

SOBER LIVING

The official newsletter of One Step Software



WHAT IS THIS NEWSLETTER FOR?

With the wealth of data and information thrown at us on a daily basis, it's hard to sift through what's relevant and what's important to know. That's why we're creating this monthly newsletter! Our intention is to be a one-stop-shop for updates in the industry, news relevant to sober livings, and another way for you and others to connect and collaborate with people all over the nation.

Check it out and let us know what you think!

UPCOMING EVENTS

- **Jan. 24-27:** evolution – Evolution of Addiction Treatment
- **May 16-19:** Foundations Events – Innovations in Recovery
- **May 30-June 2:** WCSAD – West Coast Symposium on Addictive Disorders
- **July 14-17:** CORE – Clinical Overview of the Recovery Experience
- **Aug. 30-Sept. 1:** Western Roundup Living Sober
- **Sept. 5-8:** CCSAD – Cape Cod Symposium on Addictive Disorders
- **Oct. 9:** NSLA Annual Conference
- **Nov. 10-13:** PTACC – Police, Treatment, and Community Collaborative



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SHOULD I GET CERTIFIED AS A RECOVERY COACH?

Recovery coaching is one of the fastest growing segments of the addiction recovery industry. Many treatment centers and IOPs are beginning to offer recovery coaching services. Many individuals who have successfully gone through recovery are getting certified for a variety of different reasons. Below I'll share these reasons and at the bottom of this post you'll find out how to get certified!

Why you should get certified as a recovery coach:

Help someone close to you. Over 20 million Americans battled or are battling a substance abuse disorder. The skills you'll learn in a recovery coaching class will allow you frame the conversations with your friends and family in recovery in a way that genuinely helps them get or stay sober.

It's a viable revenue stream. Recovery coaching has become widely accepted as a necessary function in the recovery process, right along with clinical treatment and sponsorship. With a certification and a strong network in your local recovery community, you'll have no shortage of clients.

You'll learn skills that go beyond addiction recovery. A big part of the certification focuses on motivational interviewing. This is a technique of questioning someone in a way that gets them to self reflect, then alter their behavior. This is a skill common in many customer facing jobs and it's also helpful when tackling issues on your own or with a loved one.

Give back. If you've reached over a year of sobriety, becoming a recovery coach is a great way to help someone who has also suffered. There are plenty of organizations that provide recovery coaching services to at-risk populations.

Lastly, it's not that difficult! The commitment is generally less than two weeks of training.

How you get certified as a recovery coach:

First, you'll need to be clean and sober for over one year, be at least 18 years of age, and have a GED or high school diploma.

Second, check out this link for a state-by-state breakdown of recovery coach training programs. I suggest speaking to the folks who run the course, as there may be scholarships available, especially if you're looking to provide coaching for at-risk populations.

After course completion, which generally takes a week, you'll need to get certified by your state. There will likely be a small fee associated with this. You'll also need to update your certification every few years.

Once you've completed all the steps you can offer your services individually by networking within your community. Another option is to align with a treatment center, IOP, or sober living that offers recovery coaching as a benefit for their clients.

RECENT NEWS AND UPDATES

Watch out for fraud as drug rehab efforts grow

By: Advocate-Messenger, (KY)

As residents of two sober houses work to stay off drugs, some in Medford have made them feel welcome

By: Kevin Riordan, Philly News (NJ)



People are dying; this mobile opioid treatment center could help

By: New Haven Register (CT)

Neighbors, drug rehab group clash on South Bend sober home proposal

By: Jeff Parrott, South Bend Tribune (MI)

Big Demand, Potential For Fast Money and No Regulations Make Sober Homes a Wild West

By: Nguyen, Campos, et al., NBC, (CA)

First integrated treatment homes open in Delaware

By: Cape Gazette, (DE)

Jupiter lab owner arrested on patient-brokering charges

By: Eliot Kleinberg, Herald-Tribune (FL)

I-Team: Recovery houses on the rise, lacking regulation in Maine

By: Marissa Bodnar, WGME (ME)

MARCH SPOTLIGHT: WEST COAST SYMPOSIUM ON ADDICTIVE DISORDERS (JUNE 1, 8:30-5:45PM)

Building & Sustaining a Successful Sober Home Business - Best Practices for Sober Home Management

C4 Recovery Foundation, in collaboration with One Step Software, is excited to offer a full-day of learning and discussion for sober home owners and professionals at WCSAD. Be ready to:

- **Hear directly from treatment centers on key criteria for being part of a continuum of care organizations
- **Find out from the experts the latest regulatory changes and updates and how to stay ahead of upcoming regulations
- **Learn how to form and nurture great referral relationships from some of the best treatment centers
- **Participate in a Q&A with industry leaders that can help you better operate and manage your facility
- **Gain knowledge of how to create a sober living setting that supports and sustains recovery

The cost for this special event is \$100. Simply use the link below to register. You may add this to your WCSAD registration or choose to attend this event only. After making your selection from the main menu, make sure you select the "Sober Living All Day Event" checkbox on the options page that appears on step 2 of the registration process to be able to select the relevant workshops.

<https://www.wcsad.com/sober-living-event/>