




Agenda
Synopsis of Training Sessions
Trainers
Trainer Biographies

Recovery Coach Institute
Anishnaabek Healing Circle ATR III





The Anishnaabek Healing Circle ATR Recovery Coach Institute is the culmination of effort on the part of many, many people, over many, many years. Beginning with Nbwakawn, Circles of Care and continuing through numerous CSAT Targeted Capacity Expansion and Strengthening Minorities Communities grants, the Inter-Tribal Council of Michigan and 12 collaborating tribes (joined recently by the American Indian Health and Family Services, Detroit Urban Indian Center) have planned and implemented substance abuse treatment and recovery support services for Native Americans and for their families.

The Recovery Coach Institute is an outcome of those years of dreaming and planning: to bring back local community people, in recovery, to do what healthy Anishnaabek people have always done --- to become the mentors and helpers and an extended family of clean and sober support for our brothers and sisters who struggle still with the deceiving spirit of addiction.

Chi Miigwetch for all those who have struggled: the generations will be richer for your sacrifice, and richer still for the stories of survival and resilience you share with one another.

Special thanks to SAMHSA for the funding and technical assistance through Altarum Institute that has made the Recovery Coach Institute possible: to ATR Project Officer Enid Osborne and Altarum TA from Melanie Ogleton and Melissa Connolly. Thanks to the Inter-Tribal Council of Michigan and the Michigan Tribal Behavioral Health Communications Network for their true collaboration and support for the Anishnaabek Healing Circle Access to Recovery project. Thanks to the ATR/ITC staff, who each played a part in making the RCI a reality: to Donelda, Lori, Aagii, Sheila, Cora, Connie, Terri and Eva. And many thanks to the RCI workgroup and consultants: Sue Gustafson, Julie McKelvie, R.D. Curtis, Linda Woods, Arlene Kashata who, along with ATR staff, met over many months to advise, mentor, research, sort through stacks and stacks and stacks of material and to define what a recovery coach can do and how they can fit into the circle of care that is the Anishnaabek Healing Circle.



Agenda
Anishnaabek Healing Circle ATR
Recovery Coach Institute
June 4 – June 8, 2012
Update 5-22-12



Note: All participants will attend the General sessions.

Breakout sessions will follow 2 tracks:

Track 1: Recovery Coaching

Who attends Track 1: Recovery Coaches (RC), Care Coordinators (CC)

Track 2: Supervising the Recovery Coach and Integrating the Recovery Coach into a Recovery-Oriented System of Care

Who attends Track 2: ATR Liaisons (L): RC Supervisors (S)

Anishnaabek Healing Circle ATR
Recovery Coach Institute

Monday June 4, 2012: Morning: Travel and time to settle into the Clear Lake Camp

Noon: Lunch

Monday, June 4, 2012 **General Session (RC, CC, L, S)**

1:00 pm	Introduction to the Recovery Coach Institute (RCI) Overview of the week: Terri Tavenner Housekeeping Details: Map of the camp; meals, sleeping accommodations recreation, evening activities, free time, emergency procedures, etc. Introductions and Ice-Breaker
2:15 pm	Break Overview of training Materials and Trainers: Overview Track 1 (How to Become a Recovery Coach) Daily agenda, attendance, participation, completion Overview of Track 2 (A) How to Supervise the RC and (B) Integration into a Recovery Oriented System of Care (ROSC) Daily agenda, attendance, participation, completion Materials: Review materials for Track 1 and Track 2
3:30 pm	Exercise: "Wearing a New Hat:" Terri Tavenner/ Arlene Kashata Form 4 groups for a week-long experiential exercise to model recovery coaching. Exercise 1: Making your Own Recovery Management Plan
5:30 pm	Free Time, Tour camp and settle in (recreation can include swimming, canoes, hikes)
7:00 pm	Dinner and Free Time
8:15 pm	Evening Activity: Personal Expectations for the Week Terri Tavenner/Arlene Kashata
9:15 pm	Fire and Talking Circle or free time (every evening) Arlene Kashata
11:00 pm	Lights Out

Tuesday, June 5, 2012

6:30 – 7:30 am Early risers: pipe ceremony, exercise, hike around the lake, or coffee on the beach
 7:30 – 8:15 am Breakfast

8:30 - 10:30

General Session: (RC, CC, L, S)
 Terri Tavenner/ Eva Petoskey

- **What is a Recovery Coach? What Does a Recovery Coach Do?**

RC Definition for the Anishnaabek Healing Circle ATR

Peer Recovery Coach

Recovery Coach

RC Roles and responsibilities

Access

Engagement

Retention

Connection (assertive linkage with R resources)

Sustainability

How Does a RC differ from a professional counselor; from a sponsor

Handout/grid: RC/counselor/sponsor (SAMHSA)

Recovery Oriented System of Care:

definition and how RC fits in

Definition of a ROSC within the tribal community

Role of RC within a ROSC

The Recovery Community role in a ROSC

10:30 10:45 Break

10:45 – 12:15 Sessions:

