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

CAROLYN ESTES-RODGERS, PHD (ABD), MHS, MPH, CHES

CHERYL MEJTA, PHD

NANCY BURLEY, MS
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 (lifetime) 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


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.