



**191 Bank Street
Burlington, VT 05401**

802.861.3150

www.turningpointcentervt.org

Recovery Coach Program



Recovery Support Hours

9am – 5pm Daily

Programming Hours

Sun : 9:00am – 7:30pm

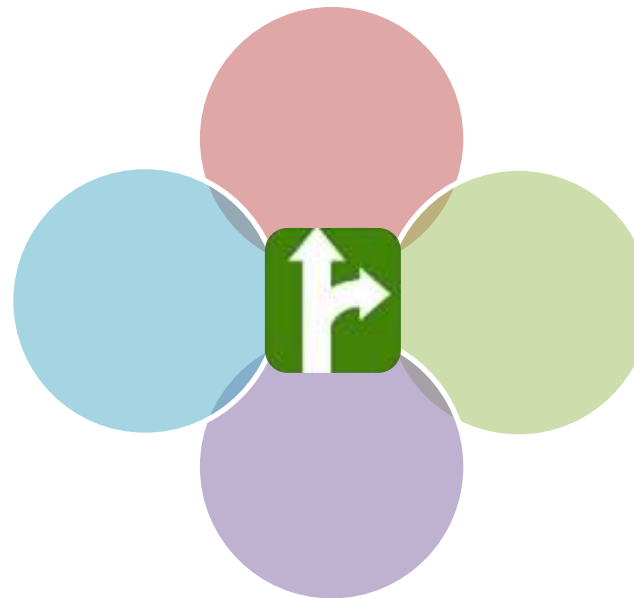
Mon – Wed: 9:00am – 9:30pm

Thurs – Sat: 9:00am – 11:30pm

A Coach IS:

- An Ally
- A Confidant
- A Motivator
- A Resource Navigator
- A Role Model
- A Mentor
- An Advocate
- A Solution Guide

The Turning Point Center of Chittenden County is a dedicated, compassionate community that provides recovery support services in a safe, substance-free environment for individuals and families on multiple paths to self-discovery and sustained recovery.



A Coach does NOT:

- Replace the role of a counselor
- Replace the role of a clinician
- Replace the role of a caseworker
- Provide Counseling, therapy, or treatment
- Diagnose
- Limit the scope of recovery to any particular method or means of recovery, but supports all paths to recovery.



A life free from addiction...

What would it look like?

What would it involve?

Recovery is a personal commitment

to reduce harm and repair the effects of addiction on the mind, body, and spirit.

A Recovery Coach can help

Do you have the tools for a successful recovery?
A Recovery Coach can help you

- create a path for your recovery
- define goals
- progress toward those goals

A Coach asks questions and listens.

You lead the way.

You decide what your recovery looks like.

Together, you and your Coach can explore what steps and services will help you succeed in recovery.

A Recovery Coach:

- Partners with you to shape your individual path to recovery
- Supports all paths to recovery
- Maintains confidentiality
- Clarifies the steps to reach your goal
- Identifies and removes barriers to recovery
- Connects you with a full range of peer support groups
- Supports positive change
- Provides encouragement and celebrates your success
- Works with people who have active addictions and people who are already in recovery

A Recovery Coach is a partner on your Journey to help you

- ◆ Find alternatives to addictive behaviors and reduce harm
- ◆ Find resources and navigate the human services system
- ◆ Identify, work on, and achieve life goals

Already have a sponsor or counselor?

Is there any benefit to working with a Coach if you have a sponsor or counselor? You bet! Each one supports you in a different way:

- A counselor provides professional support in a clinical setting based on formal education and a particular treatment philosophy.
- A 12-step sponsor provides recovery support and guides you through the steps based on his or her own experience. Sponsors rely on their beliefs and background with a particular recovery fellowship.
- A Recovery Coach is a partner who can help you define and achieve goals to further your recovery. A Coach provides support based on personal experience and training. Coaches are directly supervised and bound by confidentiality.

What about difficulties with...

Stable housing
Employment
Relationships
Childcare and transportation
Health and dental care

A Coach can help you connect with services such as: treatment, mental health supports, education, transitional housing, shelters, and food pantries.

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