Track 1: Strengths-based Recovery Management 1

Jay Young/ Angela Fuqua

Track 2: Developing the Anishnaabek ROSC 1

Eva Petoskey/ Terri Tavenner

12:15 Lunch

1:15 - 2:00 New Hats Groups: Exercise 2

Arlene Kashata/ Group Leaders

2:00 – 2:15 Break

2:15 – 3:45 Track 1: Skill-Building for Recovery Coaches 1

Jay Young/ Angela Fuqua

Track 2: Developing the Anishnaabek ROSC 2

Eva Petoskey/ Terri Tavenner

3:45 – 4:00 Break

4:00 – 5:30 Track 1: Skill-Building for Recovery Coaches 2

Jay Young/ Angela Fuqua

Track 2: Managing Recovery for Supervisors: 1

New Hat Exercise for Supervisors

Arlene/Terri

5:30 – 7:00 Free Time

7:00 – 8:15 Dinner and Free Time

8:15 – 9:15 pm Optional: Check In: Expectations for the Week

Linda Woods/ Arlene Kashata

9:15 - Fire and Talking Circle

Linda Woods/ Arlene Kashata

11:00 pm Lights Out

Wednesday, June 6, 2012

6:30 – 7:30 am Early risers: pipe ceremony, exercise, hike around the lake, or coffee on the beach
 7:30 – 8:15 am Breakfast

8:30 - 10:30

**(RC, CC, L, S)
 General Session**

• **How Does the RC fit into the Anishnaabek Circle ATR?**

ATR Orientation and the RC

Overview of Anishnaabek Circle ATR

Terri Tavenner/ Eva Petoskey

ATR 101 (the basics)

ATR Documentation and the paper trail

VMS

Client Choice

Files and documentation

GPRA

Why/When/How of GPRA

Role of RC in engagement of consumer to do GPRA

Role of RC in tracking consumer for GPRA follow-up

Role of RC in collecting the 6 month follow-up GPRA

RC and Care Coordination

Definitions of Care Coordination/Case Management

How RC differs from/compliments/
 enhances care coordination

How RC could provide care coordination functions
 for ATR

Peer Learning Circles and Staffing

10:30 10:45 Break

10:45 – 12:15 Sessions:

Track 1: Strengths-based Recovery Management 2

Jay Young/ Angela Fuqua

Track 2: Managing Recovery for Supervisors 2

Eva/ Arlene/Terri

12:15 Lunch

1:15 - 2:00 New Hats Groups: Exercise 3

Arlene Kashata/ Group Leaders

2:00 – 2:15 Break

2:15 – 3:45 Track 1: Skill-Building for Recovery Coaches 3

Jay Young/ Angela Fuqua/ Arlene

Track 2: Managing Recovery for Supervisors 3

Terri/ Cora/ Eva

3:45 – 4:00 Break

4:00 – 5:30 Track 1: Skill-Building for Recovery Coaches 4

Eva/Arlene

Track 2: Supervising the Recovery Coach 1

Cora/ Jay/ Terri

5:30 – 7:00 Free Time

7:00 – 8:15 Dinner and Free Time

8:15 – 9:45 pm General Session: Working With Special Populations

Linda Woods

9:45 - Fire and Talking Circle

11:00 pm Lights Out

Thursday, June 7, 2012

6:30 – 7:30 am Early risers: pipe ceremony, exercise, hike around the lake, or coffee on the beach
7:30 – 8:15 am Breakfast

8:30 - 10:30

**(RC, CC, L, S)
General Session**

• **Cultural Competency**

The Anishnaabek Healing Circle Cultural Competency Toolkit

Linda Woods

Introduction to Materials and Ideas on how you can use the materials for resources:

- * Understanding Our Journey -- PowerPoint presentation
- * Recovery Stories: Sowing the Seeds of Recovery – digital stories and CD set
- * Handouts, materials
- * The American Indian Boarding School Experience (booklet)
- * Multiple Pathways to Recovery

10:30 10:45 Break

10:45 – 12:15 Sessions:

Track 1: Strengths-based Recovery Management 3

Jay / Angela

Track 2: ROSC for ATR 3: What's Next?

