

A Playbook for Recovery Coaching

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Recovery – A Provisional Definition

- **Sobriety – Abstinence from alcohol and all other non-prescribed drugs**
- **Improved quality of life for self and others as measured by the following six domains:**
 - **Physical**
 - **Psychological**
 - **Independence**
 - **Social**
 - **Environment**
 - **Spiritual**

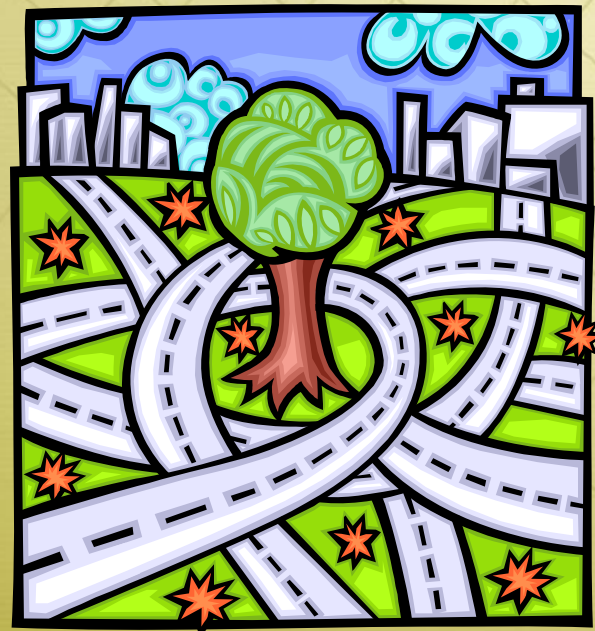
Bonomi, A.E., Patrick, D.L., Bushnell D.M., & Martin, M. (1999). Validation of the United State's Version of the World Health Organization Quality of Life (WHOQOL) Instrument. *Journal of Clinical Epidemiology*, 53 (2000), 1-12.

Recovery – The Facts

- **Is a reality for millions of individuals and families**
- **Recovery is a voluntary process**
- **Recovery flourishes in supportive communities**
- **Recovery gives back (to individuals, families and communities) what addiction has taken away**
- **Substance use treatment (individual behavioral care) must move beyond emergency and palliative care to care oriented to promoting long-term recovery**

Paths to Recovery in Recovery Coaching

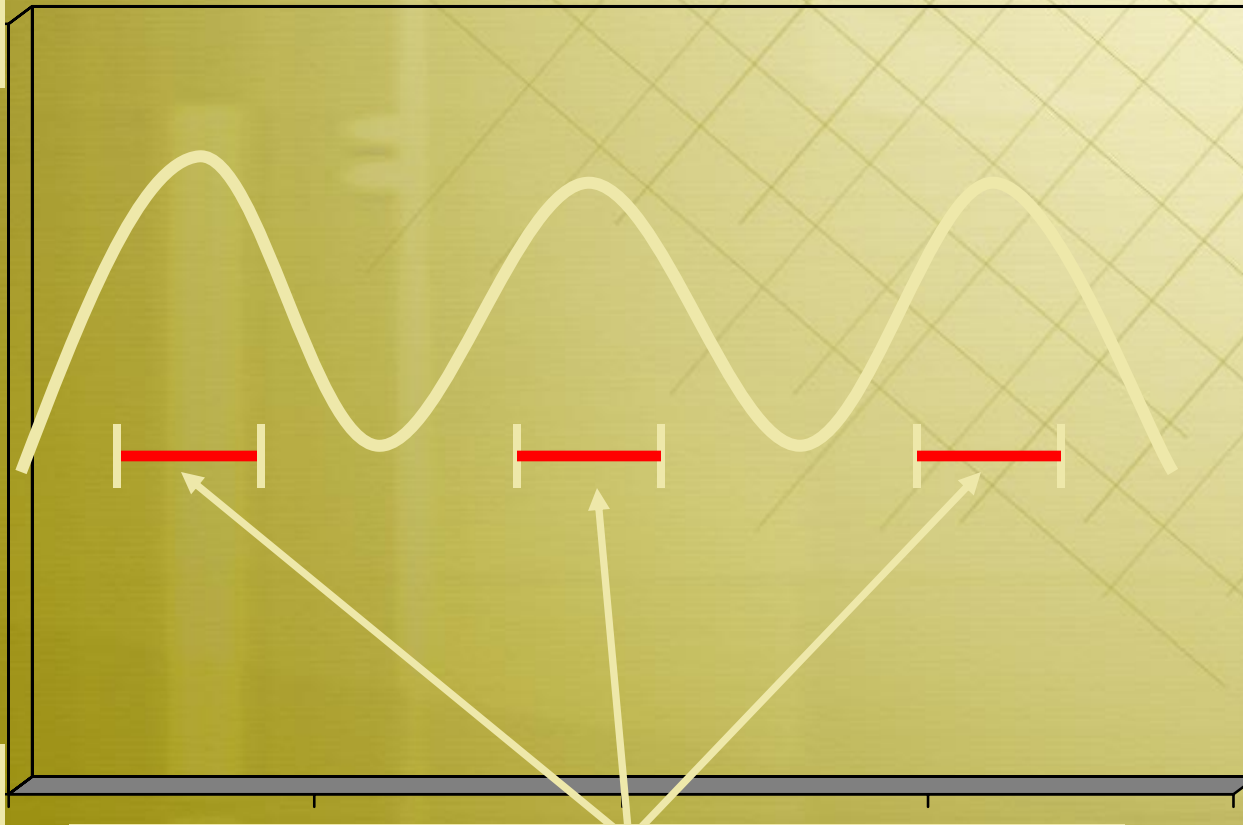
- There are many paths:
- Mutual Support groups
- Professional treatment
- Nontraditional methods
- Medical interventions
- Faith-based programs
- on your own
- and more



