



## MPAC Advocacy & Leadership Program Cohort X Schedule

Supported by a grant from the Open Society Institute-Baltimore, the Maryland Peer Advisory Council (MPAC) endeavors to grow, structure, develop and organize the peer recovery community. We have created an Advocacy & Leadership Fellowship Program to identify upcoming leaders to advocate for the recovery community.

As an MPAC ALP Fellow, participants will:

- Engage and learn from other emerging leaders within their group;
- Be engaged in learning through group trainings, self-study, case studies, and other strategies;
- Learn new skills to identify and prioritize advocacy opportunities to achieve target goals;
- Receive navigational support through the certification process to become a Maryland Certified Peer Recovery Specialist (CPRS);
- Impact the community by providing support services, informational sessions, education and advocacy.

**Cohort X** is for individuals, family members, allies or community members who have expressed an interest in advocacy and or supporting the recovery community. Participants will learn fundamentals of advocacy and leadership; in addition to gaining knowledge, skills and abilities as a Peer Recovery Coach, attend prerequisite courses and supplemental trainings geared toward becoming a Maryland Certified Peer Recovery Specialist (CPRS). Additionally, participants will be assigned and participate in a cohort outreach advocacy project. Finally, there will be presentation by each participant on “Fellow Day.” More information about final presentations will be given throughout the program.

**Direct all questions to:** [admin@mpacmd.org](mailto:admin@mpacmd.org)

Frequently Asked Questions:

**Do I become a Certified Peer Recovery Specialist when I complete the MPAC Advocacy & Leadership Program?**

*No, All Fellows who complete the program will get a certificate of completion from MPAC/3<sup>C</sup> Recovery Support Training Institute. Fellows will be able to use the individual Maryland Addiction and Behavioral-health Professionals Certification Board (MABPCB) pre-approved trainings toward requirements for Maryland certification.*

**Will I have to complete 500 services hours for certification?**

*Yes, MABPCB requires everyone to have completed 500 services hours prior to taking the exam for certification. The MPAC ALP program asks all Fellows to commit to a service project selected by the Fellows in each cohort to be completed within a year.*

**As a MPAC ALP Fellow, if I have taken one the CPRS Prerequisite trainings in the pass, can I take it again?**

*Yes, you would be allowed to take the training again; however, you will be responsible to pay for your own manual if you have misplaced your original one.*

## Cohort IX Schedule

ALP Orientation	Wednesday, July 5, 2023, 5:00 PM – 8:30 PM
CCAR Recovery Coach Academy Leadership 1	Monday – Friday, July 10 – 14, 2023, 5:00 PM – 9:30 PM
BIG A, little a	Tuesday & Wednesday, July 25 & 26, 2023, 5:00 PM – 8:30 PM
Presentation Prep 1	Tuesday, August 1, 2023, 5:00 PM – 8:30 PM
Leadership 2	Wednesday, August 2, 2023, 5:00 PM – 8:30 PM
BE Ethical (Ethical Webinar)	Tuesday & Wednesday, August 8 & 9, 2023, 5:00 PM – 8:30 PM
Leadership 3	Wednesday, August 16, 2023, 5:00 PM – 8:30 PM
Mentoring & Education Domain	Tuesday & Wednesday, August 22 & 23, 2023, 5:00 PM – 8:30 PM
Recovery & Wellness Domain	Tuesday, August 29, 2023, 5:00 PM – 8:30 PM
Leadership 4	Wednesday, August 30, 2023, 5:00 PM – 8:30 PM
Advocacy 1	Wednesday, September 6, 2023, 5:00 PM – 8:30 PM
Peer Recovery Housing Specialist	Monday – Friday, September 11 – 15, 2023, 5:00 PM – 9:00 PM
Advocacy 2	Wednesday, September 21, 2023, 5:00 PM – 8:30 PM
BE PEERfessional	Tuesday & Wednesday, September 26 & 27, 2023, 5:00 PM – 8:30 PM
Presentation Prep 2	Tuesday, October 3, 2023, 5:00 PM – 8:30 PM
Advocacy 3	Wednesday, October 4, 2023, 5:00 PM – 8:30 PM
WRAP	Tuesday & Wednesday, October 10 & 11, 2023, 8:30 AM – 4:30 PM
ALP Fellow Day	Saturday, October 21, 2023, 10:00 AM – 2:00 PM