Terri/ Eva/ Arlene

12:15 Lunch

1:15 - 2:00 New Hats Groups: Exercise 4

Arlene Kashata/ Group Leaders

2:00 – 2:15 Break

2:15 – 3:45 Track 1: Skill-Building for Recovery Coaches 5

Eva/ Arlene

Track 2: Managing Recovery for Supervisors: 4

Terri/ Cora/ Jay

3:45 – 4:00 Break

4:00 – 5:30 Track 1: Skill-Building for Recovery Coaches 6

Terri/ Arlene/ Eva

Track 2: Supervising the Recovery Coach 2

Cora/Jay

5:30 – 7:00 Free Time

7:00 – 8:15 Dinner and Free Time

8:15 – 9:15 pm Optional: Check In: Open Forum and Wishes and Wonderings for What's Next

9:15 - Fire and Talking Circle

11:00 pm Lights Out

Friday, June 8, 2012

6:30 – 7:30 am Early risers: exercise, pipe ceremony, hike around the lake, or coffee on the beach

7:30 am – 8:15 am Breakfast

General Session: (RC, CC, L, S)

8:30 am Cabins: Pack gear, clean cabins, pack cars, inspect cabins. Clean and inspect shower/baths, grounds

9:45 am Graduation Ceremony for the first ever cohort of Anishnaabek Healing Circle ATR Recovery Coaches (flowery speeches, pomp and ceremony, hugs and give-away, tears and cheers)

11:30 am Complete: Pick up sack lunches to eat on the road, final inspection of camp, on the road by noon.

Baa maa pi!

Synopsis of Training Sessions
Recovery Coach Institute
Anishnaabek Healing Circle ATR
Session Breakout by Time/Trainer/Track

Module	Session	Trainers	Time of Day	Time On Task Hour	Day
General = All Track 1 = RC Track 2 = Supervisors					
General	RCI Welcome, Introductions and Ice-Breaker Introduction to ATR and an Orientation to RCI Goals Camp emergency procedures, guidelines and expectations New Hats: Introduction and Exercise 1	Terri Tavener Cora Gravelle	1:00 – 3:30	2	M
General		Terri Tavener Arlene Kashata	3:30 - 5:30	2	M
General	What is a RC? What Does a RC Do? A historical perspective leading up to the RCI/ the Helping Healer/ ATR and the BHCN	Terri Tavener Arlene Kashata	8:30 – 10:30	2	T
General	How Does a RC Fit into Anishnaabek Healing Circle ATR?	Terri Tavener Arlene Kashata	8:30 – 10:30	2	W
General	Cultural Competency for Anishnaabek Healing Circle ATR Introducing the Anishnaabek Healing Circle Cultural Competency Tool Kit/ Ideas for how to use the Tool Kit	Linda Woods	8:30 – 10:30	2	Th
General	Working With Special Populations: Elders/ Veterans & Military/ / Prisoner Re-Entry/ Adolescents/ Women & Children/ Chronic Users & Relapse	Linda Woods	8:15 – 9:45 pm	1.5	W
General	New Hats: by group, Exercise 2	Arlene Kashata Group leader	1:15 – 2:00	.75	T
General	New Hats: by group, Exercise 3	Arlene Kashata Group leader	1:15 – 2:00	.75	W
General	New Hats: by group, Exercise 4	Arlene Kashata Group leader	1:15 – 2:00	.75	Th
Track 1 RC	Strengths-Based R Management 1 Addictions 101/ Vulnerable Populations/ Keeping Recovery First	Jay Young Angela Fuqua	10:45 –12:15	1.5	T
Track 1 RC	Strengths-Based R Management 2 Boundaries/ Ethics/ Confidentiality & Privacy	Jay Young Angela Fuqua	10:45 –12:15	1.5	W

Track 1 RC	Strengths-Based R Management 3: ATR Phases/ Multiple Pathways to Recovery/ Crisis Management/ Referral to BH/ Time Management	Jay Young Angela Fuqua Cora Gravelle	10:45 – 12:15	1.5	Th
Track 1 RC	Skill-Building for Recovery Coaches 1 Motivational Interviewing/ Active Listening	Jay Young Angela Fuqua	2:15 – 3:45	1.5	T
Track 1 RC	Skill-Building for Recovery Coaches 3 Group Facilitation/ Talking Circles/ Active Use of Self	Jay Young Angela Fuqua Arlene Kashata	2:15 – 3:45	1.5	W
Track 1 RC	Skill-Building for Recovery Coaches 5 Check Up Calls and Visits/ GPRA Interviews	Eva Petoskey Arlene Kashata	2:15 – 3:45	1.5	Th
Track 1 RC	Skill-Building for Recovery Coaches 2 Managing Recovery: Identifying Recovery Assets/ Building Recovery Capital/ Providing Assertive Linkages	Jay Young Angela Fuqua	4:00 – 5:30	1.5	T
Track 1 RC	Skill-Building for Recovery Coaches 4: RS Assessment/ R Planning Contingency Management/ ATR Logs, forms, tracking How RC differs from and enhances Care Coordination	Arlene Kashata Eva Petoskey	4:00 – 5:30	1.5	W
Track 1 RC	Skill-Building for Recovery Coaches 6: R Documentation/ R Billing/ Developing an Anish RM Plan with Program Developed Tools Phases I, II, III / R Management Planning Tools, Forms for RM assessment and tracking	Terri Tavener Arlene Kashata Eva Petoskey	4:00 – 5:30	1.5	Th
Track 2 Supervisors	Developing the Anish ROSC: 1 Pulling it all together: Looking at the Big Picture/ Using ATR dollars to fund the RC and RS activities/ Budgeting using ATR dollars/ How to stretch dollars with the RC / Presenting the budget to your administration	Eva Petoskey Terri Tavener	10:45 – 12:15	1.5	T
Track 2 Supervisors	Managing Recovery for Supervisors: 2: RS Assessment/ Client Files Developing the Tribal Umbrella: Expanding RS services using the local Recovery Community/ Forms and Formats	Terri Tavener Arlene Kashata Eva Petoskey	10:45 – 12:15	1.5	W
Track 2 Supervisors	Developing the Anish ROSC: 3 What's Next?	Terri Tavener Arlene Kashata Eva Petoskey	10:45 – 12:15	1.5	Th
Track 2 Supervisors	Developing the Anish ROSC: 2 Pulling it all Together, continued	Terri Tavener Arlene Kashata Eva Petoskey	2:15 – 3:45	1.5	T
Track 2 Supervisors	Managing Recovery for Supervisors: 3: R Planning/ R Management/ The RC and Care Coordination Functions/ Working as part of the BH team/ Taking pressure off the clinicians/CC/Counselors by using the RC The RC as GPRA Tracker/ the RC as a contractor/ and more	Eva Petoskey Cora Gravelle Terri Tavener	2:15 – 3:45	1.5	W

