



## **RECOVERY COACHING**

### **WHAT IS A RECOVERY COACH?**

A Recovery Coach promotes recovery by serving as a guide and mentor for individuals with alcohol and other drug problems. This coach empowers the individual in their personal journey towards recovery by offering hope while providing advocacy, guidance, support, and knowledge.

### **HOW CAN I RECEIVE TRAINING TO BECOME A RECOVERY COACH?**

The [Recovery Coach Academy](#) is an intensive multi-day training opportunity designed for those interested in becoming a Recovery Coach. The Massachusetts Department of Public Health/Bureau of Substance Addiction Services (BSAS) offers Recovery Coach Academy classes through its affiliation with [AdCare Educational Institute](#). The training provides a comprehensive overview of the purpose and tasks of a Recovery Coach and assists attendees with learning about the various roles that a Recovery Coach fulfills. Participants receive tools and resources for providing recovery support services. Emphasis is placed on the skills needed to link people in recovery to needed supports within the community.

Recovery Coaches do not provide clinical services. However, they often become a very important member of a person's recovery support network. Recovery Coaches work with people from diverse backgrounds; they help to motivate and encourage recoverees during times of struggle and they may be called on to support individuals when they are experiencing difficult emotional states. To help prepare coaches, the Recovery Coach Academy provides coaches with strategies for cultural competence, effective communication, motivational enhancement, and crisis intervention.

### **HOW CAN I PROVIDE SERVICES TO STR/ATR PARTICIPANTS AS A RECOVERY COACH?**

STR/ATR is one type of service in Massachusetts that reimburses Recovery Coaching. To work as an STR/ATR Recovery Coach it is necessary to be connected with an approved ATR provider of recovery coaching. Recovery Coaches are expected to receive supervision by a trained Recovery Coach Supervisor when they provide services for STR/ATR. For the names of STR/ATR providers of Recovery Coaching services call (855) 491-4567.

### **HOW CAN I BECOME CERTIFIED AS A RECOVERY COACH IN MASSACHUSETTS?**

Beginning on January 1, 2016, Massachusetts will have a certification process for Recovery Coaches. The title will be Certified Addiction Recovery Coach (CARC). This certification is administered by the Massachusetts Board of Substance Addiction Counselor Certification (BSACC) located in Shrewsbury, MA - phone: (508)842-8707.

There are many benefits to Recovery Coach Certification, including recognition as a professional role, uniform standards, potential increase in ability to be employed and reimbursed, and reciprocity with other states that also recognize certification of Recovery Coaches.



There are several requirements for becoming certified, including completion of required coursework, supervised work experience, commitment to follow the Code of Ethics, and passing an exam. Training is required in the domains of advocacy, mentoring/education, recovery/wellness support, ethical responsibility, addictions, cultural competency, mental health, and motivational interviewing.

[Click here for Recovery Coach Certification information.](#)