



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*).