

Supporting Recovery: Who's Who at the Zoo?

Peer Recovery Specialist / Recovery Coach

Chemical Dependency Technician
(CD Tech)

Counselor

Sponsor



Randy Anderson, RCP-F, LADC

Person in Long Term Recovery

Est. January 10, 2005

National Recovery & Criminal Justice Reform Advocate

Founder & Principal – Bold North Recovery and Consulting

www.BoldNorthRecoveryandConsulting.com

info@boldnorthrecovery.com

Recovery Coach Professional - Facilitator @ **CCAR**

(Connecticut Community for Addiction Recovery)

763-200-1180

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Supporting Recovery: Who's Who at the Zoo?

Description: Peer recovery services are becoming an integral part of the process for those seeking or already in recovery from substance use. There appears to be quite a bit of confusion as to what does a Peer Recovery Specialist (PRS), also called a Recovery Coach (RC), do exactly. This interactive presentation is meant to help provide some clarity around that topic.

- Objective: Provide information about the differences between a PRS/RC, treatment technician, sponsor, and counselor.
- Objective: More clearly define the roles and responsibilities of a PRS/RC.
- Objective: Provide education about what should NOT be the roles and responsibilities of a PRS/RC.



Audience Participation Time

- What is a Sponsor?
- What are the roles & responsibilities of a Sponsor?
- What skills should a successful Sponsor possess?



Sponsor

➤ What is a Sponsor?

- A person who familiarizes themselves with the 12-Step approach and works their way through the steps may be able and willing to help guide newcomers and those looking for extra support.

➤ What are the roles & responsibilities of a Sponsor?

- Has been sober at least a year
- Has worked the 12 steps at least once
- Actively works with their own sponsor
- Regularly attends meetings
- Lives a life that you want to live

➤ What skills should a successful Sponsor possess?

- Isn't afraid to give you the difficult truths
- Extensive knowledge and understanding of the steps
- Identify warning signs of relapse (return to use, recurrence of symptoms)



Audience Participation Time

- What is a Counselor?
- What are the roles & responsibilities of a Counselor?
- What skills should a successful Counselor possess?



Counselor

➤ What is a Counselor?

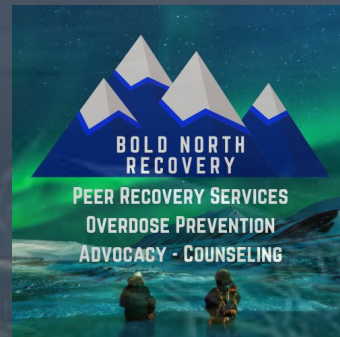
- Alcohol and drug counselors provide counseling for people who experience addiction as well as other related behavioral problems. They provide treatment and support to help the client recover from addiction or modify problem behaviors.

➤ What are the roles & responsibilities of a Counselor?

- Managing all aspects of a case from date of entry to date of discharge.
- Evaluating patients' physical and mental behaviors.
- Developing appropriate treatment and recovery plans.
- Facilitating individual and group therapy sessions.
- Monitoring patients over time to assess treatment progress.
- Collaborating with psychiatrists, doctors, nurses, social workers, and departments of correction.
- Identifying behaviors that interfere with treatment and recovery.

➤ What skills should a successful Counselor possess?

- Good listening skills
- Formal education
- Excellent communication skills



Audience Participation Time

- What is a CD Tech?
- What are the roles & responsibilities of a CD Tech?
- What skills should a successful CD Tech possess?



CD Tech

➤ What is a CD Tech?

- Is a person that works in addiction treatment program to monitor and tend to client needs and to support clinical staff when requested.

➤ What are the roles & responsibilities of a CD Tech?

- Collect UA/Bas from clients
- Monitors house activities while directly supervising resident actions and movements. Assures that program clients follow all program rules and regulations.
- Handles discipline of program residents in the event of major/minor program violations.
- Processes and oversees client medication(s) in accordance with facility medication policies and procedures.
- Exercises responsible communication with clients and staff including maintaining daily log, recording client data on bed check sheet, completing incident reports as needed, making appropriate telephone contacts, maintaining client confidentiality, and any other designated record keeping.
- Performs searches of facility and residents and their belongings as needed or scheduled.
- Provides clients with guidance and support on an informal basis as needed. Serves as a liaison between clients and case managers, while serving as the ongoing contact to the clients.