Track 2 Supervisors	Managing Recovery for Supervisors: 4: R Documentation/ R Billing/ Fitting RC services to Phase I, II, and III ATR consumers/ RC as group facilitator, ATR activities facilitator/ the RC on weekends and evenings	Terri Tavener Jay Young Cora Gravelle	2:15 – 3:45	1.5	Th
Track 2 Supervisors	Managing Recovery for Supervisors: 1 New Hat Exercise planning for the week: for Supervisors	Arlene Kashata Terri Tavener	4:00 – 5:30	1.5	T
Track 2 Supervisors	Supervising the RC: 1 Working with the RC in the field/ weekly staffing/ emphasizing the non-clinical nature of R Coaching/ Planning for a learning community: after the RCI/ staying in touch for ongoing support	Cora Gravelle Jay Young Terri Tavener	4:00 – 5:30	1.5	W
Track 2 Supervisors	Supervising the RC: 2 Role of BH Supervision/ Skill Set Needed to supervise non- professional staff/ Evaluating RC effectiveness	Cora Gravelle Jay Young	4:00 – 5:30	1.5	Th
General/optional	Check In: Expectations and Goals for the Week	Arlene Kashata	8:15 – 9:15 pm	1	M
General/optional	Talking Circle	Arlene Kashata	9:15 pm -	1.5	M
General/optional	Check In: How's It Going?	Linda Woods Arlene Kashata	8:15 – 9:15 pm	1	T
General/optional	Talking Circle	Linda Woods Arlene Kashata	9:15 pm -	1.5	T
General/optional	Talking Circle	Linda Woods	9:45 pm -	1.5	W
General/optional	Check In: Refinements on the New Hats Exercise / Open Forum / Wishes and Wonderings for What's Next	Arlene Kashata Linda Woods	8:15 – 9:15 pm	1	Th
General/optional	Talking Circle	Linda Woods Arlene Kashata	9:15 pm -	1.5	Th
General	Graduation Ceremony	Linda Woods Arlene Kashata	9:45 – 11:45 am	2	F
	Hours: Total possible to acquire: 36.75 (all required and all optional hours) Total required to attend: 29.25 (all required hours)	32 CEUS will be awarded for completion of the training.			
	Hours Breakdown by Tracks: Track 1: Recovery Coach: 29.25 (13.5 specific/ 15.75 General) Track 2: Recovery Coach Supervisor: 29.25 (13.5 specific/ 15.75 General)				

**Anishnaabek Healing Circle
Recovery Coach Institute Trainers**

Name	Organization	Specialty Area(s)
Angela Fuqua 313-365-3200	Detroit Recovery afuqua@recovery4detroit.com	RC Core Competencies
Jay Young 313-365-3100	Detroit Recovery jyoung@recovery4detroit.com	RC Core Competencies/Supervising
Arlene Kashata	Consultant a_kashata@hotmail.com	Integrating RC into ATR
Linda Woods 231-633-3895	Consultant dimoya4131@hotmail.com	Cultural Competency & Special Pops
Cora Gravelle 906-632-6896 x125	ITC/TR cora@itcmi.org	Supervising the RC
Terri Tavenner 906-632-6896 x 129	ITC/TR ttav@itcmi.org	Integrating RC into a ROSC
Eva Petoskey 231-357-4886	ITC/TR epetoskey@centurytel.net	Integrating RC into a ROSC
 TA Providers for the RCI:		
Melanie Ogleton 202-776-5136	Altarum Institute Melanie.Ogleton@altarum.org	Technical Assistance Provider
Enid Osborne 240-276-1624	SAMHSA Enid.osborne@samhsa.hhs.gov	Project Officer, ATR

Start: 1:00 pm Monday, June 4, 2012
End: Noon, Friday, June 8, 2012

Please plan to attend the full 5 day training. Certificates of completion will not be issued unless you complete the entire workshop. We expect to offer 32 CEUs through UMICAD.

