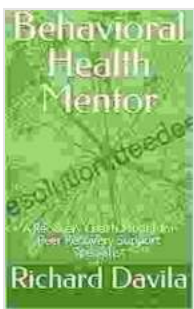


# The Recovery Coach Model: A Guide for Peer Recovery Support Specialists

The Recovery Coach Model is a strengths-based, peer-driven approach to recovery support. It is based on the belief that people who have lived experience of addiction and recovery are uniquely qualified to help others on their own recovery journey.



## Behavioral Health Mentor: A Recovery Coach Model for Peer Recovery Support Specialist by Ronald Mah

★★★★☆ 4.3 out of 5

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Print length : 454 pages  
Screen Reader : Supported



Peer Recovery Support Specialists (PRSSs) are individuals who have lived experience of addiction and recovery who have been trained to provide support to others who are seeking recovery. PRSSs use the Recovery Coach Model to help their clients develop the skills and strategies they need to achieve and maintain long-term recovery.

## The Five Stages of the Recovery Coach Model

The Recovery Coach Model is a five-stage process that clients move through at their own pace.

1. **Engagement:** This stage is about building a relationship with the client and helping them to develop a recovery plan.
2. **Education:** This stage is about providing the client with information about addiction, recovery, and the Recovery Coach Model.
3. **Exploration:** This stage is about helping the client to explore their own values, beliefs, and experiences and to identify their own strengths and weaknesses.
4. **Empowerment:** This stage is about helping the client to develop the skills and strategies they need to achieve and maintain long-term recovery.
5. **Enhancement:** This stage is about helping the client to continue to grow and develop in their recovery and to achieve their full potential.

## **The Role of the Peer Recovery Support Specialist**

PRSSs play a vital role in the Recovery Coach Model.

- They provide support and guidance to clients at all stages of the recovery process.
- They help clients to develop the skills and strategies they need to achieve and maintain long-term recovery.
- They advocate for clients and help them to access the resources they need.
- They help to create a safe and supportive recovery environment.

## **Benefits of the Recovery Coach Model**

The Recovery Coach Model has been shown to have a number of benefits for clients, including:

- Increased engagement in recovery
- Improved recovery outcomes
- Reduced relapse rates
- Increased social support
- Improved quality of life

The Recovery Coach Model is a powerful tool that can help people to achieve and maintain long-term recovery from addiction.

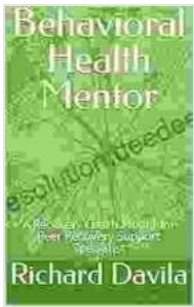
PRSSs play a vital role in the Recovery Coach Model by providing support, guidance, and advocacy to clients.

If you are interested in learning more about the Recovery Coach Model or becoming a PRSS, please contact your local addiction treatment provider.

## **References**

1. Center for Substance Abuse Treatment. (2015). The Recovery Coach Model: A Guide for Peer Recovery Support Specialists. Rockville, MD: Substance Abuse and Mental Health Services Administration.
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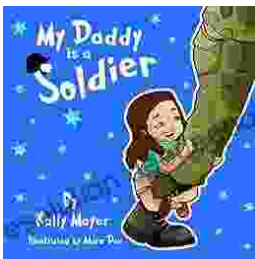
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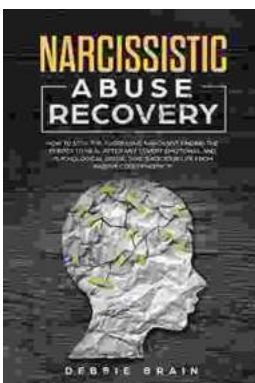
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