Current Service Response

Severe

Symptoms



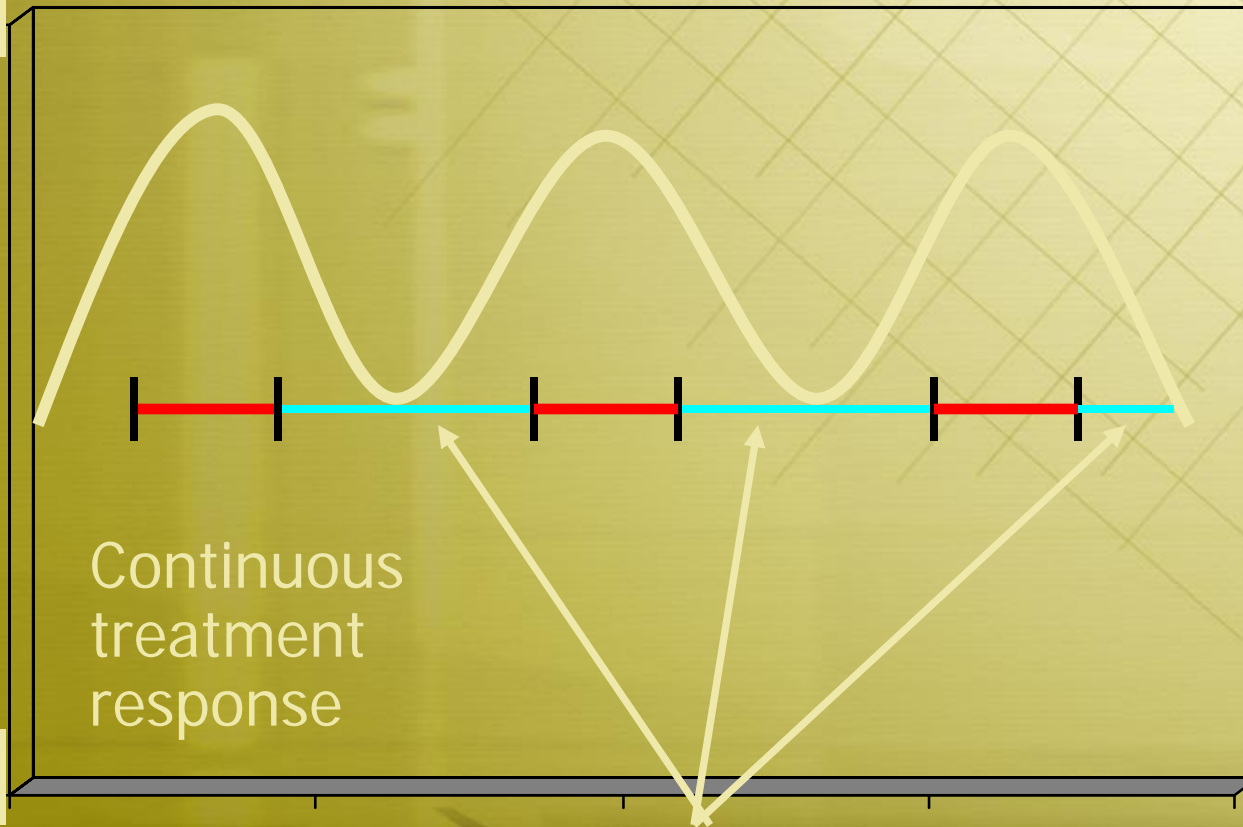
Remission

Acute symptoms
Discontinuous treatment
Crisis management

Recovery-oriented response

Severe

Symptoms

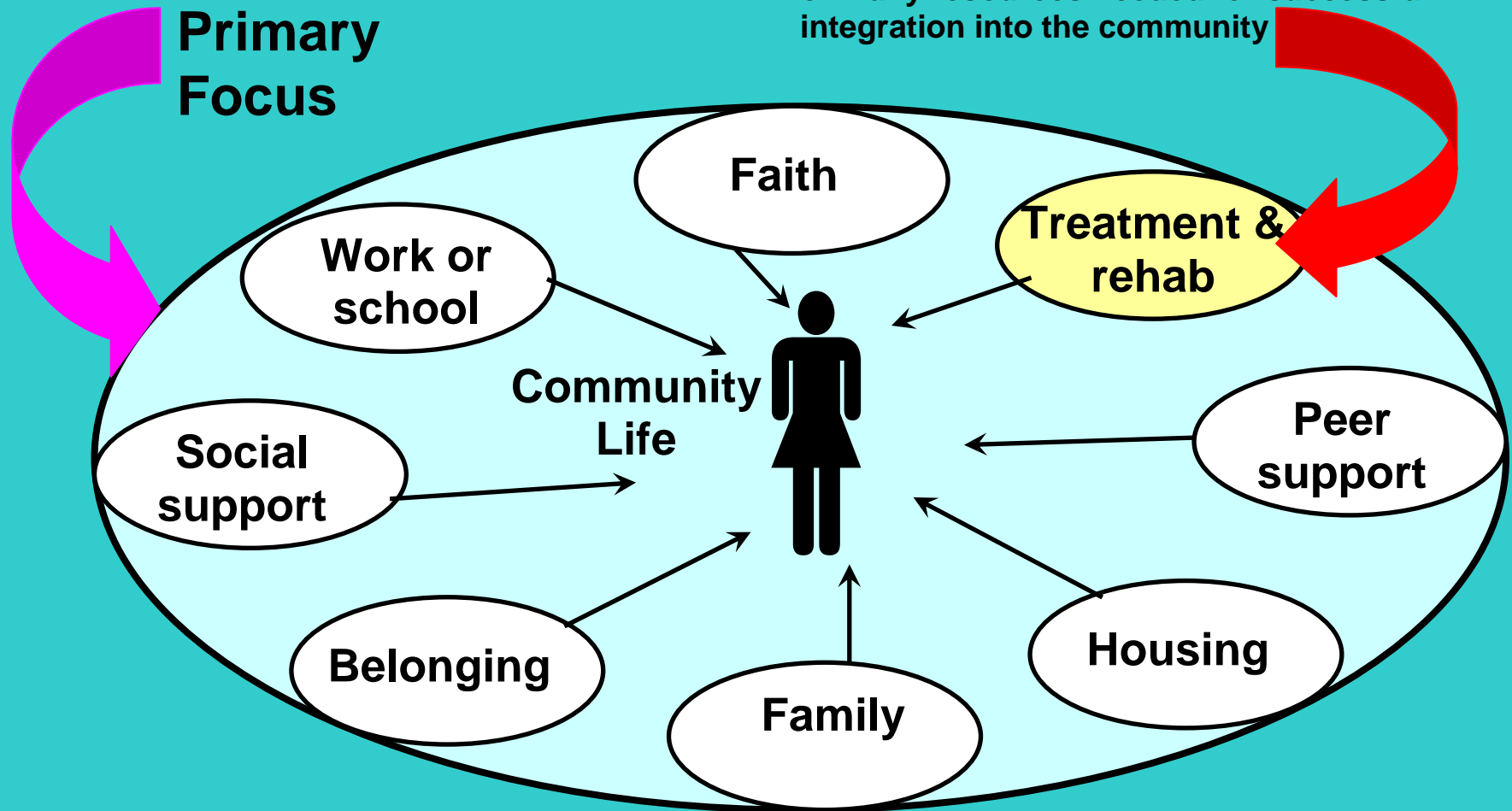