**Contact Terri Tavenner, Associate Director, Anishnaabek Healing Circle
ATR**

ttav@itcmi.org or 906-632-6896, extension 129 with questions.



Biographical Sketch
Eva Petoskey, ATR Program Director

Eva L. Petoskey, M.S. has over 30 years of experience working with Tribal communities throughout the Great Lakes region on issues related to wellness, education, evaluation, and cultural preservation. She currently serves as the Program Director for the Inter-Tribal Council of Michigan's Anishnaabek Access to Recovery, a large statewide collaborative involving the twelve federally recognized tribes in Michigan. Prior to this appointment, she operated a consulting business specializing in community-based research and evaluation services for tribes and Indian organizations for over 20 years. She has extensive experience in developing and implementing evaluation plans that involve multiple community sites, the management of follow-up interviews, client tracking, data storage, human subjects, GPRC collection, collaboration with cross-site evaluation efforts, training local data collection staff, and reporting evaluation findings to local stakeholders. Eva has created innovative culturally based evaluation approaches and instruments and she is the author of a web based Cultural Assessment Instrument utilized by Michigan Tribal treatment providers.

Eva's work has also focused on community development and wellness initiatives. She is a founding member of the First American Prevention Center, a tribally-based organization that has taken a leadership role nationwide in developing culturally-based curriculum and training services for Indian Tribes and organizations. She is the author of the Red Cliff Wellness Curriculum, a culturally based substance abuse prevention and community empowerment model that has been used in over 130 schools and communities in the U.S. and Canada. She has worked as a Senior Planner for the Minnesota Department of Human Services, Chemical Dependency Division, where she was responsible for monitoring and evaluating a State grant program that made federal block grant dollars available to Minnesota Tribes for substance abuse services. She has also worked at the Minnesota Indian Women's Resource Center, the University of Minnesota, and the Great Lakes Inter-Tribal Council of Wisconsin.

Ms. Petoskey is co-author of articles related to engaging communities in change: Prevention Through Empowerment in a Native American Community, Drugs and Society, Vol. 12, No 1/2, 1998, pp. 147-162; Strategies and Tactics of Program Evaluation: Implementation Issues, Center for Substance Abuse Prevention, 1999. She has authored numerous outcome evaluation reports.

Eva is a member of the Grand Traverse Band of Ottawa and Chippewa Indians and served on the Tribal Council of the Grand Traverse Band for six years, four years as the Vice-Chairperson. She has a long standing commitment to living her life based on Anishnaabek values. Eva has a Bachelors and Masters Degree in Education from the University of Wisconsin. She received both degrees with academic honors. She has also completed extensive coursework for a Doctorate in Educational Administration, Research, and Public Policy at the University of Minnesota. Ms. Petoskey has a reputation for finding creative/culturally-based solutions to complex problems.

Biographical Sketch
Terri Tavenner
Associate Director, Anishnaabek Healing Circle ATR

Terri Tavenner has worked for the Inter-Tribal Council of Michigan, Inc. (ITC) since 1997. Ms. Tavenner's current assignment is the Associate Director/Treatment Coordinator for the Anishnaabek Healing Circle Access to Recovery, a \$13.1 million dollar substance abuse treatment and recovery support grant from SAMHSA, which she co-wrote. Past program assignments for ITC have included grants-writing, resource development, program implementation and evaluation. Ms Tavenner acted as a management team member providing qualitative evaluation assistance for several Center for Substance Abuse Treatment (CSAT) funded adolescent and adult substance abuse and co-occurring treatment programs. She wrote a whole-systems of care model for the *Nbwakawn* Circles of Care Planning Initiative (funded by the federal Substance Abuse and Mental Health Administration). She managed the Anishnaabek Future Leaders program for 14 years, which provided annual, culturally-based leadership camp experiences to Native American adolescents from tribes throughout the State of Michigan.

Ms. Tavenner has extensive experience in planning, curriculum development, facilitation and program design. Originally from the Pacific Northwest, she has designed and taught courses, and has written culturally-based curriculum for the Quileute Tribal School in La Push, Washington. From 1989 – 1996, she planned and participated in a series of cedar dugout canoe voyages as a means of providing experiential family-based, cultural alternatives to substance abuse with Northwest Indian Tribes. Ms. Tavenner has published photographs and narratives and has successfully written for over \$52 million in discretionary grants since 1984. The Quileute Language Enrichment Project, which she coordinated from 1984 - 1993, received the U.S. Department of Education's Showcase of Excellence Award in 1989 and the BIA Office of Indian Education Showcase of Excellence in 1990. In 2007, she co-authored "The Anishnaabek Helping Healer: An Indigenous Model for Improving Access & Retention in Substance Abuse Treatment," a chapter for an unpublished SAMHSA/CSAT monograph.

