

Become an Austin Recovery Coach

Seeking Austin Recovery Alumni committed to making a difference in people's lives.

Must be 18 years old or older, have 12+ months of sustained recovery, a recommendation from Austin Recovery staff and commit to volunteer hours. Apply <http://recoverypeople.org/prct-application/>

In 2015, Austin Recovery won a grant from the City of Austin to fund a Recovery Continuum of Care program, which provides recovery supportive services to individuals at Hick's Ranch who are indigent (200% to the poverty level) as they transition back into the community and learn to live recovery. Trained and supervised Recovery Coach Interns, are matched with eligible individuals who have applied to receive 6+ months recovery coaching. The Program Coordinator matches a Recovery Coach Intern with a Recoveree and tracks their level of engage. The Coaches collective meet with an experienced Certified Peer Support Specialist to strengthen skills, share successes, identify challenges and develop solutions for their Recoveees and the recovery community as a whole.

In exchange for volunteering their time, Recovery Coach Interns will receive workforce develop services provided by SoberHood's RecoveryPeople CREW. This bundle of services (valued at \$1,000 per Intern) offers individuals the documented hours they need to become Internationally Certified Peer Recovery Specialists:

- ❑ 46-hour (5 day) Peer Recovery Coach Training from a State-approved Trainer
- ❑ On-going skills development and support (often referred to as "supervision"). Group supervision is offered 4 times per month throughout the year. Interns must have 25 hours of documented supervision before applying for their certification.
- ❑ Documenting 500 hours of experience in the domains required for certification.
- ❑ Note: Interns pursuing certification are responsible for fees associated with the Texas Certification Board of Addiction Professionals (TCBAP) including exam and application fees.

What's the difference between a Counselor, Coach and Sponsor?

Three import, yet distinct, roles that can collaboratively promote long-term addiction recovery

Counselor is a clinical role within a licensed treatment organization or private practice. Counselors are licensed professionals and experts. They use interventions that often explore the past and provide expert advice. A power differential exists within the counselor-client relationship. Ethically, counselors avoid mingling with clients in social settings. It is inappropriate for a counselor to sponsor or coach someone they are counseling.

Sponsor is a role within 12-step programs (e.g. AA, NA, or SLA). To honor the 12-step Traditions, Sponsors should never be paid. Sponsors benefit personally from the support (mutual aid) and volunteerism (service work) they give. A sponsor's job is to help their sponsee stay clean, abstinent, or sober by working through the 12 steps and using the program and fellowship effectively to stop the addictive behavior. Sponsors have a singleness of purpose—they stick with the steps and traditions. Sponsors work with individuals who acknowledge they have an addiction and a desire for change.

Coach is a non-clinical role within an organization that provides recovery support. Coaches are trained in various peer-delivered intervention that focus on the present and future and build upon strengths (recovery capital). The peer-to-peer dynamic minimizes the power differential within the coach-recoveree relationship. Coaches can provide support in informal settings and often facilitate recovery supportive social activities and groups.

Coach is a role that does not represent a particular 12-step program. They work with individuals who may choose any number or combinations of recovery pathways. A coach may share his/her personal recovery story, but they must keep their role as a coach separate from their role as a sponsor. Coaches can ethically be paid or volunteer. Coaches use techniques that can engage an individual even when they are in active addiction. Coaches often help recoverees develop a recovery plan that holistically addresses 4 domains: health, home, purpose and community. Coaches help lower barriers, locate resources and navigate systems.

Austin Recovery Coach Commitment Letter

I, _____ (name) commit to:

- Coaching at least 2 individuals transitioning out of Austin Recovery's residential program into the the community.
- Working with my Supervisor on a regular basis to get connected with new Recoverees and best serve current Recoverees
- Reporting updates to my Supervisor on a regular base.

In exchange, I will receive:

- 46 Hour Peer Recovery Coach Training
- Ongoing Supervision will working with assigned Recoverees
- A means of documenting the supervision and practicum hours required to become a Certified Recovery Support Specialist in Texas

Signature

Date

Print Name

2017 training dates:

→ FEBRUARY 10, 11, 12 & 18, 19 2017

→ OCTOBER 6, 7, 8 & 14, 15 2017

Location:

Communities for Recovery
Austin, TX

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