



Multiple Pathways of Recovery Group Activity

Attendees should be able to:

- Discuss what Multiple Pathways of Recovery means
- Understand why accepting Multiple Pathways of Recovery is essential for a Recovery Coach
- Be able to name and have rudimentary knowledge of 3 different pathways
- Identify another 2 or 3 you would like to learn more about.

1. Welcome, Introductions, Working Agreements (15 minutes)

2. Intro (5 minutes) Canvas the participants about the meaning of the term Multiple Pathways of Recovery”; make sure each participant is clear on what we are talking about; ask why this is important to a recovery coach.

3. Group Activity (20 minutes) Have participants break into small groups and give them 10 minutes to compile lists of at least 10 different pathways of recovery; have each group share their lists out. *(Have participants explain to the group any pathways of recovery they list if someone else in the room is unfamiliar with the same.)*

4. Individual Activity (15 minutes) Have participants write down 1-3 pathways of recovery of which they are aware of but unfamiliar with and are willing to commit to learn more about; when done, have them share out; then have them write a sentence of ***specifically what they are committed to do within the next week*** to become more familiar with those pathways they have identified; have them each share out.

5. Takeaways (5 minutes)

Multiple Pathways of Recovery: Reflection

Please write down a list of the pathways of recovery that come to mind. **Please note those of which you need become more familiar with, and commit to learn more about them:**

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