Recovery Coaches: Changing the Addiction Game

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A recovery coach is an individual in recovery who offers support and empowerment in a professional way by sharing their own experience and connecting individuals to treatment and recovery-oriented resources.

Recovery coaches are not sponsors, do not do the work for the individual, promote healthy boundaries and promote autonomy.
According to Ohio Mental Health and Addiction Services:

“Individuals with a direct lived experience of a mental health or substance use disorder who are in recovery are eligible to apply for the OhioMHAS Peer Recovery Supporter Certification. Interested individuals must:

- Completed an approved 40 hour in-person peer training
- Complete the approved 16 hours of E-Based Academy courses
- Pass the Ohio Peer Supporter Exam
- Submit a BCI Report.”

Recovery Coach Training Video (https://youtu.be/-bumYXEDHqk)
The Team Needs Strong Support From All Angles

The Outreach Team

- Assertive and outgoing team members with extreme passion
- Multiple people on team providing support to each other
- Consult and staff clients within team continuously
The Team Needs Strong Support From All Angles

The Agency

- 4 Supervisors over 6 team members
- Outreach is viewed as helpful to counselors
- Leaders have extreme passion for the field/Outreach
The Team Needs Strong Support From All Angles

The Networking Community
- Backing from the Mental Health and Recovery Board
- Backing from local Opiate Task Force
- Backing from funding sources
- Backing from other local agencies
- Backing from other local grassroots groups
The Team Needs Strong Support From All Angles

Backing From Community as a Whole

Churches
Schools
Parents
Law Enforcement
Hospitals
How To Develop Support

Tour facilities that you may be referring to along with getting to know the contacts

- Both in and out of county
- Multiple levels of care
- Dual diagnosis
How To Develop Support

Do true outreach by going out into community

- Visit hot spots (QRT)
- Talk with families
- Speaking to addicts in active use and early in recovery
How To Develop Support

Keep track of cases and show evidence of things working

Database

Notes

Following up with clients

Keep track, no matter how small - you never know when a seed may be planted.

EXAMPLE ONLY
How To Develop Support

Share Outreach’s team members stories of addiction with community

- Media
- Jails
- Institutions
- Support Groups
How To Develop Support

- Hold weekly meeting of entire Outreach Team and supervisors
- Hold routine meetings with referral sources to review pros/cons and have multiple team members attend
- Hold routine meetings with the community
The Importance of Community Supports Outside of your Treatment Center

- Allows a sense of community-within the team and within referral sources
- Allows ease of referrals and coordination of continuum of care
- Allows client to get best comprehensive assistance with resources
- Allows client to get the most individualized treatment/assistance
- Fosters a decrease in stigma with addiction
Boundaries

Training on boundaries is important

When do you step away from client/let go?

What times are you willing to work?

What hours are you willing to answer your phone?

Are you doing their recovery for them?
Boundaries

Set expectations of client from the beginning.

“Would I do this for every client?”

“Is this impacting me in a negative way by helping them?”

Promote autonomy

Team can hold each other accountable if too close to client.
Self-Care

Important to maintain your own recovery when helping others.

How long should you be clean before being a peer coach?

Mentorship/Personal Support

Comradery within the team/Consultation

Allow breaks in the day for team members
Other Reasons for Success

We combine most local grassroots groups, local agencies, and those with the passion to help those in active addiction to meet recovery in a local, neutral location once a week.

- We meet in person
- Allows us to network easier
- Shows willingness to collaborate
- No “us vs. them”
Other Reasons for Success