



HELIOS  
RECOVERY SERVICES LLC



## Welcome

Helios Recovery offers training and consulting services to help individuals and organizations better serve their communities. We are proud to be able to offer the full catalog of CCAR curriculum.

Our other training offerings: Leadership Development, Intro to Cultural Humility, Healing Centered Engagement, The Foster Experience, and more.

Contracted services plans can be tailored to deliver specific outcomes and consultation as needed on an ongoing basis.

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## ABOUT

Helios Recovery Services ignites and supports leaders to help create healthy, responsible, thriving individuals and communities. We do this through training, consulting, and advocacy that focuses on five core elements: Servant Leadership, Cultural Humility, Emotional Intelligence, Mindfulness, and Healing Centered Engagement.

With over 15 years of experience as a creative, imaginative, forward-thinking team, Helios Recovery is committed to develop meaningful and positive change through innovative solutions to complex community needs.

## TEAM



### PATTI HEFFERNAN

**Co-Owner / Change Agent & Consultant - She/Her/Hers**

Patti is a person with lived experience in the foster system and juvenile justice system. This experience brings a unique perspective to finding sustainable systemic solutions. Through powerful storytelling coupled with state and federal data of the current systems in place Patti illuminates how these systems are counter-productive to the goal we all want to achieve.

Her main role and passion is getting peer recovery support to biological parents who have had their children removed by Child Protective Services.

**CONTACT:** [pheffernan@heliosrecovery.com](mailto:pheffernan@heliosrecovery.com)



### JESSE HEFFERNAN RCP

**Co-Owner / Consultant & CCAR Core Trainer - He/Him/His**

Jesse Heffernan is a Recovery Coach & consultant with long-term substance use and mental health recovery. He lives in WI with his wife and 4 children, enjoying all things in geek culture, disc golf, and coffee. It is his belief that Recovery is a process of moving from surviving to thriving as a whole person.

He has had the privilege as a person in recovery to serve on several coalitions and grassroots nonprofits as an advocate for implementation of a culturally intelligent, recovery-oriented continuum of care.

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## SERVICES & TRAINING

### **Exploring New Approaches: Healing Centered Engagement** CCAR RCP APPROVED

This workshop will focus on the shift from the term “trauma-informed care” as it does not encompass the totality of one’s experience and focused only on harm, injury, and trauma. Current formulations of trauma-informed care presume that the trauma is an individual experience, rather than a collective one. Based on the article from Shawn Ginwright Ph.D. entitled “The Future of Healing: Shifting From Trauma-Informed Care to Healing Centered Engagement”, this workshop will provide tools for an approach that allows practitioners to approach trauma with a fresh lens that promotes a holistic and cultural view of healing from traumatic experiences and environments. This approach is called Healing Centered Engagement.

### **Addressing issues of Cultural Humility**

Cultural humility is the lifelong process of learning, self-examination & refinement of one’s own awareness, knowledge, behavior, and attitudes on the interplay of power, privilege and social contexts. Cultural humility is a more accurate representation of the process of constant reflection and change that takes place when learning about the ever-changing culture.

### **Intro to Servant Leadership & Emotional Intelligence and their role in Recovery** CCAR RCP APPROVED

This workshop will explore the components needed to build a culture of serving others first and exploring one’s identity and relationship with their emotions. Through interactive discussions about emotional maturity, leadership development and appropriate use of one’s experience to advocate for change, participants will walk away with an increased ability to build a thriving recovery culture.

### **Recovery Empowered Language**

Participants will learn how the language that is commonly used in treatment and recovery has negatively shaped public perception and alternative terminology that the field could employ. This workshop offers strategies that can be used within their programs and in the community to encourage a more person-centered mindset about addiction and recovery.

## Finding our Voices in ROSC

This workshop will introduce how A Recovery oriented System of Care or ROSC coordinates on-going supports for people in or seeking recovery from substance use disorder or mental health challenges. We will discuss the broader range of support needed for people seeking multiple pathways to recovery that may otherwise not be available. It also puts the focus on empowering individuals to have input on what will help them get better.

## Non-Profit Vision/Mission Development

Every non-profit needs to know where they are going, and just as importantly, how they are going to get there. A nonprofit mission and vision (M/V) statement can describe your organization's fundamental, unique purpose to the community, help donors understand who you are, and determine the scope of programming. In addition to providing clarity and purpose, a solid M/V can motivate your staff, board, and volunteers as well. This workshop will offer a primer in mission/vision planning and construction and next steps in the process.



