Idaho Recovery Coaching



What is recovery?

A process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential.

What is a Recovery Coach?

A personal guide and mentor for people seeking or in recovery. The Recovery Coach helps to remove barriers and obstacles, and links the recovering person to the recovery community.



What is required to become a Recovery Coach?

- ☑ 30 hours of training offered by DHW.
- ☑ A willingness to help and serve.
- ☑ It is encouraged that Recovery Coaches are people in recovery from alcohol or substance abuse.



WANT TO LEARN MORE?

Web:

RecoveryCoaching.dhw.idaho.gov

RecoveryCoaching@dhw.idaho.gov Call: (208) 332-7238.

Roles of a Recovery Coach

- Mentor
- Ally
- Role Model
- Motivator
- Problem
 Solver
- Resource Broker
- Advocate
- Community
 - Organizer

Who can be coached?

Adults and transitional aged youth with a chronic substance use disorder and/or substance use problem.

Expected Outcomes

- Success and quick turn-around in re-engaging the individual in treatment and/or recovery support following any episodes of drug or alcohol use or lapses in recovery.
- Decrease in substance use or cessation of returning to use.
- Decreased criminal justice involvement.
- Increased optimism that recovery is possible.
- Increased participation in community activities, natural supports, families.