

# Recovery Coach Referral



YOUR  
recovery

YOUR  
life

YOUR  
way!

Dear valued client,

We are adding a Recovery Coach to your recovery support team!

Please call, text or email Peer Recovery Supports of Idaho within 72 hours to set up your *complimentary* appointment!

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*Your Treatment Provider*

We know you can do it!  
We're here to help.



[www.peerrecoverysupports.com](http://www.peerrecoverysupports.com)

To schedule your appointment, please call or text us at

208 352 0535

or email us at: [newclient@peerrecoverysupports.com](mailto:newclient@peerrecoverysupports.com)

# FAQ



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## What is Recovery Coaching?

Peer Recovery Coaching is a form of strengths-based support for individuals who are seeking to initiate and/or maintain their recovery from alcohol, drugs or other addictive behaviors. Recovery Coaches are peers who utilize their own lived experience and specialized training to support others on their own path to recovery. To us, Peer Recovery Coaching is holistic and action-oriented with an emphasis on improving your present life and reaching the self-defined goals that YOU, our valued client, set. We are your cheer-leader, your advocate, your role model/mentor, and resource broker. Coaches rarely give advice. They don't diagnose. Instead, they work with you to come up with your own solutions, to make your own choices, and they support you to stay on track and take the actions that bring about transformation.

*We meet you where you are at and offer to walk this road of recovery with you.*

## What is eCoaching?

eCoaching, an innovative way to help people receive quality recovery support services within the comfort of their own home or office. We utilize a secure/HIPPA compliant video platform through Recovery Suite to meet with you, discuss your Recovery goals and provide peer based recovery support to you at your convenience.

Benefits to eCoaching:

- Reduces transportation and childcare barriers.

- Expands our service area to anywhere there is a secure internet connection - making Recovery Coaching more available.

- Some people are just more comfortable being open with someone when they are not speaking face-to-face.

## How is Peer Recovery Coaching different from counseling?

Counseling refers to giving advice, which coaches rarely do. Counseling implies a "one-up" relationship where the counselor is the expert, whereas the coach is neither expert nor authority nor healer; rather, the client is the expert about his or her life. In order to be considered ready for coaching, a coaching client must be healthy and competent enough to co-create the coaching relationship while relating to the coach as a partner.

## How is Peer Recovery Coaching different than having a Sponsor?

Sponsors are not paid professionals; they benefit personally from the service they give you by staying clean and sober or abstinent themselves. 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. Often the focus is on cleaning up the past.

A coach isn't limited to using the steps and traditions and coaches don't focus on the past. Recovery Coaching is not affiliated with any 12-step program and does not promote a particular path or way to recover. However, many recovery coaches are members of 12-step programs and have both a sponsor and a coach!

*A coach's job is to challenge and support their client as they make lifestyle changes  
and begin to have a better quality of life.*