Remission

Promote Self-Care, Rehabilitation

Recovery-oriented System of Care

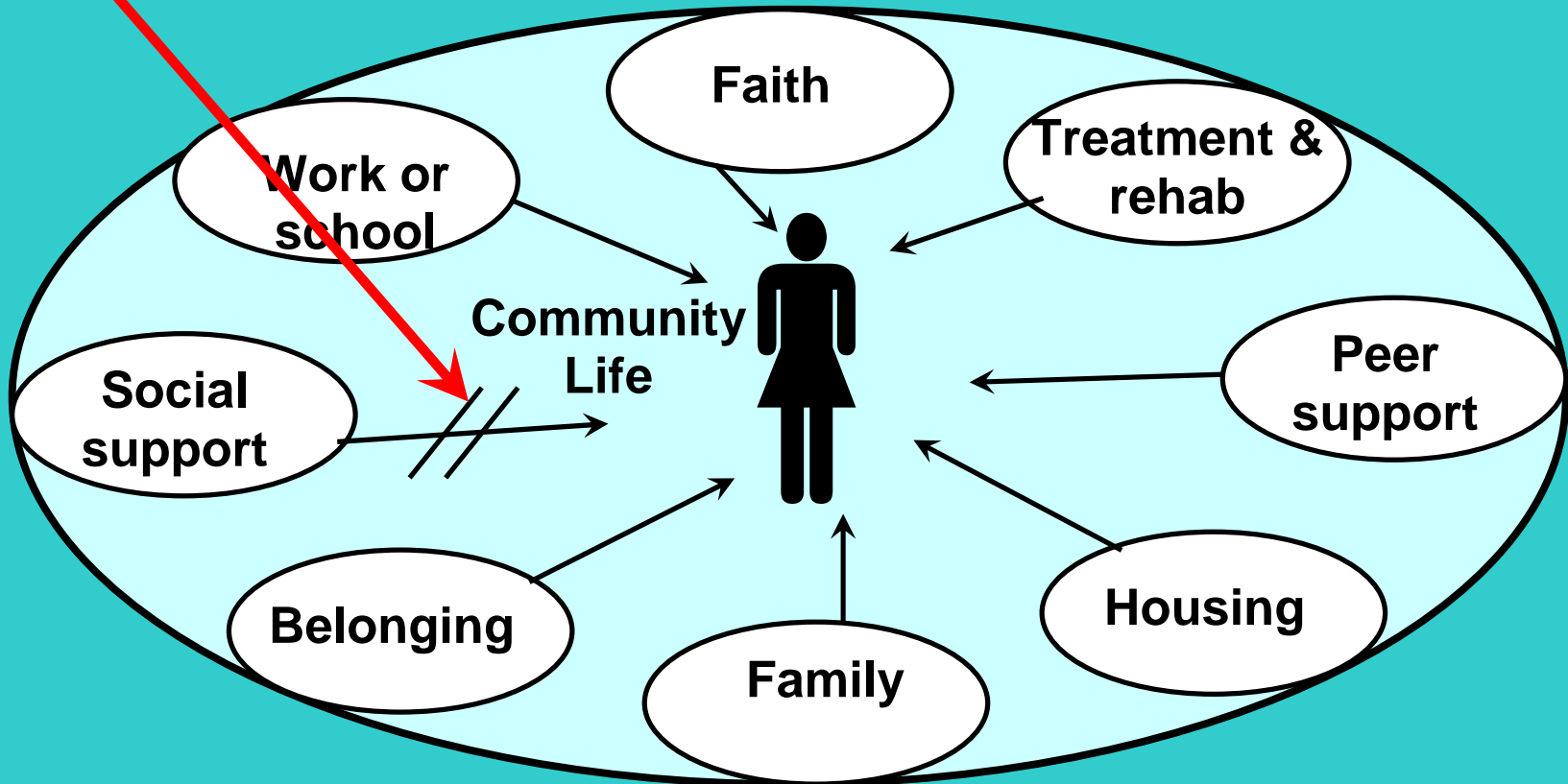
In the model, clinical care is viewed as one of many resources needed for successful integration into the community



Client's Risk and Resilience

What connections are not yet in place for this person and what needs to be done to establish or cultivate them?

For example



Who are the Recovery Coaches?

