

## What Is Recovery Coaching?

Recovery coaching is a person-centered, strengths-based support for people who suffer from their own or someone else's addictions. Recovery coaches are allies and mentors who view a person as being in recovery when that person begins to consider making life changes and evaluating the harmful effects of alcohol and drug use, codependency, or other addictive behaviors.

## What Recovery Coaches Do

- Ask powerful questions, and help people in recovery make decisions about how to improve their lives.
- Help people find ways to stop addictive behaviors (abstinence) or reduce harm associated with addictive behaviors.
- Help people find resources and create Recovery Wellness Plans, designed to help them make progress in recovery.
- Support all paths to recovery.
- Focus on the future; coaches do not help people heal trauma or explore their feelings or their pasts.
- Support positive change, helping people who have sought treatment to avoid relapse and building community support for those in recovery or considering it.
- Help people work on and achieve life goals disrupted by addiction.
- Recovery coaching is an action-oriented approach that emphasizes improving someone's present life.
- Provide encouragement and reminders of accomplishments.

## What Is a Recovery Coach?

A Recovery Coach creates a partnership with people in recovery from addictions. A coach helps:

1. Create a vision for their recovery.
2. Identify and remove barriers to recovery.
3. Navigate through the human services system.
4. Access community resources.
5. Connect with recovery services, including treatment facilities, recovery centers, and mutual support groups.

A coach works with people who have active addictions, people who are already in recovery, or with people who are concerned about someone else's substance abuse. People who participate in the recovery coaching process must have a commitment to recovery. All conversations are confidential.

In most cases, coaches are peers in recovery. Peers are people with lived experiences and often their own recovery path.

**A Recovery Coach is a partner on the recovering person's journey.**

# Recovery Coaching in Vermont

Need a Recovery Coach in Vermont?

Visit: [vtrecoverynetwork.org](http://vtrecoverynetwork.org)  
to locate a Recovery Center that can connect you with a coach.



*All Network-approved recovery coaches must complete a week-long training and work with regular supervision.*

**Vermont's 11 recovery centers all provide safe recovery havens and recovery support services.**

<http://www.vtrecoverynetwork.org>  
or call 211 to find a coach near you

### Questions Coaches Ask

1. What do you want in life?
2. What gets in the way?
3. Could you turn that problem into a goal?

### What Is Recovery?

A person is in recovery when he or she says so. Progress in recovery requires a personal commitment to, and action toward, reducing and repairing the harm caused to mind, body, and spirit by addictive behaviors. Maintaining a commitment to recovery and following through with the tasks of recovery are often overwhelming without the support of others who have experience with the recovery process.

### How a Recovery Coach Helps

A recovery coach will help you create a vision for your recovery, define your goals, and then help you work toward those goals. A coach will ask questions and listen. You lead the way on this journey; you decide what your recovery will look like. The coach will support your choices and help you make your goal a reality.

The coach helps you create and follow your personal plan for recovery, which we call a Recovery Wellness Plan. This planning process helps to clarify your vision for a better life and take action.

Together, you and your coach will explore what steps and services will help you succeed in your recovery; together, you will find and access the right services.

### What about My Other Problems?

People who begin recovery from addictions often have other difficulties, such as unemployment, lack of stable housing, marital problems, childcare and transportation issues, health and dental issues, and more. A coach can connect you with agencies that help, including treatment and mental health services, educational services, transitional services, shelters, food pantries, and so on.

People who have less instability and calamity in their lives stand a better chance of success in their recovery from substance abuse or addiction.

### What If You Already Have a Sponsor or a Counselor?

Is there any benefit to enlisting a coach even if you already have a sponsor or a counselor? You bet! First, know that each person supports you in a different way.

- A counselor provides clinical support 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 own beliefs and their background with a particular recovery fellowship.
- Recovery Coaches provide support based on training and their own experience. A coach is a partner who will help you define and achieve goals you choose. A coach will link you with resources to surmount barriers.

### Why Is Your Own Vision Important for Recovery?

People who achieve long-term recovery often find that stopping the addictive behavior is just the first step; their recovery path turns out to be a journey of self-discovery. Picturing your life without addiction is another big step, whether you are starting out or are at a crossroads in your long-term recovery.

The longer you're in recovery, the more crucial it is to focus on your own goals and personal growth—much more so than in early recovery. Complacency becomes the enemy in long-term recovery. People who stop growing or actively pursuing new growth experiences may eventually slide back into old patterns and risk relapse.

The idea of a Recovery Coach becomes very useful in maintaining or enhancing long-term recovery. A recovery coach is trained specifically to encourage people in personal growth areas. If you are working with a Recovery Coach, always setting new goals, and constantly striving to grow, then you are more likely to enjoy a very strong recovery.

### The recovery coach DOES NOT:

- Diagnose any addiction.
- Treat addiction per se.
- Monitor abstinence.
- Dictate what someone's recovery will look like.
- Tell the recovering person what to do or how to do it.