

### Special Populations for Recovery Coaches

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#### 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'

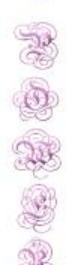


### Recovery Coaching Considerations: Disabilities





Disabilities consist of physical, sensory, cognitive and affective impairments





#### Figure 1–3 Disability Chart

Category Disability

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











- Communication
- Learning



Problem solving



♦ Social skills



Executive functions





## Recovery Coaching Considerations for Women

- Relationships and the need for connection
- Pregnancy

Influence of family

Parenting

- Partner relationships
- History of trauma

♦ Sexuality

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