



# **Module 1: Recovery Coaching/ Mentoring as Part of a Recovery Oriented System of Care**

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# Module 1: Outline

- Introductions
- Define Recovery Coaching
- Explain Recovery Coaching Process
- Discuss Recovery Oriented System of Care
- Discuss roles, competencies and support categories
- Discuss ethical issues and considerations
- Recap and preview future modules.



# Introductions

- State your name
- State why you decided to take this training
- Please introduce someone that you don't know

# Active Listening


- **Verbal Cues**
  - What is being said between the lines
- **Non-Verbal Cues**
  - What does the body language tell you
- **“I” Messages**
  - Express personal concerns
  - Allow for assessment and referral to proper referral source.

# Recovery Process

- **Stages of Change Theory**
  - Pre-contemplation -unknown
  - Contemplation-known
  - Determination-preparation
  - Action- ready for change
  - Maintenance (maintain change or relapse could occur at this stage).
- **Three Continuums of Care**
  - Pre-recovery support services
  - In-treatment recovery support services
  - Post treatment recovery support services

# Recovery Oriented System of Care

- Is designed to offer continuous (life-time) care and support to address the gap in treatment capacity by providing support during, pre treatment, In-treatment, and post treatment .
- Often identified as a “Consumer-Driven System of Care” (CSAT, 2009).



## 12 Guiding Principles of Recovery Oriented System of Care

1. There are many pathways to recovery
2. Recovery is self-directed and empowering,
3. Recovery involves a personal recognition of the need for change and transformation,
4. Recovery is holistic,
5. Recovery has cultural dimensions,
6. Recovery exists on a continuum of improved health and wellness,

## 12 Guiding Principles Cont.

7. Recovery emerges from hope and gratitude,
8. Recovery involves a process of healing and self-redefinition,
9. Recovery involves addressing discrimination and transcending shame and stigma,
10. Recovery is supported by peers and allies,
11. Recovery involves (re)joining and (re)building a life in the community, and
12. Recovery is a reality (CSAT, 2009).



**I'm tired  
I need a break,  
what about you?**



# Recovery Coaching

## What is a Recovery Coach?



**THAT IS THE  
MILLION DOLLAR  
QUESTION**



# Recovery Coaching Defined

- Recovery coaching also known as self-help, mutual support groups, or peer recovery support guide, fire-starters, and peer resource specialist are “nonprofessionals” that serve as a support to individuals or groups in recovery or to family members and friends usually on a one-on-one basis or in a group setting that is part of a recovery-oriented system of care approach (CSAT, 2008; CSAT, 2009).

# What Type of Recovery Coach are You?

- Peer Leader,
- Emotional Support,
- Informational,
- Instrumental,
- Affiliational,
- Transportational (GSU, nd).



# RECOVERY COACHES

ROLES, COMPETENCIES AND SUPPORT  
CATEGORIES



# Recovery Initiatives

## 1) Access to Recovery (ATR)

- Partnership, alternative programs (Faith –Organizations and Criminal Justice Field) (CSAT, 2007).

## 2) Screening, Brief Intervention, and Referral to Treatment (SBIRT)

- Partnerships, access to medical services (Medical institutions) (CSAT, 2007).

## 3) \*Recovery Community Service Programs (RCSP)\*

- Provided since 1998
- Grants to peer-based recovery support
- Services provided by recovery coaches
- In natural habitat on a continuum (CSAT, 2007).

# Type of Recovery Coach Defined

- Peer Leader
  - “In stable recovery” (CSAT,2009, pg .3 ).
- Emotional Support
  - “Bolsters self esteem and confidence” (CSAT, 2009, p.3).
- Informational
  - Resource person (CSAT, 2009).
- Instrumental
  - Manages task to completion (CSAT, 2009).
- Affiliational
  - “Facilitate contacts with others for skills and support” (CSAT, 2009, pg. 3).



**What is the role of  
the Recovery  
Coach?**

# 11 Roles of the Recovery Coach

- Motivator and cheerleader
- Confident
- Truth teller
- Role model
- Problem solver
- Resource broker
- Community organizer
- Lifestyle consultant
- Advocate,
- Friend,
- And Sponsor (GSU, nd)

**What does it take  
to  
be a  
Recovery Coach?**



# Competencies

- **Advocacy,**
- **Knowledge of available resources,**
- **Knowledge of Oriented System of Care,**
- **Awareness of recovery barriers in the natural setting,**
- **Appropriate engagement in the natural environment,**

# Competencies Cont.

- Cultural awareness beliefs,
- Limitation in knowledge,
- Appropriate steps during a crisis,
- How to partner with treatment facilities,
- How to provide other forms of recovery support (CSAT, 2009).

**Where do you see yourself in  
the support category?**

**\*Emotional support**

**\*Informational support**

**\*Instrumental support**

**\*Affiliational support**

**\*Transportational support**

# Ethical Considerations

- 1) Clients right to self-determination,
- 2) Non-Malice,
- 3) Justice and Fairness,
- 4) Fidelity,
- 5) Individualization,
- 6) Clients have a right to receive supportive services,
- 7) The Clients is the director of his or her plan,
- 8) Help Seeking,
- 9) Boundaries (GSU, nd).



# RECAP

- Recovery Process
- Recovery Oriented System of Care
- Recovery Coach
  - Role
  - Competencies
  - Support
- Ethical Considerations
- Future Modules
- Closure



# Module 2 Preview

- Module 2 is Understanding Addiction, Recovery and Recovery Oriented Systems
- Will further discuss the process of addiction and recovery and explain in detail the different aspects of the Recovery Oriented Systems.



# References

Center for Substance Abuse Treatment. (2008). An Introduction to Mutual Support Groups for Alcohol and Drug Abuse. *Substance Abuse in Brief Fact Sheet*, Volume 5, Issue 1. Rockville, MD: Substance Abuse and Mental Health Services Administration.

Center for Substance Abuse Treatment. (2009). What are Peer Recovery Support Services? *HHS Publication (SMA) 09-4454*. Rockville, MD: Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

Illinois Division of Alcoholism. (nd). Recovery Coaching /Mentoring as Part of a Recovery Oriented System of Care for Individuals and Families in Recovery. Governors State University, University Park, IL.

