

## **Role Play- Walk-In**

We are going to break into groups of three.

Once in these groups, you will have an opportunity to do three ten minute role plays. Each time, one person will play the recoveree, one person will play the coach and one person will be an observer.

To make this “real”, this scenario is whatever the recoveree really wants to talk pertaining to in his/her recovery. Are you having trouble staying clean and sober? Do you need help with setting up a good recovery network? What recovery capital goals (housing, employment, health, relationships, spirituality) do you most want to improve in your life? The role play begins where the coach conducts introductions and then asks “How can I help you with your recovery today”.

The role play will continue for about 10 minutes. It is unlikely that this will be enough time to accomplish the task at hand. The point is to gain some practice using new skills and knowledge. In each 15 minutes role play, 5 minutes should be left for the observer to make some constructive comments to the coach

Then switch roles and repeat. I will be the timekeeper to help you stick to the time frames. This is an opportunity to incorporate many of the concepts we have been discussing such as:

- active listening
- staying in your lane – being a coach and not a counselor or a sponsor
- asking good questions (motivational interviewing)
- appropriate use of one’s story and self-disclosure
- supporting all pathways to recovery
- the stages of change
- offering resources
- making good referrals
- using the Recovery Capital Plan or the Wellness Plan
- paying attention to boundary issues

## **Role Play- First Meeting**

We are going to break into groups of three.

Once in these groups, you will have an opportunity to do three twenty minute role plays. Each time, one person will play the recoveree, one person will play the coach and one person will be an observer.

The scenario is that this is the first meeting between recoveree and coach and the recoveree. Then the role play begins where the coach conducts introductions, discusses what goals the recoveree has in seeking coaching and introduces the recovery capital plan.

The role play will continue for about 15 minutes. It is unlikely that this will be enough time to accomplish the task at hand. The point is to gain some practice using new skills and knowledge. In each 20 minutes role play, a few minutes should be left for the observer to make some constructive comments to the coach

Then switch roles and repeat. I will be the timekeeper to help you stick to the time frames. This is an opportunity to incorporate many of the concepts we have been discussing such as:

- active listening
- staying in your lane – being a coach and not a counselor or a sponsor
- asking good questions (motivational interviewing)
- appropriate use of one's story and self-disclosure
- supporting all pathways to recovery
- the stages of change
- offering resources
- making good referrals
- using the Recovery Capital Plan
- paying attention to boundary issues

## **Role Play- Eff It**

For the next 75 minutes we are going to break into groups of three.

Once in these groups, you will have an opportunity to do three twenty minute role plays. Each time, one person will play the recoveree, one person will play the coach and one person will be an observer.

The scenario is that this is not the first meeting between recoveree and coach, and that they have developed some type of coach/recoveree relationship.

Then the role play begins where the recoveree tells the coach that he/she is getting sick of not working, being poor, living from place to place, not having a girl, getting no respect from family and is ready to give up trying to stay clean.

The role play will continue for 12-15 minutes. It is unlikely that this will be enough time to accomplish the task at hand. The point is to gain some practice using new skills and knowledge. In each 20 minutes role play, a few minutes should be left for the observer to make some constructive comments to the coach

Then switch roles and repeat. I will be the timekeeper to help you stick to the time frames. This is an opportunity to incorporate many of the concepts we have been discussing all week such as:

- active listening
- staying in your lane – being a coach and not a counselor or a sponsor
- asking good questions (motivational interviewing)
- appropriate use of one's story and self-disclosure
- supporting all pathways to recovery
- the stages of change
- offering resources
- making good referrals
- using a Recovery Capital Plan
- attention to boundary issues

## **Role Play Scenarios**

1. Recoveree is sick of his lack of a job, housing, transportation and relationship and says eff it.
2. Recoveree is not drinking or drugging, but is feeling depressed; feels that something is missing in his/her life.
3. Recoveree has relapsed since last meeting. Frustrated and calls himself/herself a chronic relapser.
4. Recoveree is sober 9 months and recovery is strong, but now facing possible jail time due to his/her last run.
5. Recoveree just lost the job he had been working at for 4 days because his background finally check came in.
6. Recoveree has been sober 1 year, but DCF still won't let him/her have custody of his/her child. The visitation is going woefully slow: structured visitation and no solo visitation or overnights in sight.
7. Recoveree remains drug and alcohol free but is struggling because his/her live-in fiancé (long term relationship) is using again and not hiding it well.
8. Anything else you can think of.

## **Role plays- Ben**

- The coach and recoveree, Ben, are meeting for the first time. The coach makes introductions, discusses recovery coaching, talks about what goals Ben has in seeking coaching and possibly introduces the recovery capital plan.
- Ben is 20 years old and, despite a sincere desire, has been able to achieve no more than 30 days of consecutive abstinence in recovery. He lives with his mother and continuously visits his old friends and hangs out in places where drug use is rampant. Ben typically attends 12-step recovery meetings twice each week. He has expressed his desire for complete abstinence and recovery for a couple years now. When he last used, he was charged with possession and is now facing jail time. He expresses his concerns that he can't find friends in recovery and that he has no job. He is focused on the differences he sees between him and other people he has met in recovery.
- Ben and his recovery coach have had an ongoing relationship for more than 90 days. Ben is staying clean, but is heavily reliant on the coach. The recovery coach picks Ben up for meetings and buys him coffee and, sometimes, dinner. Ben frequently asks the coach for money. The coach has loaned Ben more than \$100. He sees certain areas of Ben's life in which he is beginning to fall back into his old ways but the coach does not want to hurt his feelings or his recovery progress.
- Ben tells the coach that he is getting sick of being unemployed, being broke, living from place to place, not having a girlfriend and getting no respect from family. He is ready to give up trying to stay clean.
- Ben tells the coach that he has relapsed since their last meeting and is discouraged because nothing has worked for him: detoxes, treatment, IOPs, AA or NA meetings, therapy or anything else.
- Ben is very discouraged. He had finally gotten a job, but he got a call the day after being hired and was told that the employer could not take him on because his background check just came in. Company policy...
- This is the third meeting between Ben and the coach. Ben has worked on his recovery capital plan as "homework" between the last session and this one. Discuss what goals Ben has and wants to work on.