

What is a Recovery Coach?

A Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery by serving as a personal guide and mentor for people seeking or in recovery. Recovery coaches are individuals who may be in established recovery, or a recovery ally.

The Role of a Recovery Coach

A coach is much more than any **one** thing. A good recovery coach is a leader, a mentor, a partner, a spiritual guide and a cheerleader, helping people build a life that is meaningful and enjoyable. Here are some examples:

- Motivator and Cheerleader
- Mentor and guide
- Truth-Teller
- Role Model and Problem Solver
- Resource Broker
- Advocate
- Community Organizer
- Lifestyle Consultant
- Ally and confidant

And this is what a Recovery Coach is not:

- Sponsor
- Counselor
- Nurse/doctor
- Clergy Person
- Lawyer
- Banker

For more information about Recovery Coaching contact:

In Hancock County - Denise Black 667-7171
In Washington County - Terri Woodruff 255-3741



*Building vibrant communities
in Hancock and Washington counties*

