

The Illinois Department of Human Services/Division of Mental Health will be offering **Certified Recovery Support Specialist (CRSS) Fundamentals Training** designed for people to develop and enhance skills for relating, listening, and learning with and from others while working in the recovery support profession.

The training is **FREE**. Lunch is on your own.

LOCATIONS/DATES:

- South: March 12 Mt. Vernon – Mt. Vernon Convention & Visitor’s Bureau
- Central: March 19 Springfield – Memorial Center for Learning & Innovation
- North: March 25 Chicago – Thompson Center

WHO SHOULD ATTEND:

- Persons interested in the recovery support profession
- Persons who are new to the recovery support profession
- Persons desiring to enhance their skills in the recovery support profession
- Agency personnel interested in starting a recovery support program
- Supervisors and other agency staff who desire an enhanced understanding of the recovery support profession

LEARNING OBJECTIVES

WHAT YOU WILL LEARN AND PRACTICE:

1. Recognize foundational recovery terms and practices
2. Practice offering hope through positive self-disclosure
3. Develop skills for relating, listening, and learning with and from others
4. Identify ethics of self-disclosure and boundaries as they relate to working as a recovery support professional
5. Utilize the foundational principles of wellness as a framework for goal-setting
6. Recognize opportunities for effective utilization of supervision