

Partners in Recovery

Substance Use Disorder Counselors and Recovery Coaches Working Together to Promote Recovery in African American Communities

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Great Lakes (HHS Region 5)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Introduction

- African Americans seeking recovery benefit from the support of *both* a counselor and a recovery coach



This Presentation:

- Highlights the differences and complimentary nature of each role
- To help avoid *role confusion* among professionals working with African Americans with substance use disorders



Recovery Coach

- Front-line worker in a recovery-oriented system of care
- Provides pre-treatment, in-treatment and post-treatment recovery support in the natural environment. recovery





Differs from a 12-Step Sponsor

- A sponsor has to honor one pathway of recovery

A Recovery Coach Honors Multiple Pathways of Recovery



Photo: UW-Madison

Recovery Coach Expertise

Knowledge of recovery

Connection to recovery support
resources in the community

Their own long-term recovery



Levels of Recovery Support

Provided by Recovery Coaches

1. Pre-recovery support services to enhance recovery readiness

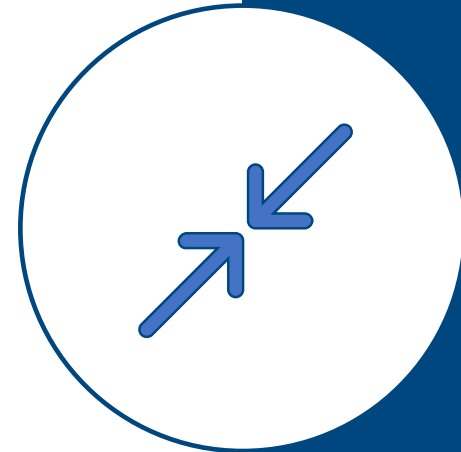
- Recovery coaching/peer mentoring
- Community outreach
- Increasing motivation to seek treatment
- Helping people understand what to expect from treatment
- Keeping in contact with the person while they wait for treatment
- Linking people with needed resources



2. In-treatment recovery support services

To enhance the strength and stability of recovery initiation

- Peer support
- Check-ins
- Linkage to communities of recovery prior to discharge



3. Post-treatment recovery support services



TO ENHANCE
THE DURABILITY
AND QUALITY OF
RECOVERY
MAINTENANCE



RECOVERY
COACHING IN
THE NATURAL
ENVIRONMENT



HELP WITH
THE FRAGILITY
OF EARLY
RECOVERY



STRONG
LINKAGES IN
COMMUNITIES
OF RECOVERY

How Recovery Coaches Can Support Persons Seeking Recovery in Their Natural Environment



In the **short** run:

1. Return to an anxious or drug-using home
2. Pressure from bill collectors
3. Early efforts to disengage from a drug culture

Supporting Persons Seeking Recovery in Their Natural Environments

- Types of drugs
 - Social celebrated
 - Socially tolerated
 - Socially prohibited
- Types of drug users
 - A-cultural
 - Bi-cultural
 - Culturally immersed

White, W.: Pathways from the Culture of Addiction to the Culture of Recovery.
Center City, MN: Hazelden



Supporting
Persons Seeking
Recovery in Their
Natural
Environment in
the Short run,
Continued

4. Feelings of uselessness in the community
5. Separation/divorce
6. Disengagement from self-help groups and other sources of support



And:

7. Dealing with urges, cravings, and relapse
8. Navigating high-risk situations in the community to get high

How Recovery Coaches Can Support Persons Seeking Recovery in Their Natural Environment:



In the **long** run:

1. Unresolved grief and trauma
2. Development of recovery capital
3. Dealing with chronic pain

Areas in Which Recovery Coaches Can Provide Support in the Long Run, Continued:

4. Existential crises – “Why should I stay sober? My life is a failure anyway.”
5. The challenge of learning to develop healthy relationships in recovery

Areas in Which Recovery Coaches Can Provide Support in the Long run, Continued



6. Periods of celebrations, anniversaries, holidays, accomplishments, etc.



The Importance of Recovery Coaching in African American Communities

To help navigate in high-risk situations that threaten recovery

- Poverty
- Easy access to drugs
- Presence of street gangs
- Trauma



High-risk Situations

- Overabundance of liquor stores
- High unemployment
- High felony arrests
- The absence of residential facilities to support recovery



Strengths in the African American Community

Recovery coaches can help individuals seeking recovery tap into:

- Strong 12-Step traditions
- Spirituality
- Extended family orientation
- Tradition of advocacy and outreach

