



# THE NH TRAINING INSTITUTE ON ADDICTIVE DISORDERS

Presents:

## RECOVERY MANAGEMENT: INITIATING AND SUSTAINING RECOVERY

with Bernadette Gleeson

1 HOUR WEBINAR TRAINING

**PRESENTATION:** The field seems to be shifting mightily towards finding the best ways to help people initiate and sustain long-term recovery through various pathways, patterns, stages, and styles of recovery. Because of this, the door has opened for the concepts of Recovery Management (RM) and Resiliency and Recovery-Oriented Systems of Care (RROSC), but they are quite often incorrectly defined, understood, and/or used interchangeably. This training will take a deep look at what and why these concepts are, as well as what the recovery research shows will give people the best opportunities over time to initiate and sustain long-term recovery.

As a result of this training participants will:

- Define what RM, RROSC, and Recovery Capital is, as well as demonstrate a solid understanding of how they are intertwined.
- Describe multiple pathways to/in/of recovery.
- Explain the role of Recovery Capital (RC) - both internal and external - how to build it, and how it helps people initiate and sustain recovery.
- Demonstrate an understanding of the existing research on recovery as it relates to RM, RROSC, and RC.
- Share a general framework of the complex ecosystem within people with SUDs will get and stay well.

**PRESENTER: Bernadette Gleeson** is a fierce advocate for recovery as well as a gifted public speaker in all areas related to addiction, recovery, wellness, and community. Her presentations are fun, engaging, heartfelt, and impactful to all those who hear them. Bernadette's ultimate goal is to transform the cultural landscape in how we interact with people who have a Substance Use Disorder. Ultimately shifting the hearts and minds of how we think, feel, and talk about overcoming SUDs. To fulfill that endeavor, Bernadette has created the "BeAnOpportunity" campaign and BAO Communications to harness the power of community and agencies and deliver a simple yet effective message and approach on servicing the "public health crisis of addiction. Bernadette previously worked as Director of Recovery Development for HOPE for NH Recovery and prior to that was the founder and CEO of Trek Limitless Recovery in Fort Wayne, Indiana. Her years of experience include work in the public and private sector as a professional recovery coach, recovery specialist, recovery advocate, and recovery consultant. She has her MA in Professional Communication (with her thesis focusing entirely on the research and language of addiction recovery), BA in Interpersonal and Organizational Communication, and a certificate in Peace and Conflict Studies from Indiana University Purdue University Fort Wayne. She is a Certified Professional Coach, receiving her certification in 2013 from the world-renowned coaching school, IPEC, the Institute for Professional Excellence in Coaching. When Bernadette is not busy changing the world one person at a time, you can find her relaxing with a good book, walking along a New Hampshire beach, or exploring her new surroundings in New England.

**Fee:** NHADACA Members: Free; Non-Members: \$15

For registration information contact: NHADACA, 603-225-7060, [training@nhadaca.org](mailto:training@nhadaca.org)

**1 Contact Hour Available**

**Certified Prevention Specialist Domain: 6**

**LADC/MLADC Category of Competence: 18**

**CRSW Performance Domain: 4**

**NBCC: LICSW/L-MFT/LCMHC (Category 1) & Psychologist Category A**

*(NH Alcohol & Drug Abuse Counselors Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No 6754. Programs that do not qualify for NBCC credit are clearly identified. NHADACA is solely responsible for all aspects of the program).*

**Schedule**

On Demand