

## Peer Recovery Coaching

**Peer Recovery Coaching is a vital component to the continuum of care. Peer Recovery Coaching can provide an individual with added support and linkage to resources that may assist with that individual's recovery journey. Peer Recovery Coaching is a complimentary piece to a person's self-designated recovery journey.**



### Peer Recovery Coaches ARE NOT:

- Counselors or other clinical roles
- Sponsors
- Doctor/Nurse
- Priest or other clergy role

### Peer Recovery Coaches ARE:

- Certified Professionals
- Role model/Mentor
- Resource Broker
- Advocate
- Honest
- Educators/guidance on multiple pathways to recovery



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# Peer Recovery Coach

A Vital Component  
To The  
Continuum of Care



**RECOVERY  
IS  
POSSIBLE**



## What is Peer Recovery Coaching?

Peer Recovery Coaching involves the process of giving and receiving **non-clinical** assistance to support long-term recovery from substance use disorders. A peer recovery coach brings the lived experience of recovery, combined with training and supervision, to assist others in initiating and maintaining recovery, helping to enhance the quality of personal and family life in long-term recovery. Peer recovery support services can support or be an alternative to clinical treatment for substance use disorders. (SAMHA 2017)

### Types of Support Offered by a Peer Recovery Coach

Peer Recovery Coaches walk alongside with individuals seeking, or in, recovery from substance use issues

Peer Recovery Coaches provide guidance and support that is self-driven for an individual to identify their own recovery pathway.

Peer Recovery Coaches are able to provide many different types of support including:

- **Emotional (empathy and concern)**
- **Informational (connections to information and referrals to community resources that support health and wellness)**
- **Instrumental (concrete supports such as housing and employment)**
- **Affiliational Support (connections to recovery community supports, activities, and events)**

(SAMHSA 2017)

### The Benefits of Peer Recovery Coaching

- Assist individuals in engaging, and maintaining, recovery
- Reduces the likelihood of re-occurrence (relapse)
- Designed and delivered by peers who have been successful in the recovery process
- Embodies a message of hope, health and wellness and the notion that recovery is possible
- Effectively extends the reach of recovery beyond the clinical setting into the natural settings of an individual's life
- Improves social connection and overall quality of life

*“Recovery Coaching showed me an example that recovery is possible. It allowed me to feel I had a choice in my recovery.” - Justin*

