

C *recovery* COACH

Peer Support For Addiction Recovery



Recovery Gives You What Addiction Promised!

A RECOVERY COACH is a member of the recovery community who is in a recovery program or recovery way of life.

A RECOVERY COACH is able to summarize the positive effects of his/her recovery experience.

A RECOVERY COACH empowers individuals to develop recovery beliefs and improve lifestyles!

12/15/17

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RECOVERY COACHING FACTS - 1

- 1 Recovery Coaching helps individuals stay in recovery.**

Recovery Coaching is a new and successful type of recovery support and recovery advocacy. Recovery Coaches are especially helpful in providing support to those leaving treatment.
- 2 Recovery Coaches make recovery easier.**

Recovery Coaches are trained recovery partners who are willing to work with those in all stages of recovery - helping to promote life satisfaction, problem solving and healthy recovery decision making.
- 3 Including a Recovery Coach in recovery may be the best support.**

Recovery Coaches are really practical, useful and fun. Recovery Coaches help individuals stabilize their recovery before working on the past. In addition, Recovery Coaches help those they support find community resources and support in the recovery community. Examples of problem solving success includes: (1) What to say to friends; (2) How to get a job; and (3) How to get along with family members. Note: Serious issues like flashbacks and ongoing depression situations work best with therapist support/treatment. Recovery Coaches are not counselors or nurses.
- 4 A Recovery Coach is different than a therapist.**

Therapists often work with clients on childhood issues and why a person in recovery is 'stuck' and not making progress. Recovery Coaches do not work with individuals on their past issues. Instead, Recovery Coaches do work with those they support on how their life is now and how they would like it to be relating to: HEALTH, WORK, RELATIONSHIPS, FINANCES, etc. Recovery Coaches ask 'what' and 'how' questions to create goals and plans. Note: Recovery Coaches and therapist work well together.



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RECOVERY COACHING FACTS - 2

5 **A Recovery Coach is different than a sponsor.**

Sponsors are volunteers who help others work the 12-Step Program in order to stay 'clean and sober'. Recovery Coaches are paid and highly trained professionals. Sponsors focus on the steps, fellowship and traditions by suggesting the recovery person what to do in order to recover. Recovery Coaches ask those they support how they want to pursue recovery. Recovery Coaches support multiple pathways to recovery.

6 **Recovery Coaching is about enjoying life.**

Recovery Coaches believe people who enjoy life in recovery are more likely to stay in recovery. Recovery Coaches help others find strengths and utilize strengths resulting in more life satisfaction. Recovery Coaches do not think of those they support as powerless or diseased; instead they view those they help as creative, resilient and resourceful.

7 **Recovery Coaches support those who relapse.**

If and when a person relapses (returns to using patterns) Recovery Coaches continue to provide support as long as they believe they can be of help. Recovery Coaches ask individuals who relapse what they learned and help them make a plan of action so the relapse does not happen again.

RECOVERY COACHING GOALS -

- Promote recovery
- Remove recovery barriers, obstacles, roadblocks
- Connect people with recovery support services
- Encourage hope, optimism, empathy and healthy living

ROLES OF A RECOVERY COACH

Motivator

Ally and Supporter

Truth-Teller

Lifestyle Consultant

Resource Broker

Friend

Community Organizer

Problem Solver

Role Model

Advocate

Companion

Confidant

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RESPONSIBILITIES OF A RECOVERY COACH

- *interested in promoting recovery by serving as a personal guide and mentor*
- *helps remove personal and environmental obstacles to recovery*
- *consistently links the newly recovering person with the recovering community*
- *develops recovery companionship for those seeking or sustaining recovery*
- *utilizes strategic use of their own story*
- *focuses on present - plan of action for today*
- *minimizes power struggles*

SERVICES PROVIDED BY A RECOVERY COACH

Transportation to recovery meetings
Job Search support
Assist peers into treatment
Makes referrals
Support at court hearings



PARTICIPANTS IN LOCAL RECOVERY SUPPORT SERVICES

- 1 Adults with substance abuse issues in Dickinson County
- 2 Adults who suspect they may have a substance abuse problem
- 3 Adults in all stages of recovery
- 4 Those in recovery who are referred by service providers
- 5 Self referrals
- 6 All individuals who have a willingness to recover
- 7 Those in recovery from all socio-economic situations - services are free

The Dickinson County Recovery Coaching Program is offered by Child and Family Services of the UP with funding provided by the Pathways/NorthCare Network

FOR MORE INFORMATION - Contact Agencies Below



NorthCare Network
906-225-7254



Child and Family Service of UP
906-228-4050