

ROLES & RESPONSIBILITIES

Recovery Coach Roles

A Recovery
Coach is

- Listener
- Motivator
- Advocate
- Role model/ Mentor
- Truth Teller
- Ally/Confidant
- Resource Provider

A Recovery
Coach is not

- Social Worker
- Clinician
- Nurse
- Doctor
- Pharmacist
- Clergy
- Sponsor
- Banker

Recovery Coach Roles

Motivator

Confidant

Role
Model

Resource
Provider

Advocate

These roles overlap and you are often stepping into each of these roles during a single interaction.

Example of Roles in Action

1. Motivator

Eg. Say: 5 years in recovery is amazing, I'm really proud of you; what did you do then that really worked for you?

2. Confidant

Eg. In your introduction, letting the patient know that what they tell you is between you and them and the only time you would share anything they tell you is if you believe that they were a risk to their own life or if they were harming someone else.

3. Role Model

Eg. If they ask you to help them dress, tell them that you are unable to do that, but you are happy to get the nurse for them.

4. Resource Provider

Eg. Say: It's great to hear that you are interested in hearing about your options for Recovery- I'd love to tell you briefly about some of the options available and you can let me know which ones you might want to know more about.

5. Advocate

EG. Getting a nurse's attention if the patient is being ignored (note: we don't speak for the patient, but we can help by being a witness to help keep hospital staff accountable to patient).

How a Recovery Coach Supports Hospital Emergency Department Staff

A Recovery Coach working in the Emergency Department lessens the stress and work-load of the ED staff because they there specifically to connect with the patient, listen to them, make a plan for post-discharge, and get them connected to recovery resources and wrap-around services; this frees up the ED Staff to attend to other patients.

A Recovery Coach is a great resource for hospital staff to understand more about Substance Use Disorders and Recovery. Because most Recovery Coaches are also people in long-term recovery, they are wonderful examples of what recovery can look like- helping to reduce stigma and giving hope to the hospital staff that change is possible.