Ms. Tavenner has been a foster parent and Guardian ad Litem. In 1996 she became a licensed Reiki Practitioner, Master, Level III and in 1999 was certified as an Accudetox Specialist through the National Acupuncture Detoxification Association (NADA).

She received a BA degree in Education Planning and Curriculum Development from Antioch University in 1979. For three years she participated in the Sault Ste. Marie Tribe of Chippewa Indians Community Healing Initiative, which includes learning and practicing indigenous counseling methods with an emphasis on historical trauma. In 2008, she completed the Great Lakes Addiction Technology Center's Leadership Institute, with an emphasis on Recovery Management. As an outcome of the training, she wrote the Anishnaabek Healing Circle Recovery Management Workbook which is utilized as a recovery planning tool by Native American Access to Recovery clients throughout Michigan.

Cora Gravelle

Client Access and Outreach Coordinator

Anishnaabek Healing Circle, ATR

One day at a time is one of the quotes I endure the most. For the past 23 years, I have lived my life one day at a time here at Inter-Tribal Council of Michigan. I have been fortunate for the past 3 years working as a Client Access and Outreach Coordinator for the ATR program (Access to Recovery). I determine eligibility into the ATR program, make appropriate referrals, and assist with the voucher system. My greatest pleasure is working with the hard to reach clientele such as Veterans/Armed Services and assist with reintegration of our native prison population. Prior to Access to Recovery, I worked as a Families First of Michigan Program Director/Supervisor. For the past 20 years, I provided crisis intervention to families whose children were at risk of being removed from their care. Prior to Inter-Tribal Council of Michigan I worked for Sault Ste. Marie Tribe of Chippewa Indians as a Substance Abuse Outreach worker. There I counseled and provided assistance with helping individuals seeking inpatient treatment. I am a member of Sault Ste. Marie Tribe of Chippewa Indians and have been living in the community for my entire life. I also attended Bay Mills Community College and Ferris State University. I am a certified CADCI.

Cora Gravelle, CADCI
Client Access and Outreach Coordinator
cora@itcmi.org

Biographical Sketch

Linda M. Woods, M.S.W.

Linda Woods is currently in retirement since 2008 from the Little Traverse Bay Bands of Odawa Indians (LTBB) in MI where she served as the Substance Abuse Director from 2002 to 2008. She has been in the helping professions as a social worker serving in many capacities for over 30 years and earned her Master's degree in Social Work from San Jose State University in California 1994. She has a deep commitment to serving the Native American community and a deep desire to promote recovery and healthy lifestyle free from alcohol and illegal drugs.

Ms. Woods currently serves as a consultant to the Inter-Tribal Council of Michigan, Inc. on the Access to Recovery (ATR) project by providing cultural competency curriculum modules, expanding outreach to veterans and special populations and providing clinical technical assistance with the ATR sites.

Ms. Woods has facilitated cultural presentations within the State of Michigan, California and Minnesota. She also served as the Chairperson for the Native American Behavioral Health Providers Communication Network in Michigan which is a group of program directors and providers that meet on a quarterly basis to discuss the needs and issues as related to mental health and substance abuse that Native programs. She is a proponent of the team approach to treatment and collaboration when working with and for clients. Her philosophy is working together for the common good of all especially for tribal people.

Ms. Woods began her career as a substance abuse counselor in 1974 working in an urban Native American organization in San Jose, California. Prior to that period, she served on an advisory board for the Alcoholism Program for the Indian Center in California. She has volunteered and ministered to Native women who were incarcerated in prison throughout 1970's and 1980's. She returned to her homeland in Michigan and served as the Substance Abuse Director for the Grand Traverse Band of Ottawa & Chippewa Indians in 1990-92.

Ms. Woods is an Odawa woman enrolled in the Grand Traverse Band of Ottawa & Chippewa Indians in Michigan. She is a proud grandmother of five, an elder and a veteran (served in the U.S. Air Force 1962-1966).

Biographical Sketch

Arlene Kashata, MA CSAC

Arlene Kashata, MA CSAC is an Odawa enrolled with the Grand Traverse Band of Ottawa & Chippewa Indians in Michigan. She has worked in the Substance Abuse field for 15 years as a certified residential and outpatient counselor for Tribal Programs in Minnesota and Michigan. For three years she was employed by The Grand Traverse Band of Ottawa & Chippewa Indians as the Behavioral Health Program Director of their State licensed Outpatient Substance Abuse Program for co-occurring disorders with a contractual Psychiatrist on staff. She has been a cultural consultant and presenter in educational settings for 20 years sharing her Native cultural heritage and teachings. Currently, she is a Technical Assistance Consultant for Access to Recovery (ATR) for the Inter-Tribal Council of Michigan regarding: ATR III implementation, recruitment, follow-up and documentation for the Michigan Tribal Behavioral Health programs.

