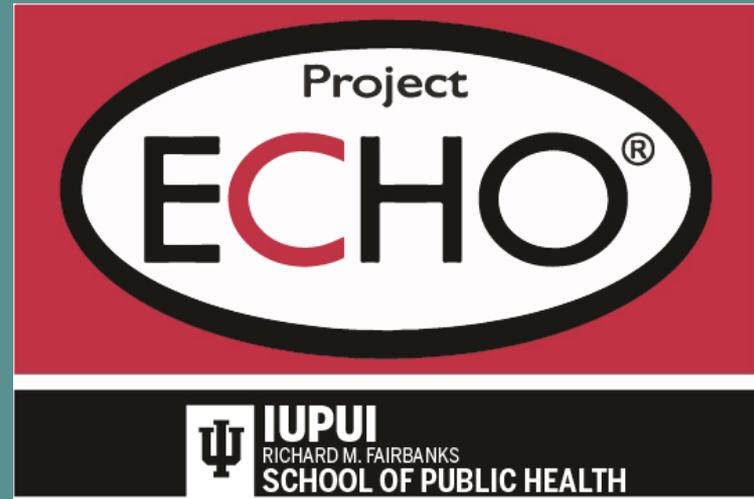


First Responders



The Importance of Peer Recovery Coaching

The Peer Model Historically

- The Twelve-Step Model
 - Alcoholics Anonymous
 - Narcotics Anonymous



“The therapeutic value of one addict helping another is without parallel.”

- The treatment of severe mental illness
- The treatment of medical illness such as diabetes
- In a 2007 World Health Organization meeting on peer support programs in diabetes, representatives from over twenty countries pointed out both that key aspects of peer support are generalizable across settings and that programs would have to be tailored to different settings, populations, and problems.

What is a Peer Recovery Coach

A Recovery Coach is someone interested in promoting recovery by assisting recoverees to identify and overcome barriers to recovery, develop recovery capital and serve as a recovery guide and companion for those seeking recovery.

Peer Recovery Credentialing

- Certified Addiction Peer Recovery Coach I & II (CAPRC)
- Community Health Worker/Certified Recovery Specialist (CHW/CRS)
- National Certified Peer Specialist (NCPS)
- National Certified Peer Recovery Support Specialist (NCPRSS)
- Certified Addiction Recovery Coach (CARC)

Certified Addiction Peer Recovery Coach

- Different Settings
- Populations
- Problems



Certified Addiction Peer Recovery Coach

Guiding Principles

- Self-Directed - What the person in recovery desires and wants, desires and can accomplish; not what the provider imparts to the person.

Guiding Principles

- Strengths-based- Focus on strengths, capacities, talents and skills
- Empowerment- Providing the tools needed to empower the person
- Basic Needs- Recovery is not possible without meaning, purpose, goals, housing, work, and personal development

Guiding Principles

- Hope- People do recover and change is possible
- Optimism- You can do it- many do
- Positive Self-Identity- Recovery focused not disorder focused
- Multidimensional Support- Emotional, informational, instrumental, and affiliation

Recovery Basic Premises

Recovery Premise 1: All individuals are unique and have special needs, goals, health attitudes, behaviors, and expectations for recovery.

Recovery Premise 2: Persons in recovery with mental illness, addictions, or both share similarities, however, management will require different pathways.

Recovery Premise 3: All persons shall be offered equal access to treatment and have the opportunity to participate in their recovery process.

Recovery Premise 4: The funding agency shall support a recovery oriented system of care that treats individuals according to their core values.

Recovery Coach Role

Motivator and Cheerleader

- Believes in capacity for change
- Motivates
- Encourages
- Celebrates



Ally and Confidant

- Loyal
- Cares for Recoveree
- Actively Listens
- Trustworthy
- Stable and Consistent

Truth-Teller

- Provides Honest and Helpful Information
- Offers Suggestions
- Helps to Identify Patterns of Behavior
- Does not Sugar Coat Things

Role Model and Mentor

- Offers their own life as an example of healthy living
- Shows how..... Walks the talk
- Provides stage-appropriate recovery information



Problem Solver

- Identifies potential problem areas
- Assists recoveree with problem solving
- Does not tell the person the right way but helps person with options
- Non-judgemental

Resource Broker

- Provides linkages to recovery community, treatment, and other supports
- Knows system of care and how to navigate the system
- Has established contacts and recovery partnerships in the community

Advocate

- “A” = Advocate for the recovering community
- “a” = Advocate for the recoveree
- Assists recoveree in the protection of their rights
- Acts as a representative for the recoveree when requested

Recovery Coach Role

- Community Organizer
- Lifestyle Consultant
- Friend and Companion
- An Equal



A Recovery Coach Is Not A.....

- Sponsor
- Counselor
- Nurse/Doctor
- Clergy Person



Four Goals of A Recovery Coach

- Promote Recovery
- Remove Barriers
- Connect recoverees with recovery support services
- Encourages hope, optimism, and healthy living

Importance of Peer Recovery Coaching

- The opposite of addiction is connection
- Lived Experience
- Empathy for current circumstances
- The ability to model a life of recovery

References

World Health Organization . Peer support programmes in diabetes: report of a WHO consultation, 5–7 November 2007 [Internet]. Geneva : WHO ; 2008