- **The legitimacy and credibility of the Recovery Coach springs from experiential knowledge and experiential expertise.**
- **This “credential” is bestowed only on those who have demonstrated their wisdom and skills as a recovery guide within the life of the community.**

Recovery coaching:

- **It is a staff position/responsibility**
- **It can be part-time**
- **Graduates**
- **Volunteers**
- **It a trainable role**
- **It is different from “sponsorship”**
- **May target different groups- veterans, re-entry, dual diagnosis, etc.**

Recovery coaching - the purpose:

- **ongoing contact (check-ups) and support**
- **stage-appropriate recovery education,**
- **Assertive linkage to communities of recovery**
- **active problem solving of obstacles to recovery.**
- **when needed, early re-intervention.**

Recovery coaching

- **Use of testimony/self-disclosure**
- **Self-disclosure has become increasingly discouraged in the addictions counselor role.**
- **It is an important dimension of the RC role.**

Recovery coaching

- **This does not explicitly require that all RCs be recovered or recovering.**
- **It does require that those filling this role know addiction and recovery from close proximity**
- **Some RCs may be professionally trained, but their authority comes not from their preparation but from their character, relationships, and performance within the community**

Recovery coaching

- **Core Competencies: Counselor vs Recovery coach**
- **Addiction Counseling include knowledge of addiction and skills to perform such clinically-oriented functions as**
 - **screening, assessment, treatment planning,**
 - **individual/group/family counseling, Clinical documentation and referral, etc.**

