

## ***The Invaluable Benefit of Having Your Very Own Recovery Coach***

If you've ever played a sport or been part of a team, then you know the powerful impact a great coach can have on your success. It's an invaluable gift to be coached by someone who can inspire, listen, care and encourage you to stay the course and give it your best.

These tenets are the backbone of Pavillon's approach to its Recovery Coaching program. Recovery Coaching takes a management approach to the disease and your recovery. The program is in place to be an important resource for your long-term recovery support. But just what is a recovery coach?

A recovery coach is a member of the recovery community who is presently in a recovery program or way of life, who can summarize the positive effects of their recovery experience and empower an individual to develop or improve their own recovery. All residential patients receive a full year of recovery coaching following completion of treatment at Pavillon. Its role in the overall recovery plan is important because national research shows that recovery outcomes are significantly strengthened by the use of long-term, low-intensity, over-the-phone coaching.

### **Connecting Recovering Individuals with Each Other**

By taking the long view of you as an individual and your own progress, Pavillon's Recovery Coaching program provides non-clinical support that offers caring, encouragement, information and role modeling for individuals in recovery. Providing a coach from a peer in recovery can offer unique support to those seeking recovery. Partnerships between treatment providers, local organizations, and the recovery community are essential to fill gaps in service – recovery coaching helps to unite these partners. The coaches do not fulfill the duties of a counselor or 12-step sponsor. They help coach the individual toward their unique goals, as they navigate their own barriers and sticking points toward implementing their recovery program.

Some of the things that the coach and the individual will talk about are putting the continuing care plan into practice, adherence to counseling or medication and the level of family support that the individual may have. They will discuss the importance of vital relationships with AA or NA, regular meeting attendance and relationships with a sponsor, applying the 12-Steps, avoiding and managing triggers and high risk situations. The coach will also help the individual to identify warning signs of relapse.

For more information about the Recovery Coach program at Pavillon, contact Alumni Services.