

# YSS, YWCA Set To Train Recovery Coaches

Course Runs Sept. 27  
Through Oct. 1 At YSS

## From STAFF REPORTS

Youth Services System, along with the YWCA Wheeling, is offering a free Recovery Coach Academy Sept. 27-Oct. 1. About 150 coaches have been trained in the Ohio Valley since 2015. Veteran trainers Valery Staskey of YSS and Jennifer Sorg of the YWCA are heading up the course.

Recovery coaching is an evidence-based intervention for people in or seeking recovery from a substance use disorder. Many attendees of previous courses have gained employment with area treatment facilities, the courts and other social service agencies.

Recovery coaches offer trained peer-to-peer support to assist a person with the basics of recovering from an addiction to drugs or alcohol. They offer guidance from their lived experience and help with navigating the recovery community, make referrals, and lend a helping hand to people with substance use disorders.

“The recovery coaching course sets the foundation for anyone wanting to be certified as a coach,” Sorg said. “While anyone who is interested in recovery can take the course, only those with lived experience of recovery can become state-certified.”

“State certification, while encouraged, can be an on-the-job task for those entering the field,” Staskey added.

Sorg and Staskey agreed that the course is stimulating, enlightening and can deepen peers’ experience of recovery.

The academy will be held at YSS at 87 15th St. in Wheeling. The course runs daily that week from 8:30 a.m.-4:30 p.m. A certificate will be issued by the Connecticut Community for Addiction Recovery, a nationally recognized credentialing organization. Additionally, 30 continuing education units in addiction and social work will be offered.

For more information, or to enroll, please contact Staskey at 304-233-2045, or at [vstaskey@ysswv.com](mailto:vstaskey@ysswv.com).