



Special Populations for Recovery Coaches

Raven James, Ph.D.
Addictions Studies
Governors State University
University Park, IL
rjames@govst.edu
www.draven.net

Overview


- ◇ This module will cover several special populations, including women, HIV+ clientele (and those at risk), LGBT issues, elderly, mental illness and disability
- ◇ Material will cover a variety of issues, including values clarification activities, terminology, theory, prevalence, relevance to addiction, and application of the material to the recovery coach
- ◇ Sensitivity training is a key component of this module and will be addressed through experiential learning activities
- ◇ Participants will come away with increased knowledge, skills and an understanding of how best to serve these populations



Consider your responses to the following questions:

- ◇ What led me to want to work with addiction/recovery issues?
- ◇ What were my first experiences with people who were different than me (LGBT, disabled, mentally ill, etc.)?
- ◇ What did I learn from my family about diversity and difference?
- ◇ What are my stereotypes and biases about individuals from other groups?





Common emotional roadblocks to cultural competence in recovery coaches:

- ◇ Feeling Guilty – “I could be doing more”
- ◇ Feeling Angry – “I don’t like to feel like I’m wrong”
- ◇ Feeling Defensive – “Why blame me, I do enough already”
- ◇ Feeling Turned off – “I have other problems in life”
- ◇ Feeling Helpless– “The problem is too big...what can I do?”
- ◇ Feeling Afraid – “ I am going to do something....I don’t know what will happen’

Recovery Coaching Considerations: Disabilities

Mentally Ill

<http://www.youtube.com/watch?v=nLseAvC8Heo&feature=youtu.be>

Disabilities consist of physical, sensory, cognitive and affective impairments





Figure 1-3 Disability Chart

<i>Category</i>	<i>Disability</i>
Physical	Spina bifida
	Spinal cord injury
	Amputation
	Diabetes
	Chronic fatigue syndrome
	Carpal tunnel
	Arthritis
Cognitive	Learning disability
	Traumatic brain injury
	AD/HD
Affective	Depression
	Bipolar disorder
	Schizophrenia
	Eating disorder
	Anxiety
	Posttraumatic stress disorder
Sensory	Blindness
	Deafness
	Visual impairment
	Hard of hearing

In-Class Activity

- ◇ What do we know about this group of people?
- ◇ What is known about your group in terms of SA?
- ◇ What biases and stereotypes do you hold about this group?
- ◇ What do we need to know to be effective in working with this group?



Disabilities

- ◇ Self care
- ◇ Mobility
- ◇ Communication
- ◇ Learning
- ◇ Problem solving
- ◇ Social skills
- ◇ Executive functions



Recovery Coaching Considerations for Women

- ◇ Relationships and the need for connection
- ◇ Influence of family
- ◇ Partner relationships
- ◇ Sexuality
- ◇ Pregnancy
- ◇ Parenting
- ◇ History of trauma
- ◇ Abuse





Recovery Coaching Considerations for Older Adults

Ageism

Lack of awareness

Clinician behavior

Comorbidity

Other barriers (transportation, shrinking social network, time, lack of expertise, homebound)

Recovery Coaching Considerations for LGBT people

Stage of sexual identity development

Coming out process

Social support

Stigma management

Internalized shame/homophobia



Free online resources

- ◇ Disabilities: <http://www.ncbi.nlm.nih.gov/books/NBK64881/>
- ◇ Women: <http://www.ncbi.nlm.nih.gov/books/NBK83256/>
- ◇ Older adults: <http://www.ncbi.nlm.nih.gov/books/NBK64419/>
- ◇ Adolescents: <http://www.ncbi.nlm.nih.gov/books/NBK64353/>
- ◇ LGBT: <http://store.samhsa.gov/product/A-Provider-s-Introduction-to-Substance-Abuse-Treatment-for-Lesbian-Gay-Bisexual-and-Transgender-Individuals/SMA12-4104>
- ◇ HIV: <http://www.ncbi.nlm.nih.gov/books/NBK64928/>