Malcolm X

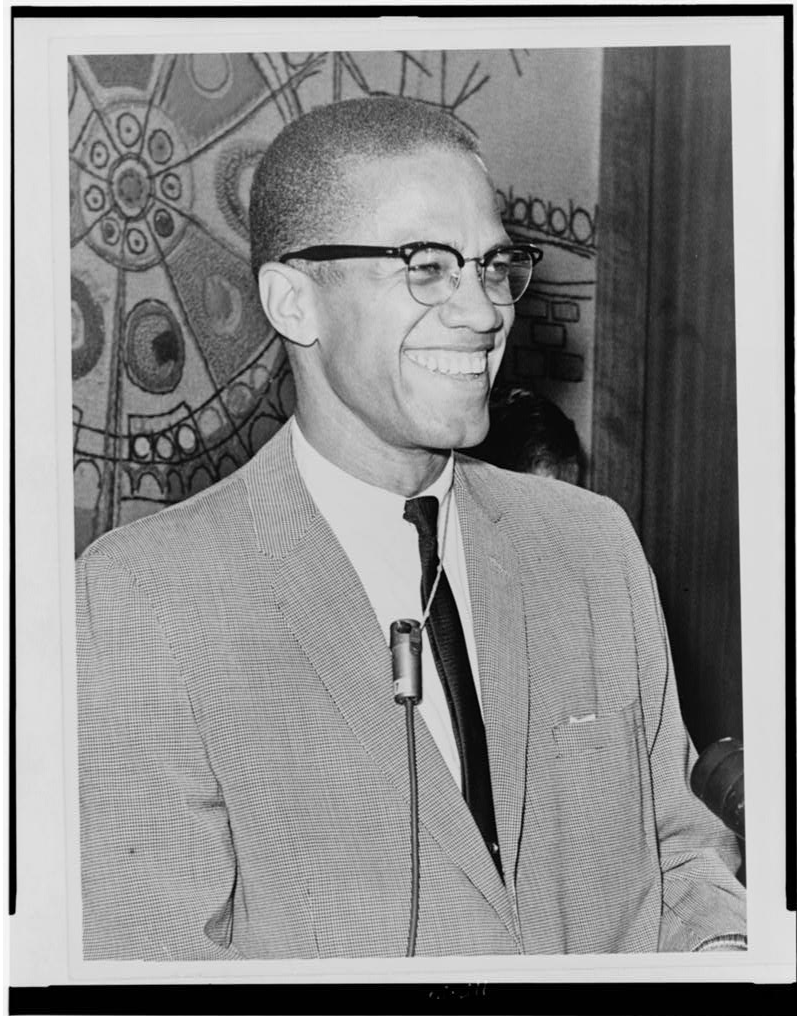


Photo: Library of Congress

Congressman Danny K. Davis

Flickr.com



The New Jim Crow
Michelle Alexander

Source: flickr.com



Strengths Within African American Communities, Continued

Resilience

Faith-based
drug ministries

Every denomination of
African American
Christian Church

Married couples in
recovery

Recovery Coaching in African American Communities

New Frontiers

- Northern Ohio Recovery Associates
- Emergency Rooms
- Certified Doulas and Recovery Coaches
- Recovery marches and rallies
- Churches
- TASC



New Frontiers, Continued

- Jails and prisons
- Public housing
- National Alliance for the Advancement of the Formerly Incarcerated

Photo: iStock





Addictions Counselors

Licensed or certified professionals who help individuals and families seeking recovery with their recovery.

Recovery Coach Role *Differs* From the Addictions Counselor Role

Self-disclosure. Generally, recovery

coaches self-disclose more than counselors.

2. Different competencies needed.



The Counselor Needs Knowledge Of:

- Evidence-based practices in the treatment of addictions
- How to do an assessment
- Treatment planning
- How to make a diagnosis
- Co-occurring disorders
- The integration of addictions and trauma treatment
- Family therapy

Additional Knowledge Required:

- Crisis intervention
- How to address suicide
- Domestic violence
- How to make referrals to mutual aid groups
- How to partner with recovery coaches

Knowledge Required—Specific to African Americans With Substance Use Disorders:


- African American History
- Historical Trauma
- Current trauma and its impact
- Same and cross-cultural counseling skills

Knowledge and Skills Specific to African Americans With Substance Use Disorders, Continued

- Multiple styles of recovery for African Americans
- How to integrate culture into recovery planning and services
- How to tailor the treatment plan to the individual

Photo: Flickr.com





The Recovery Coach Needs Knowledge Of:

- Advocacy
- Resources available in the community to support recovery
- How to develop resources in the community to support recovery
- Knowledge of long-term recovery
- Awareness of roadblocks to recovery that exist in the person's natural environment

Recovery
Coach
Needs
Knowledge
Needs,
Continued

How to engage individuals in their natural environments

Indigenous healers present in the communities

The limitations of their knowledge

What to do if a person seeking recovery is in a crisis

How to partner with the treatment community

How to provide various types of recovery support

Types of Recovery Support

- **Emotional support.** Providing care and concern, encouraging the expression of feelings, helping individuals in early recovery problem solve.
- **Informational recovery support.** Provide information to individuals and families in recovery about where they can receive services, such as job readiness training, vocational training, GED programs, etc.



Types of Recovery Support, Continued

- **Instrumental recovery support.** Assistance in meeting basic needs, such as where to find free clothing, emergency food pantries, referrals for housing support, etc.
- **Affiliational recovery support.** Provide information on where and how to meet other people in recovery, information on various mutual aid groups, information that promotes sober fun, such as dances, movies, sober celebrations, sober sports festivals, etc.



Types of Recovery Support, Continued:

- Transportational recovery support.
Miracle Village, an Indiana-based RCSP program, utilizes individuals in recovery to help motivate and transport individuals in public housing to and from treatment.



Group Discussion

1. Examining how the role of the recovery coach differs from the role of the addictions counselor, what is your opinion as to how their roles differ most?
2. What are some ways in which recovery coaches and addictions counselors can be confused by each others' roles?
3. What are your recommendations as to how recovery coaches and addictions counselor can partner effectively to promote recovery in African American communities?

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