### **CPRS Courses:**

- **CCAR Recovery Coach Academy** – The CCAR Recovery Coach Academy© is a 30-hour intensive training academy focused on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs as well as support those with mental health issues. The CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.  
Monday – Friday, July 10 – 14, 2023, 5:00 PM – 9:30 PM (Virtual)
- **3<sup>c</sup> Training BIG A, little a** – BIG A, little a is the first course in our BE an Advocate training series. A series designed for Peer Recovery Specialist who desire to engage in advocating on both a small and large scale. From directly supporting individuals to creating social change for an entire community, this series will help you address issues with clarity and concision to achieve wins.  
Tuesday & Wednesday, July 25 & 26, 2023, 5:00 PM – 8:30 PM (Virtual)
- **3<sup>c</sup> Training BE Ethical** – In this training, participants will define ethics and begin to understand various ethical terms and how they show up when providing recovery support to others. Utilizing the "Knowledge, Skills and Abilities" job tasks, found in the Maryland CPRS Application, we will learn and practice skills to make ethical decisions that do the best good.  
Tuesday & Wednesday, August 8 & 9, 2023, 5:00 PM – 8:30 PM (Virtual)
- **Mentoring & Education Domain Specific Training** – MABPCB has developed this curriculum for individuals who serve as Role Models and Mentors. The sessions focuses on the knowledge, skills and abilities in the Mentoring & Education domain to effectively serve individuals in recovery.  
Tuesday & Wednesday, August 22 & 23, 2023, 5:00 PM – 8:30 PM (Virtual)
- **Recovery & Wellness Domain Specific Training** – In this Recovery & Wellness domain training, participants will learn basic Motivational Interviewing techniques and how to apply them in supporting others through the Stages of Change, review effective communication skills and understand the impact of trauma. Participants will also learn about the eight dimensions of wellness.  
Tuesday, August 29, 2023, 5:00 PM – 8:30 PM (Virtual)

- **3<sup>c</sup> Training PEER Recovery Housing Specialist** – This training prepares individuals to thrive in their roles as PEER Recovery Housing Specialist. In the sessions we will learn skills to build positive relationships with residents and how to craft a safe recovery atmosphere.  
**Monday – Friday, September 11 – 15, 2023, 5:00 PM – 8:30 PM (Virtual)**
- **3<sup>c</sup> Training BE PEERfessional** – In these sessions we will explore professionalism as it relates to character, reputation, conduct and courtesy as PEERfessionals. What are the attributes and distinctive qualities that define you as an individual? And, how does that impact your service delivery? We will discuss developing and/or enhancing the characteristics that help you build a professional reputation as well as positively impact those you serve.  
**Tuesday & Wednesday, September 26 & 27, 2023, 5:00 PM – 8:30 PM (Virtual)**
- **WRAP Seminar 1 (Basics)** WRAP® is a self-designated, self-management recovery system developed by and for people who have difficulties with mental and emotional stressors, and it is often used to help with substance use problems and the many physical issues that often co-occur, causing uncomfortable or distressing feelings. In fact, WRAP® can be used for any issue or area of one’s life such as substance use disorder recovery, pain, stress management, or relationships. WRAP® is a tool a person develops for themselves to help themselves – it is not a replacement for therapy, medication or any other tools one already uses in their recovery. It is a tool to complement existing treatments, therapies and strategies. WRAP® is an evidence-based program, is recognized as an effective tool for recovery, and is registered with the Substance Abuse and Mental Health Services Administration (SAMHSA).  
**Tuesday & Wednesday, October 10 – 11, 2022, 8:30 AM – 4:30 PM (In-Person)**