## Organizational Re-Branding

User experiences and branding are not a topic discussed in the recovery support services field. How do we know what our community and clients need or what they search for when looking for help. From exploring the process of finding your organization to engagement and ultimately participation, we will look at ways to integrate modern approaches into your company's historical culture.

## Harm Reduction & Recovery Coaching

Recovery Coaching a Harm Reduction Pathway® comes just in time for a new phase in recovery coaching development alongside a swelling harm reduction movement across North America. A handful of leaders in both the peer recovery supports and harm reduction movements collaborated to bring this curriculum to its current form. RCHRP utilizes adult learning theory concepts and modalities to address knowledge, attitudes, practices, access to resources, and coaching skills. As this training explores sensitive topics, its design and delivery are highly trauma informed. Each class becomes a safe place for self-examination and practice from the outset.



# Helios Recovery is proud to be able to offer all the Connecticut Community for Addiction Recovery training menu:

## CCAR Recovery Coach Academy

The CCAR Recovery Coach Academy© is a 5-day/30 hr intensive training academy focusing on providing individuals with the skills needed to guide, mentor, and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. This training includes core competencies for recovery coaches with additional training on ethics, boundaries, medication-assisted treatment, gambling, and more. Recognized nationally as the original and leading recovery offering of its kind, CCAR's Recovery Coach Academy© is an innovative new approach to healing people's lives that is unlike any other training.

This training is approved by NAADAC and accepted nationally at most certification boards including IC&RC Member boards, we do encourage participants to check with their local board prior to signing up for any course.



## CCAR Ethical Considerations

Recovery coaching as a peer-to-peer recovery support services has grown exponentially over the past few years. The issue of ethical considerations has been discussed in many circles, yet formal training has been lacking. This two-day training addresses this critical need. Using presentations, small group work, and role play many areas will be addressed including defining the coaching service role and functions, coaching standards, issues of vulnerability, ethical decision making, performance enhancement, and legal issues.

## Professionalism for Recovery Coaches

With a greater need for skilled coaches to work in various professional settings, such as hospitals, treatment facilities, police stations, and court systems this training provides coaches with a high level of professionalism so they may easily assimilate into these new exciting employment opportunities.

## Spirituality and Recovery Coaching

The purpose of this session is to help participants understand what spirituality is and how you would help someone in their own process of discovering spirituality. This two-day course will help you explore your own beliefs and values as it comes to spirituality. This training will provide you with the tools and resources needed as a recovery coach so you can speak about spirituality in a way that is accepting of others.

## Emergency Department Coaching

Recovery Coaching continues to gain momentum throughout the country, and with good reason. Recovery Coaches can, and do, connect people to long term and sustained recovery. Because of this, more and more, coaches are being utilized in a variety of settings, including doctors offices, police stations, drug courts, treatment centers, and most notably Emergency Departments. The need for skilled coaches who can easily adapt and work in a fast-paced ED setting is growing exponentially. This course prepares participants for the challenging and rewarding role of a Recovery Coach in the Emergency Department.

## Coacher-Vision

Recovery coaching is growing as a profession due to its effectiveness in not only helping people find recovery but staying in recovery. We see coaches deployed in a wide variety of settings and as such, coaches are supervised by a wide range of positions...and not everyone who is overseeing the coaches understands fully the unique nature of the role. Based on the concept of "coaching coaches", this workshop will provide participants with an understanding of how to best support coaches day-to-day and develop coaches for long-term success.



# JUSTICE & EQUITY STATEMENT

Helios Recovery Recognizes that the drug war and antiquated punitive addiction treatment methods have created disempowering iatrogenic experiences and services. This experience is especially true for Black, Indigenous, People of Color (BIPOC)/LGBTQQIA+ and other abled people's bodies, minds, and spirits.

We are committed to developing and providing culturally responsive, attuned, aligned recovery supports to create a collective path forward to challenge racial/gender/orientation/ability privilege culture, and the devastation it has wrought inside and outside the recovery community.