Arlene obtained a MA in Educational Leadership/School Principalship from Central Michigan University with a 3.81 GPA in 2011 and a BA in Psychology with a minor in Indian Studies from the University of Minnesota-Duluth (UMD) with a 3.04 GPA. In October 1989 during her undergraduate studies at UMD as a single parent with five children, she was recognized as the National Indian Student of the Year for her leadership and academic accomplishments while retaining her cultural heritage.

Arlene's personal childhood challenges and life experiences have motivated her to expand Native people's knowledge and understanding of intergenerational trauma linked with Substance Abuse or Dependence which increases positive outcomes for the individual, their families and their Tribal communities. Arlene, a Traditional Pipe Carrier for the past 25 years, incorporates Traditional Ceremonies and Teachings to promote healing and growth for Native People utilizing a holistic approach.

Jay Young

Mr. Jay Young is a very bright and articulate individual who has been long term recovery since 1989. Mr. Young is currently working for the Detroit Recovery Program. His duties for the Detroit Recovery Program consist of management of the Recovery Is Yours (RIY) component of the Detroit Recovery Project. Mr. Young responsibilities consist of the management of team of individuals who promote recovery to those that are transitioning from any form of inpatient treatment to the mainstream community. All aspects of recovery are delivered by professionals that have an extensive background in the recovery community. My Young himself has been involved in the recovery community for over 22 years. Some of his accomplishments are as such: Leadership and Mentor to those that are involved with the RIY program, extensive service dealing with those that are in pre-recovery and those that are currently in the recovery process. Mr. Young provides group facilitation to those that are in the recovery process and group facilitation techniques to those that play an extensive role in the recovery community. As a result of this, relationships have been forged that extend over decades. Mr. Young represents The Detroit Project well when he travels to various states spreading the message of recovery from Alcohol and other Drugs. The Detroit Recovery project has afforded him with this ability. Mr. has an extensive history in dealing with the Co-Occurring Population. Mr. Young has been called upon to represent The Detroit Recovery Project in the Co-occurring community throughout the State of Michigan. In doing so, Mr. Young has been responsible for facilitating groups on the local, state, and county level. In the four years that Mr. Young has been working for The Detroit Recovery Project he has advanced from a recovery coach, to a peer recovery specialist, to management of a vital component of The Detroit Recovery Project, (Recovery Is Yours Recovery Coaching Program). Recovery is a way of life for Mr. Young and he has the experience and the expertise to continue to be a valuable asset to the recovery community for years to come. As Mr. Young pursues to become better in the deliverance of the recovery message and a more valuable asset to The Detroit Recovery Project, Mr. Young is in the process of obtaining his PhD in Leadership and Financial Consulting.



