

**Basic Recovery Coaching Terms**

**What is Recovery?**

Recovery is a process of change through which people improve their health and wellness, live a self-directed life, and strive to achieve their full potential. (SUBSTANCE ABUSE and MENTAL HEALTH SERVICE ADMINISTRATION)

You are in recovery if you say you are. (CCAR)

**The 10 fundamental components of recovery:**

* **Self-Direction**. Recoverees determine their own path of recovery with their autonomy, independence, and control of resources.
* **Individualized and Person-Centered**. There are multiple pathways to recovery based on an individual’s unique strengths and preferences.
* **Empowerment**. Recoverees have the authority to participate in all decisions that will affect their lives, and they are to be supported in this process.
* **Holistic**. Recovery encompasses an individual’s whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, social networks, employment, education, health and health care, and family.
* **Non-Linear**. Recovery is not a step-by step process but one based on continual growth, possible setbacks, and learning from experience.
* **Strengths-Based**. Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, and inherent worth of individuals.
* **Peer Support**. Mutual support plays an invaluable role in recovery.
* **Respect**. Eliminating stigma is crucial in achieving recovery. Self-acceptance and belief in oneself are particularly vital.
* **Responsibility**. Consumers have a personal responsibility for their own self-care and journeys of recovery.
* **Hope**. Hope is the catalyst of the recovery process and provides the essential and motivating message of a positive future. Peers, families, and others can help foster hope. People can and do recover!

\*taken from SAMHSA Consensus Conference of 2005.

**What is a Recovery Coach?**

A Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery. (CCAR)

**What are the Goals of a Recovery Coach?**

1. To promote recovery;
2. To remove barriers;
3. To connect recoverees with recovery support services
4. To build recovery capital; and
5. To encourage hope, optimism and healthy living.

**What are the Roles of a Recovery Coach?**

1. Motivator and Cheerleader;
2. Ally and Confidant;
3. Truth-Teller;
4. Role Model and Mentor;
5. Problem Solver;
6. Resource Broker;
7. Advocate;
8. Community Organizer;
9. Lifestyle Consultant; and

10. Friend and Companion.

**What is Recovery Capital?**

“Recovery Capital is the breadth & depth of internal & external resources that can be drawn upon to initiate & sustain recovery from severe alcohol & other drug problems.” *(Grainfield & Cloud, 1999; Cloud & Grainfield, 2001).*