

RECOVERY COACH

WHAT IS A RECOVERY COACH?

Someone who supports others to take positive actions towards recovery from alcohol or other drug addiction. They are trained to understand what addiction is, how it affects us, signs of relapse, and to know the tools available to achieve and maintain recovery.¹ A recovery coach focuses on future goals and can be available as a preventative measure for avoiding relapse.¹

A RECOVERY COACH IS NOT:

A counselor, sponsor, therapist, or psychiatrist and they do not treat substance use disorder.

WHO NEEDS A RECOVERY COACH?

Some of the most challenging times to begin recovery is after leaving treatment and returning to your old life with job pressures, family tension, bills, relationship issues, and legal entanglements. Recovery coaches can provide support to create goals and rebuild lives.

WHAT DOES A RECOVERY COACH DO?

Coaches help set future goals to support ongoing recovery, encourage a healthy lifestyle and provide support and guidance to build a strong recovery network. For example:

- Find community supports and resources
- Develop a recovery plan with goals
- Locate support groups
- Problem solve
- Secure health insurance
- Find dental care
- Find suitable housing, a job, and childcare
- Family reunification
- Resolve legal issues
- Clear up debts
- Set educational goals
- Telephone check-ins as an additional support



HOW DO I GET A RECOVERY COACH?

Reality Check has Recovery Coaches on staff to help employers support employees. Signing up is easy. Fill out a form via realitychecknow.org/information or contact us at 603-532-9888. We will match your employee with a recovery coach for on-worksite, in-office, or a telehealth session.

HOW DOES THIS HELP MY EMPLOYEES?

It is crucial for people in recovery to develop healthy and positive connections to rebuild their lives one step at a time. A recovery coach can provide support to be sure employees are successful in reaching their goals. Offering recovery coaches to your employees is another way of showing support beyond your worksite. Employers have healthy employees and a safe, productive workplace.