

# What is a Recovery Coach?

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## PEER SUPPORT

The most authentic relationships people in the early stages of recovery will form are often with other people in recovery. The Recovery coaches will have successfully worked on their own recovery and their clients will be able to call on this experience. This experience can lend to a sense of mutual identity, trust, confidence and understanding. People in recovery also value

non-clinical, informal and non mandatory support. The Recovery coach will understand their clients immediate needs and they will support their client and look to ensure they have support from family and within the community. The RC provides continuity of support at the time when it is needed most. Through training and personal experience the RC can develop



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specialist skills for supporting people in Recovery.

## LINKS TO COMMUNITY RESOURCES



**The Recovery coaches will be given all the training and information they need to make themselves familiar with the resources which are available in their community. In Tameside we are lucky enough to have use of the Adult advancement network database, which has details of many different organisations and services which provide support for adults. I also attend providers network meetings to make sure I am up to date with the latest goings on. In turn I provide the coaches with a pamphlet which they can refer to as when they need to.**

## BUILDS CONFIDENCE

Our Recovery coaches will be trained in coaching and mentoring techniques that help build confidence through feedback and appraisal. The RC will work with clients for 3 hours + every week for 3 months allowing time for a strong bond and a mutual sense of trust to develop. The RC will get to know what their client responds to, they will know about their values and beliefs, their goals in life. Most importantly the RC will be happy to work with the client on a level both feel comfortable with.

## ADDS TO SUPPORT NETWORK

A Recovery coach should not be a replacement for anyone. The RC will look to enhance their clients network and resources. The RC will provide a link between the support the client receives from professionals and the support that is available in the community.

For further information please send an e-mail to [Matthew.Kidd@recoveryacademy.org](mailto:Matthew.Kidd@recoveryacademy.org) along with any questions you might have