

Recovery Programming Excellence

Designing, Facilitating & Evaluating High-Quality Programming

Intensives Library · Programs, Systems & Workflow

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Part 1 · Overview

Recovery Programming Excellence

Effective recovery programming goes beyond curriculum delivery — it requires intentional design, evidence-based content selection, and ongoing quality improvement. This intensive develops competencies for designing, facilitating, and evaluating recovery-oriented programming that produces genuine therapeutic engagement and measurable outcomes.

Learning Slides

Programming design frameworks, facilitation excellence, and quality improvement approaches.

Mind Map

Visual framework for recovery programming dimensions and design principles.

Self-Assessment

Evaluate your programming design and facilitation competencies.

Worksheet

Practical exercises for developing high-quality recovery programming.

Part 2 · Slides

Treat: Disease & Recovery Tools

The Second Phase of the STAN Model

Once stabilized, the treatment phase equips patients with foundational tools and skills. Through evidence-based interventions like CBT, MI, and psychoeducation, patients engage in self-exploration to develop a personalized recovery plan.

Core Areas

- Psychoeducational Workshops
- Recovery Support Basics
- Exploring the 12-Steps
- Principles of Recovery

I. Psychoeducational Workshops

Knowledge is Power

- Disease Concept Addiction as a chronic, progressive, relapsing brain disorder.
- Biopsychosocial Model Interplay of biological, psychological, and social factors.
- Stages of Change Understanding the transtheoretical model of behavior change.
- Relapse Prevention Identifying triggers and developing coping strategies.

II. Recovery Support Basics

Building the Network

Home Groups

Regular attendance at AA/NA meetings.

Sponsorship

Mentorship and guidance in the process.

Recovery Tools

Journaling, gratitude, meditation, and apps.

Literature

Big Book, slogans, and daily readers.

III. Exploring the 12-Steps

A Design for Living

Step 1: Powerlessness & Unmanageability.

Steps 2-3: Hope & Surrender to Higher Power.

Steps 4-5: Inventory & Confession.

Steps 6-7: Readiness & Humility.

Steps 8-9: Amends & Restitution.

Step 10: Daily Inventory.

Step 11: Prayer & Meditation.

Step 12: Service & Practice.

IV. Principles Behind the Steps

Values in Action

Honesty Self-honesty and transparency.

Hope Belief that recovery is possible.

Faith Trust in the process.

Courage Facing challenges and change.

Integrity Alignment of thoughts and actions.

Willingness Openness to learn and grow.

Humility Recognizing we are not alone.

Service Helping others in recovery.

Part 3 · Mind Map

Recovery Programming Ecosystem

Patient

Holistic Recovery

Psychoeducation

Neurobiology, Disease Concept, Change Stages

Recovery Support

12-Step, Sponsorship, Community Connection

Spiritual/Principled

Values, Faith, Meditation, Ethics

Clinical Intervention

CBT, DBT, MI, Trauma Care

Part 4 · Assessment

Agency Self-Assessment: Recovery Programming

Rate each aspect on a scale of 1 (Needs Improvement) to 5 (Excellence).

1. We effectively teach the neurobiology of addiction.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. Our program explains addiction as a chronic brain disorder.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. We help patients understand the biopsychosocial model.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
4. Our staff effectively communicate the progressive nature of addiction.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. We provide education about the possibility of relapse as part of recovery.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. We teach the stages of change model effectively.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
7. Our program helps patients identify their stage of change.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. We provide appropriate interventions for each stage.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
9. Our staff help patients understand their resistance to change.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
10. We effectively teach relapse prevention strategies.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
11. We effectively introduce 12-step concepts and principles.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
12. Our program helps patients connect with home groups.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
13. We facilitate sponsorship connections effectively.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
14. Our staff understand and support 12-step participation.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
15. We integrate 12-step work with clinical treatment.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
16. We teach practical recovery tools and strategies.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

17. Our program incorporates mindfulness and meditation training.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
18. We help patients develop effective journaling practices.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
19. Our staff teach emotional regulation skills.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
20. We provide guidance on using recovery support apps and technology.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
21. We respect diverse spiritual and religious beliefs.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
22. Our program helps patients explore spiritual concepts.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
23. We provide appropriate spiritual counseling resources.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
24. Our staff are trained in addressing spiritual concerns.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
25. We integrate spiritual practice into treatment appropriately.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
26. We effectively teach principles of honesty and integrity.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
27. Our program fosters hope and faith in recovery.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
28. We help patients develop courage and willingness.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
29. Our staff model humility and service.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
30. We teach the importance of making amends appropriately.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
31. Our staff are trained in cognitive-behavioral therapy.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
32. We effectively utilize motivational interviewing techniques.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
33. Our program includes dialectical behavior therapy skills.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
34. We provide trauma-informed care consistently.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
35. Our interventions are customized to patient needs.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

36. We regularly assess patient progress.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

37. Our documentation systems are thorough and efficient.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

38. We adjust treatment plans based on progress.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

39. Our staff provide effective feedback to patients.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

40. We maintain appropriate clinical supervision.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring guide

Recovery Programming Effectiveness

Exceptional Treatment Services

Part 5 · Worksheet

Recovery Programming Action Worksheet

Psychoeducation Analysis

Neurobiology Teaching Methods

How do you currently teach the brain disease concept?

Behavior Change Curriculum

Describe how stages of change are integrated.

Program Component Review

12-Step Integration

How are sponsorship and home groups facilitated?

Recovery Skills

What practical tools (journaling, mindfulness) are taught?

Action Planning

Immediate Priorities (30 Days)

E.g., Update curriculum materials...

90-Day Development Goals

E.g., Staff training on MI...

Annual Strategic Planning

E.g., Integrate new bio-psycho-social modules...
