirituality & Addiction

Course Description: The student will have an enhanced understanding of what it means to be an agent of Christ-centered change to those in recovery by understanding the nature of addiction, by learning the importance of faith in the recovery process and by becoming an authority on linking clients to recovery support services and recovery communities.

Course Objectives: After completing this course, you will be able to:

1. Student will become familiar with the best practices in addiction treatment
2. Student will come to understand the nature of change, including the stages of change, as well as the concept of transformational change
3. Students will develop a concept of wholeness and will be familiar with resources that will promote wholeness in their clients
4. Student will become familiar with the Biblical principles associated with the 12-steps
5. Students will become aware of a variety of recovery support services and communities

6. Students will be introduced to a model of faith-based recovery
7. Students will develop a strategy of how to link their clients to communities of recovery

ADC302: Case Management

Course Description: The course is designed as an introductory course for counselors and other professionals responsible for case management in faith-based people helping organizations. Emphasis is placed on the need for practical knowledge and application. Content underlines universal standards of case management methodology that can be applied in a variety of different scenarios.

The term case management has appeared in social services literature more than 600 times in the last 30 years, referring to everything from the routing of court dockets through the judicial system to the medical management of a hospitalized patient's care. The Treatment Improvement Protocol (TIP 27) used in this course uses the term case management to refer to interventions designed to help individuals with substance use disorders access needed social services. The use of case management for individuals with substance use disorders who seek treatment provides support for other significant problems besides using psychoactive substances. Alcohol or other drug use often damages many aspects of an individual's life, including health, housing, employment, and relationships.

Because addiction affects so many facets of the addicted person's life, a comprehensive continuum of services promotes recovery and enables the client to fully integrate into society as a healthy, substance-free individual. The continuum must be designed to provide engagement and motivation, primary treatment services at the appropriate intensity and level, and support services that will enable the individual to maintain long-term sobriety while managing life in the community. Case management can ensure smooth transitions to the next level of treatment care, avoid gaps in service, and respond rapidly to the threat of relapse.

Course Objectives: After completing this course, you will be able to:

1. Understand definitions, function, and models of case management.
2. Learn the guiding principles of case management as well as the knowledge, skills, and attitudes of an effective case manager.
3. Compare and contrast strategies for creating community linkages for the good of clients.
4. Review the skills necessary in working with clients with special needs

ADC306: Recovery Coaching & Peer Support Specialist

Course Description: The purpose of this course is to gain the knowledge and skills to excel as a peer support specialist as evidenced by possessing the knowledge necessary to pass the various state and national certification exams. Students will also begin the process of applying for certification in their state and complete a portfolio outlining in detail the remaining steps to complete in order to become certified.

Note: One of the requirements for becoming a Peer Specialist in most states is lived experience with an addiction (being in recovery). Since this course is designed to prepare you for certification, you should consider whether you meet this requirement as part of your decision in choosing this course.

Additionally, please be aware that this course does not automatically lead to certification. It is designed to equip you to lay out a plan for completing the required steps to become certified, but

these steps will likely not be completed by the conclusion of this course, and additional steps beyond the course assignments are required.

Course Objectives: After completing this course, you will be able to:

1. Explain the history, rationale, and theoretical framework of Recovery Management and Recovery Oriented Systems of Care
2. Demonstrate aptitude in completing forms related to Peer Recovery Services
3. Conduct and explain basic services including case management, screening and intake, service planning and coordination, crisis management, and referral
4. Describe basic models of treatment of substance use disorders (SUD) and co-occurring disorders (COD), including trauma informed care
5. Explain the importance of culturally relevant treatment and demonstrate basic cultural awareness
6. Describe the impact of various substances on the brain and body
7. Discuss basic ethical principles as related to the peer specialist role
8. Describe HIV and other infectious disease common among those with SUD
9. Describe and begin the process of completing certification requirements
10. Identify current local positions available upon certification
11. Complete the steps necessary to pursue employment in their state