Angela Fuqua B.S.
Volunteer Coordinator/ Recovery Coach

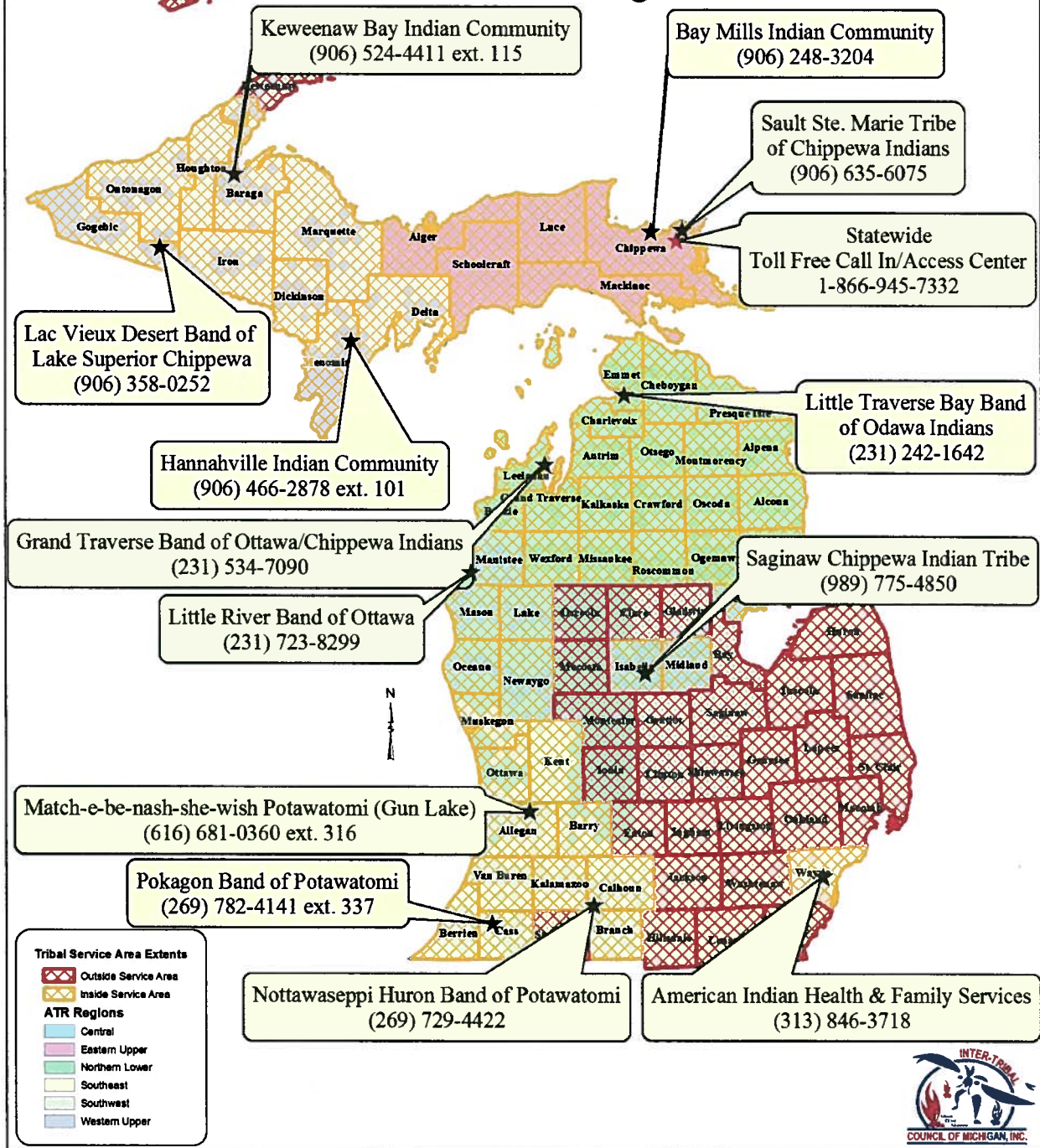
Angela Fuqua has been employed with the Detroit Recovery Project for several years as the Volunteer Coordinator and Recovery Coach working with the City of Detroit and RIY (Recovery Is Yours), federal programs through DRP. She is committed to the successful recovery of women in the community.

Ms. Fuqua has been in recovery for sixteen years in the City of Detroit. She has learned to apply spiritual principles, breathing exercises, and transcendental meditation into her daily recovery life.

Ms. Fuqua graduated from the University of Detroit Mercy College with a Bachelors degree in Substance Abuse. She is currently pursuing her CADC certification from the State of Michigan, to further her expertise in the field of assisting individuals with recovery needs.



Michigan Federally Recognized Tribes Service Areas & First Contact for Access to Recovery III Anishnaabek Healing Circle





ATR Central Office Staff and Contact Information

How to access us:

- Staff members have specialties and should be the first point of contact on questions related to their specialty.
- All staff can be reached through the main ITC switchboard at 906-632-6896. Extensions are included below.
- Eva has a direct line that she answers all day and after hours.
- The ITC mailing address is below along with a description of ATR roles, responsibilities and e-mails.
- We are always available to help with any problems you encounter; we are only a phone call away and available via e-mail. We always respond within 24 hours of sooner.

Mailing Address: Inter-Tribal Council of Michigan

2956 Ashmun

Sault Ste. Marie, MI 49783

Main Switchboard: 906-632-6896 Toll Free ATR Client Call in Number 866-945-7332

- Eva Petoskey, ATR Director, (Questions on any ATR topic and administrative issues) epetoskey@centurytel.net or epetoskey@itcmi.org (Direct Line 231-357-4886)
- Terri Tavener, ATR Associate Director, Ext: 129 (Questions on any ATR topic and administrative issues) ttav@itcmi.org
- Connie DePlonty, Voucher Coordinator Ext: 119 (Questions related to billing and client services) connied@itcmi.org
- Lori McDonald, GPRA Intake and Follow-up Form Completion Ext: 135 (Question related to completion and faxing of GPRA forms) lorimac@itcmi.org (906) 632-7744 Fax for GPRA
- Sheila Hammock, Client Access and Follow-up Coordinator Ext: 131 (Questions related to follow-up completion and monitoring follow-up completion rates) shammock@itcmi.org (906) 253-1899 Backup Fax
- Donelda Harper, Ext. 127 Training and Audit Specialist (Questions related to developing training and technical assistance and program audits) dharper@itcmi.org
- Cora Gravelle, Client Access and Outreach Coordinator Ext. 125 (Questions related to client services, vouchers and veterans) cora@itcmi.org (906) 632-3061 Fax for GPRA second line
- Aagii Clement, Provider Liaison Specialist, Ext. 126 (Questions related to recruitment of new providers, provider applications and staff changes) aclement@itcmi.org

**Training Materials Binder
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**Recovery Coach Institute
Anishnaabek Healing Circle ATR III**





Recovery Coach Institute Anishnaabek Healing Circle ATR III



Training Materials Binder

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