# OUR PROJECTS AND CLIENTS

## NAMI CHICAGO PEER LEADERSHIP TRAINING CURRICULUM DEVELOPMENT

Together with team members of the NAMI Chicago Recovery Services Team, Helios built and delivered a 2 day 16 hour Peer Leadership Training. The outcome included meeting core competencies identified by the client and preparing current and future team members with introductory skills and concepts to move into the Peer workforce

### The Voices Project: Mobilize Recovery Conference

Coordinated application process, speakers, and conference logistics for 2019 Mobilize Recovery, a Facebook Community Leadership initiative in Las Vegas, NV.

### Marshfield Clinic : AmeriCorps Recovery Corps Program

peer engagement model called Recovery Corps to former Congressman Reid Ribble resulting in a collaboration with Marshfield Clinic and applying for a national AmeriCorps grant to receive funding. This program is now in its 2nd year.

### ThedaCare Health System

Coordinated and led 3 strategic planning sessions for Thedacare of Waupaca County resulting a 5 Pillar Coalition to address substance abuse and recovery objectives and initiation.

### WI Recovery Advocacy Events

Co-Lead planning and coordination for the 2019 & 2022 Recovery Alignment Days in Madison WI bringing in 150 participants, having 3 of 5 legislative priorities introduced and official Governor Proclamation.

## OTHER CLIENTS:

- ▶ Connecticut Community for Addiction Recovery
- ▶ The Privilege Institute
- ▶ Metro Drug Coalition
- ▶ Sauk County, WI
- ▶ Telehealth Recovery Network
- ▶ Opioid Response Network
- ▶ PAARI – Police Assisted Addiction Recovery Initiative
- ▶ Prevention First
- ▶ Life House

## AFFILIATIONS:

- WI LGBT Chamber of Commerce
- CCAR International Association of Recovery Coach Professionals
- Same Here Global Advocate Alliance

# TRAINING AND CONSULTATION COSTS

## Helios Consultation Services \$100 /hr

- ▶ **Planning:** Includes program review, material gathering, and client consultation.
- ▶ **Research:** Includes organizational background research and needs assessment.
- ▶ Targeted Outreach Planning & Online Event Planning.
- ▶ **Program Review:** Includes recommendations, review, and edits.
- ▶ **General Consultation:** Includes review, recommendations, and research for project.

## Webinars & CCAR Training

- ▶ Half Day workshops \$500 / \$200 set up
- ▶ Daylong Training \$1000 / \$500 set up

(Additional cost may include travel, materials, etc..)

**Payment:** There will be a minimum down payment of half payment and set up fees prior to the training. The remainder will be invoiced and due within 30 days after the training. Webinars will be invoiced after completion and due within 30 days.

For additional pricing information, please contact us at:

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## HELIOS RECOVERY OFFICIAL TA PROVIDER

Helios Recovery is a qualified organizations that can provide consultation from either the Opioid Response Network or the Peer Center of Excellence.

Organizations can complete a TA request form and within 24 business hours, a technology transfer specialist for your state/region will respond to obtain more information from you about your request.

For more information please visit [www.heliosrecovery.com](http://www.heliosrecovery.com)

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# HELIOS HEURISTIC

## ABOUT

Helios Heuristic is a recovery coach wrap around program at the intersection of child welfare and substance use disorder. Our coaches have unique experience in navigating the maze of child services, the legal system, and treatment recovery services.

Our coaches have valuable insight and experience in the social, emotional, financial, legal, and practicality barriers of working with child welfare while trying to recover from substance use disorder.

Our coaches are parents who have been through the child welfare system and are in substance use recovery themselves. These individuals been reunited with their children, or have gone through with the termination of parental rights process. Our coaches have gone through a rigorous list of trainings in order to inspire hope to those currently tangled up in the child welfare system.

By connecting through lived experience, and having extensive knowledge of the local resources available to our recoverees we are able to cut the separation time of families down by, on average, half. This allows children to see their parent grow, and they can journey through the recovery process together in order to start the healing process for all involved.

## MISSION

Our Mission is to reduce the number of Children in foster care through early intervention, education, and providing wrap around service to families affected by substance use disorder.

## VISION

To create a world where substance use disorder is the fault of the afflicted and families recovery together.



## VALUES

- ▶ We lead with experience, integrity, transparency and flexibility
- ▶ We meet those affected by substance use disorder with understanding, empathy and respect
- ▶ We invite families to embrace their own power by giving them the tools and support to advocate for themselves
- ▶ We offer families unrelenting compassion, care, connection and resources



**This organization is passionate & energetic about moving the profession of addiction treatment & the recovery continuum forward in a just & effective manner. Instills hope & demands action**

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