

Empower Pathways Course Syllabus

Institution: Recovery Training Institute of Alberta (RTIA)

Course Title: Empower Pathways

Course Format: Online, Self-Paced Learning

Course Length: Approx. 35 hours

Target Audience: Experienced or aspiring recovery professional

Course Prerequisites: None

Course Description:

Empower Pathways is a comprehensive professional development course designed for individuals and organizations dedicated to recovery. Whether you're new to the field or looking to deepen your expertise, Empower Pathways provides a dynamic, engaging, and impactful learning experience to advance recovery-oriented practices across individuals, organizations, and broader systems of care.

This course explores principles of Recovery-Oriented Systems of Care (ROSC), foundational concepts in addiction and recovery, clinical perspectives and evidence-based approaches, and practical applications through specialized recovery-oriented programs and services within the Alberta Recovery Model. The curriculum emphasizes evidence-based practices, community-centered approaches, and actionable strategies to improve long-term recovery outcomes.

Join Empower Pathways to deepen your understanding, expand your expertise, and contribute to advancing recovery-oriented systems of care—helping to create stronger, healthier communities.

Learning Outcomes:

By the end of this course, learners will be able to:

1. Understand Recovery-Oriented Systems of Care (ROSC) and their importance in supporting long-term recovery.
2. Explore the Alberta Recovery Model as a leading example of ROSC, including its vision, principles, and programs.

3. Examine the neurobiology of addiction and identify practical strategies for building recovery capital within individuals and communities.
4. Gain expert insights into treatment planning, case management, trauma-informed care, motivational interviewing, and the role of family in treatment and recovery.
5. Analyze the Therapeutic Community Model and its role in specialized recovery environments in Alberta.

Course Overview:

Empower Pathways is structured into four progressive units:

1. **Introduction to Recovery-Oriented Systems of Care (ROSC):** This unit lays the foundation by introducing core principles of ROSC and the Alberta Recovery Model.
2. **Foundations in Addiction and Recovery:** Delve into the neurobiology of addiction, the recovery journey, and the framework of recovery capital.
3. **Clinical Perspectives and Evidence-Based Approaches in Recovery-Oriented Care:** Explore clinical perspectives and evidence-based practices in recovery-oriented care, including innovative and alternative approaches and the role of harm reduction in ROSC.
4. **The Therapeutic Community Model:** Learn about the principles, structures, and practices that define recovery communities and therapeutic living units.

Each unit builds upon the previous one, progressing from foundational knowledge to advanced insights for professional practice.

Course Schedule:

Course Schedule
Unit 1: Introduction to Recovery-Oriented Systems of Care (ROSC)
Section 1: Recovery-Oriented Systems of Care (ROSC)

Section 2: The Alberta Recovery Model

Unit 2: Foundations in Addiction and Recovery

Section 1: Addiction and the Brain

Expert Interview “*Addiction and the Brain*” featuring:

- Dr. Kevin McCauley, Medical Doctor and Neuroscience Expert.

Section 2: The Recovery Journey

Expert Interview “*The Journey of Recovery*” featuring:

- Dr. David Best, Director, Centre for Addiction Recovery Research, Leeds Trinity University.
- Dr. Jo-Hanna Ivers, Associate Professor, Trinity College Dublin.

Section 3: Recovery Capital: A Core Concept in ROSC

Expert Interview “*Recovery Capital – A Valuable Currency*” featuring:

- Dr. David Best, Director, Centre for Addiction Recovery Research, Leeds Trinity University.
- Dr. Jo-Hanna Ivers, Associate Professor, Trinity College Dublin.

Expert Interview “*Assessing and Expanding Recovery Capital*” featuring:

- Dr. David Best, Director, Centre for Addiction Recovery Research, Leeds Trinity University.

Unit 3: Clinical Perspectives and Evidence-Based Approaches in Recovery-Oriented Care

Section 1: Treatment Planning and Case-Management

Expert Interview “*Planning the Treatment Journey*” featuring:

- Dr. Christina Basedow, Chief Operating Officer, EHN Canada.
- Elizabeth Loudon, Chief Operating Officer, RSG.
- Rob DeClark, President & CEO, The Healing Institute.

Expert Interview “Building the Case for Sustained Recovery” featuring:

- Dr. Christina Basedow, Chief Operating Officer, EHN Canada.
- Elizabeth Loudon, Chief Operating Officer, RSG.
- Rob DeClark, President & CEO, The Healing Institute.

Expert Interview “*Relapse Prevention – A Contradiction in Terms*” featuring:

- Jessica Cooksey, MA, CCS-AC, ICADC, CCAC.
- Rand Teed, Saskatchewan Provincial Addiction Consultant, RSG

Section 2: Trauma-Informed Care

Expert Interview “*Trauma-Informed Care: A Sacred Practice*” featuring:

- Dr. Johanna O’Flaherty, Former CEO of Central Recovery Treatment.

Expert Interview “*Trauma-Informed Practice in Recovery Communities*” featuring:

- Jessica Cooksey, MA, CCS-AC, ICADC, CCAC.

Expert Interview “*Cultural Safety and Humility*” featuring:

- Lisa Main, Executive Director, Indigenous Health, Diversity, Equity & Inclusion, Island Health.

Section 3: Motivational Interviewing

Expert Interview “*Motivational Interviewing in the Recovery Journey*” featuring:

- Dr. William Miller, Emeritus Distinguished Professor, The University of New Mexico.

Section 4: The Role of Family in Recovery-Oriented Care

Expert Interview “*Working with Families – Opportunities and Challenges*” featuring:

- Bill Caldwell, Director of Programs, RSG.
- Rob DeClark, President & CEO, The Healing Institute.
- Rand Teed, Saskatchewan Provincial Addiction Consultant, RSG

Section 5: Innovative and Alternative Treatment Methods

Section 6: The Role of Harm Reduction in ROSC
Unit 4: The Therapeutic Community Model
Section 1: Introduction to the Therapeutic Community (TC) Model
Section 2: Recovery Communities (RCs)
Section 3: Therapeutic Living Units (TLUs)

Note: The job titles and affiliations of guest experts featured in course videos may differ from those listed in the syllabus. Please refer to the syllabus for their most up-to-date titles.

Course Delivery:

This course is delivered entirely online and asynchronously, allowing learners to progress at their own pace. The estimated time for completion is approximately 40 hours. Learners enrolled through an educational institution, employer, or therapeutic program should adhere to any timeline requirements set by their supervisor.

Course Material:

- **Required Materials:** An electronic device with audio capabilities and a stable internet connection to access the course on Brightspace.
- **Textbook:** No textbook is required for this course.
- **Recommended Readings:** Additional resources and readings are provided throughout the course to enhance learning but are not required for course completion.

Knowledge Testing:

Participants will encounter multiple knowledge checkpoints throughout the course, consisting of brief multiple-choice quizzes. A minimum score of 80% is required to progress, with unlimited attempts allowed.

Course Requirements:

To successfully complete the course and earn the Empower Pathways Certificate, participants must:

- Complete all course modules.
- Watch all video lessons and interviews.
- Achieve a minimum grade of 80% on all quizzes (unlimited attempts).
- Submit the end-of-course survey.

Course Certificate:

Upon meeting all course requirements, participants will be awarded the RTIA Empower Pathways Certificate. Certificates are issued automatically via email upon completion of the end-of-course survey.

Support:

For questions or technical assistance, please contact RTIA support at support@therecoveryinstitute.ca. Response time is typically within 24 hours during workdays.