

# Recovery Coaching Scope of Practice

(Adapted from Recovery Coaches International)

- Coaching should be focused toward anyone seeking recovery, community based and culturally competent.
- Recovery coaches should adhere to the International Credentialing & Reciprocity Consortium (IC&RC) credentials and follow the State of Idaho peer services code of ethics.
- Recovery coaches should have knowledge of recovery models of change such as harm reduction, stages of change, abstinence, moderation management, faith based, and 12-step.
- **Collaborative Community:** Recovery coaches should identify community resources and collaborate with allied professionals to benefit those in or seeking recovery (participants). Coaches serve as a resource broker in identifying or helping participants find and access community resources that support recovery, such as affordable housing, education employment/vocational rehab, mental health services and legal advocacy.
- A recovery coach is an ally who creates a partnership and a safe, trusting, and respectful environment, and establishes clear agreements. Coaches get permission from participants to offer resources and information, and ask questions to clarify and understand life experiences, while sharing their own life experiences as a peer.
- Recovery coaches create a supportive coaching relationship by increasing motivation and confidence to embrace positive actions through encouragement, acknowledging that recovery takes time. Coaches also encourage the compassion of participants, and promote acceptance of self and others. Coaches foster an expansion of interests and activities that support a life in recovery as well as growth.
- Recovery coaches develop and maintain ongoing awareness of the participant's human and personal needs, desires, strengths, and potential.
- **Skillful coaching includes:** Active listening, direct communication, and effective questioning.
- **Self-management:** Coaches maintain awareness of their own processes, prejudices, reactions, and fears while remaining balanced, detached, and compassionate by staying aware of their own reactions. Coaches manage their own vulnerability and avoid over-involvement in the life and feelings of participants. Coaches have awareness of personal beliefs and biases.
- Recovery coaches encourage the understanding of recovery and explore and guide participants to their own self-directed recovery. Coaches explore the impact of substance abuse, providing resources and information as appropriate.
- Recovery coaches utilize a wellness recovery plan to help participants develop effective recovery and general life goals. Coaches explore a variety of options, helping to identify preferred outcomes, by way of measurable, attainable, rewarding and smart accomplishments.
- Recovery coaches assist with any barriers through brainstorming and strategic planning.
- A recovery coach supports progress, accountability, and actions, and also challenges participants by neutrally articulating their behavior when they don't take agreed-upon actions. Coaches remind participants that these are only suggestions and they are free to decline.
- Recovery coaches guide participants toward self-discovery of why they need recovery and task a self-directed plan to recover.
- Recovery coaches refer participants to the appropriate resources if they are unable to benefit from coaching.