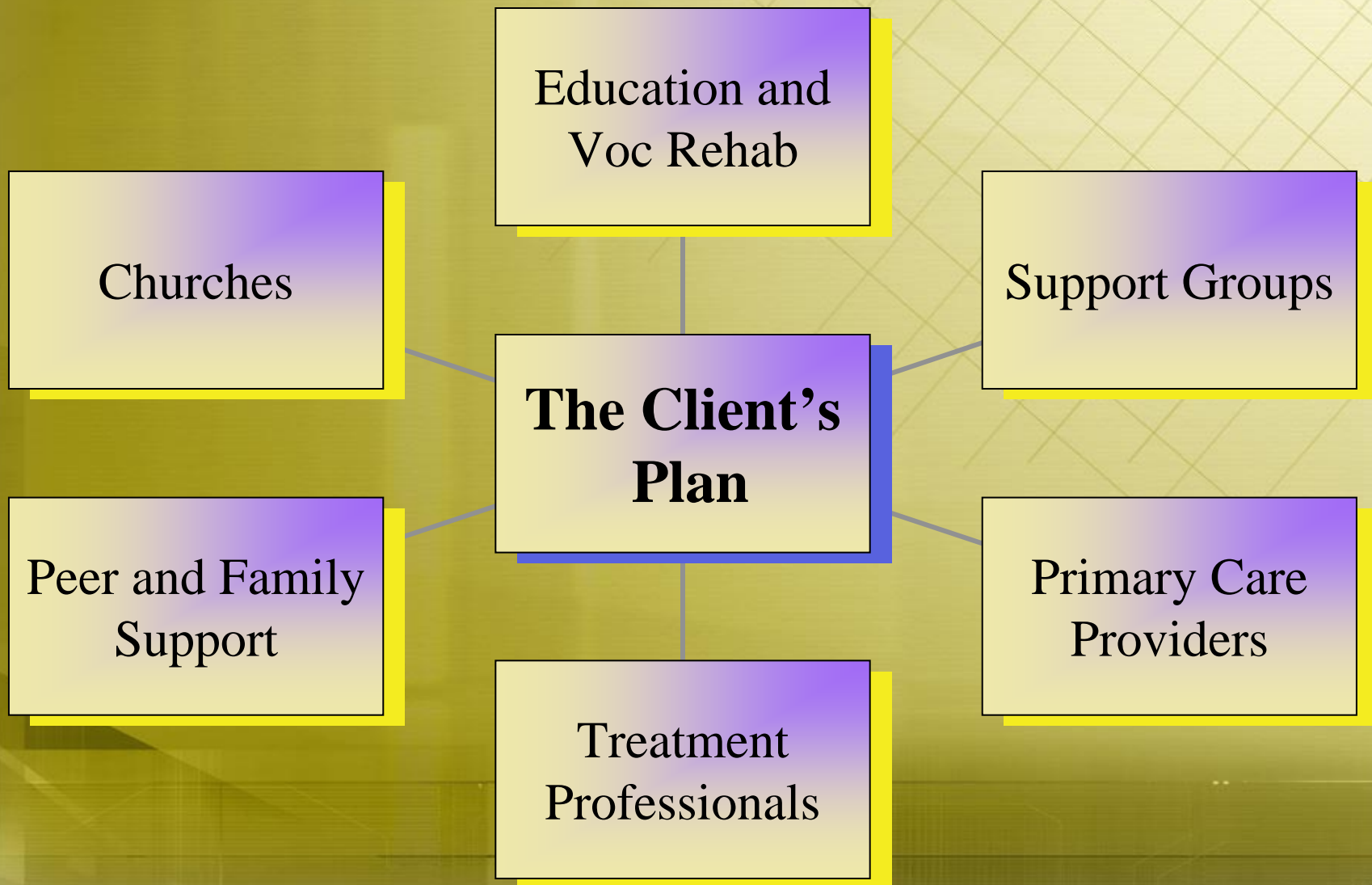
Recovery coaching

- **The core competencies of the RECOVERY COACH are**
- **a knowledge of the long-term recovery process for the client**
- **Indigenous (in the community) recovery support**
- **And these functions include**
- **crisis intervention**
- **client engagement**
- **Motivational enhancement**
- **linkage to treatment/recovery resources/case management**
- **recovery education**
- **client/family linkage to indigenous communities of recovery**
- **early re-intervention**

Recovery coaching: Duration of Contact

- **Length of Relationship: Where the addiction counselor has a relationship characterized by a clear beginning, middle and end**
- **the RC is expected to sustain contact with most clients following the completion of “program”**
- **...for months... even years!**

Recovery Support is about **THE CLIENT!**



Recovery coaching

- ***Ethics: Recovery Management***
- **COURSE DESCRIPTION**
- **Area: Ethics 15 hours Total: 15 Hours**
- **Skills: Ethical Responsibility (PER) 15 Hours Total: 15 Hours**

- **COURSE GOAL**

This course will be beneficial to both the individual who desires to work or is working as a Recovery Support Specialist or Recovery Coach, and to those individuals who are in positions of responsibility to plan, implement and supervise peer based Recovery Support Services.

The student will be given an overview of addiction treatment and why the need for Recovery Support Services (RSS) has arisen.

The history and future of RSS will be covered and will put the role of today's Recovery Coach in context.

Each student will become well acquainted with the concepts and models of ethical decision making and an awareness of the importance of these concepts will be established.

Recovery coaching

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- **Skills: Ethical Responsibility (PER) 15 Hours Total: 15 Hours**

- **LEARNING OUTCOMES**

- ***While completing Ethics: Recovery Management, the student will:***

- **1. Understand the trends in addiction treatment from which the Recovery Management model has emerged.**
- **2. Define what a Recovery Coach is and is not.**
- **3. Develop an understanding of ethical concepts relating directly to Recovery Support Services.**
- **4. Learn through a series of possible situations the best ethical routes to take.**
- **5. Be able to use a model of ethical decision making by applying it to simulated examples.**
- **6. Become familiar with legal issues specific to Recovery Support Services.**
- **7. Consider the merits and challenges of this newly emerging model of treatment.**

Recovery coaching

- *Recovery Management and Coaching*
- **COURSE DESCRIPTION**
- **Area: Addiction 15 Hours**
- **Florida: Application to Practice 10 Hours Professional Readiness 5 Hours**

- **COURSE GOAL**
- **To define what the Recovery Management model is and why it is necessary for addiction treatment today.**

- **The role of Recovery Coach will be defined in detail along with instruction on exactly what the client's needs are and how to meet them as well as the challenges of implementing new standards of Recovery Management in the traditional treatment setting.**

Recovery coaching

- ***Recovery Management and Coaching***

- **COURSE DESCRIPTION**

- **Area: Addiction 15 Hours**

- **Florida: Application to Practice 10 Hours Professional Readiness 5 Hours**

- **LEARNING OUTCOMES**

While completing Recovery Management and Coaching, the student will:

- **1. Understand how the Recovery Management model differs from the traditional acute care model and the challenges of implementing it.**
- **2. Discern the differences in both function and ethical considerations between the role of Recovery Coach and that of an addiction counselor or sponsor.**
- **3. Learn to use specific tools to engage clients in the recovery process while serving in the Recovery Coach role.**

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