



CARES Academy Pre-Training Assignments

To maximize learning and to prevent you from having “homework” during the training week, please complete the following before the CARES Academy. The list includes a book, several articles, and some inventories and other exercises that we will review on various days of the training. The pre-training materials (except “*What’s right with you*” and the Implicit Association Tests) are available for downloading and printing at the Georgia Council on Substance Abuse website’s CARES page: www.gasubstanceabuse.org/CARES/index.htm.

If you are unable to open the files, install the free Adobe Reader on your computer by clicking <http://get.adobe.com/reader>.

1. *What’s right with you* (Duncan). A copy is mailed to each Academy participant. Also available at www.whatsrightwithyou.com or www.heartandsoulofchange.com.
2. *Relapse is not part of recovery* (White). Also available at www.williamwhitepapers.com.
3. Understanding of Alcoholism Scale (Moyer & Miller). Approximately 25 minutes.
4. CARES Core Skills Self-Assessment. Approximately 25 minutes.
5. Recovery Capital Scale and Plan (White). Adapted from the version available at www.williamwhitepapers.com.
6. Complete at least two of the Implicit Association Tests **by clicking on “Demonstration”** at: <https://implicit.harvard.edu/implicit>. Approximately 10 minutes per test.
7. *Talking about recovery* (FAVOR). Also available at www.facesandvoicesofrecovery.org.
8. *Advocacy with anonymity* (FAVOR). Also available at www.facesandvoicesofrecovery.org.

