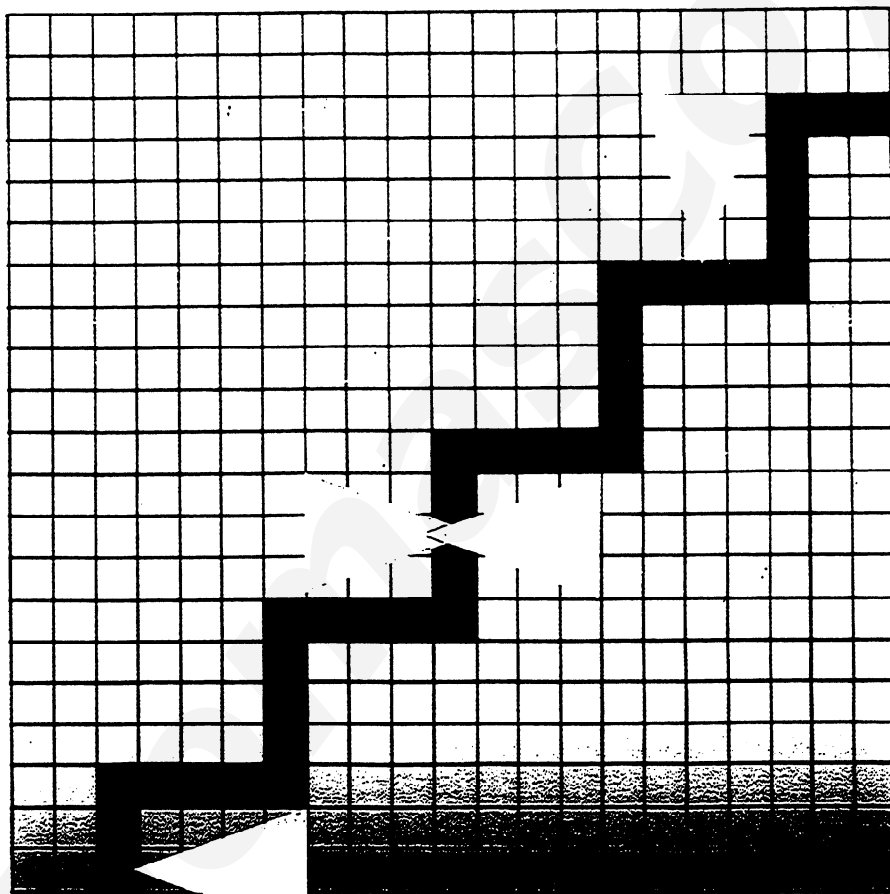


**NATIONAL  
INSTITUTE ON  
DRUG ABUSE**



**AN ALLIANCE  
FOR THE  
21ST CENTURY**

# Recovery Training and Self-Help: Handbook for Program Administrators



**National Institutes of Health**

**National Institute on Drug Abuse**

**Recovery Training and Self-Help:**  
*Handbook for Program Administrators*

**National Institute on Drug Abuse  
Office of Science Policy, Education, and Legislation  
Community and Professional Education Branch  
5600 Fishers Lane  
Rockville, MD 20857**

## Contents

---

Introduction to Recovery Training and Self-Help . . . . .	1
What is Recovery Training and Self-Help? . . . . .	3
Four Components of Recovery Training and Self-Help . . . . .	4
The Recovery Training Group . . . . .	5
The Fellowship Group . . . . .	9
Group Social Recreation . . . . .	12
Network of Senior Recovering Addicts (SRAs) . . . . .	14
Graduation . . . . .	15
Issues to Be Addressed in Implementing an RTSH Program . . . . .	17
Integrating RTSH Into Your Program . . . . .	17
Recruiting Clients for RTSH . . . . .	24
Staffing Your Recovery Training Program . . . . .	30
Preparing Staff to Do RTSH . . . . .	34
Developing an Implementation Plan . . . . .	35
Conclusion . . . . .	38
References . . . . .	39
Appendix I: Outline of <i>Recovery Training and Self-Help: Aftercare for Drug Addicts</i> . . . . .	41
Appendix II: Comparison of Recovery Training Groups, Fellowship Groups and 12-Step Groups . . . . .	45
Appendix III: Implementation Plan Worksheet . . . . .	51

**NIDA's Proven and Effective Relapse Prevention Approaches: Recovery Training and Self-Help and Cue Extinction.**

The National Institute on Drug Abuse (NIDA) funded scientific testing proving these two approaches work, and help recovering persons stay off drugs.

The workshop(s) content / curriculum is based on the training and support materials developed by NIDA to implement the two proven effective approaches to preventing relapse. These materials are commonly known as NIDA's Technology Transfer Package (TTP), and NIDA's Research Dissemination and Application (RDA) Package on Relapse Prevention.

Dr. Thomas H. Coyne was a member of the original training team, trained to disseminate these strategies around the country in 1993. Shortly after he became a Master Trainer and lead consultant during NIDA's Training of Trainers (TOT) initiative to disseminate these packages to the field. He is one of the most, if not the most experienced trainer in the country, and have been delivering these workshops nationally for almost 20 years.