➤ What skills should a successful CD Tech possess?

- Strong verbal and written communication skills
- Ability to work in unpredictable, crisis response, and team-oriented setting
- Manage competing demands on their time and adhere to program schedule and rules



Audience Participation Time

- What is a Peer Recovery Specialist (PRS) / Recovery Coach (RC)?
- What are the roles & responsibilities of a PRS / RC?
- What skills should a successful PRS / RC possess?



PRS / RC

- What is a Peer Recovery Specialist (PRS) / Recovery Coach (RC)?
 - According to the [Connecticut Community for Addiction Recovery \(CCAR\)](#), is a person that promotes recovery and removes barriers and obstacles to recovery, serving as a personal guide and mentor for people seeking or already in recovery from an addiction to alcohol and or other drugs.



PRS / RC

➤ What are the roles & responsibilities of a PRS / RC?

▪ Motivator and Cheerleader

- Believes in capacity for change
- Motivates
- Encourages
- Celebrates

▪ Ally and Confidant

- Loyal
- Cares for Recoveree
- Actively Listens
- Trustworthy
- Stable and Consistent

▪ Truth-Teller

- Provides honest and helpful information
- Offers suggestions
- Helps to identify patterns of behavior
- Does not sugar coat things

▪ Role Model and Mentor

- Offers their own life as an example of healthy living
- Shows how... Walks the talk
- Provides stage appropriate recovery information



PRS / RC

➤ What are the roles & responsibilities of a PRS / RC?

■ Problem Solver

- Identifies potential problem areas
- Assist recoveree to problem solve
- Does not tell the recoveree the right way only offers options
- Non-judgemental

■ Resource Broker

- Provides linkages to the recovery community, treatment and other supports
- Knows system of care and how to navigate the system
- Has established contacts and recovery partnerships in the community

■ Advocate

- “A” = Advocate for the recovery community
- “a” = Advocate for the recoveree
- Assists recoveree to protect their rights
- Acts as a representative for the recoveree when requested

■ Community Organizer

- Helps establish support network for recoveree
- Serves as a connector



PRS / RC

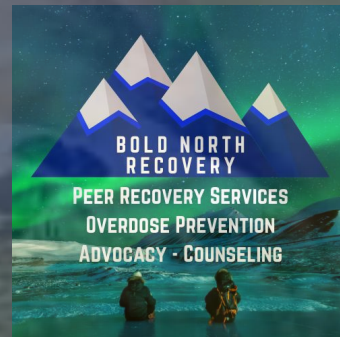
➤ What are the roles & responsibilities of a PRS / RC?

■ Lifestyle Consultant

- Offers feedback on recovery lifestyle
- “How’s that working for you?”
- Focus on recovery wellness
- Discuss healthy choices

■ Friend and Companion

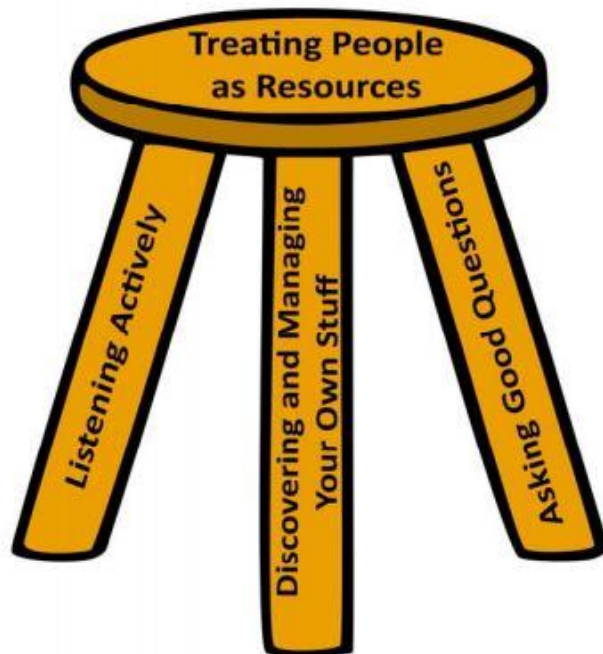
- An equal
- Peer-to-peer
- Reduced power differential



PRS / RC

➤ What skills should a successful PRS / RC possess?

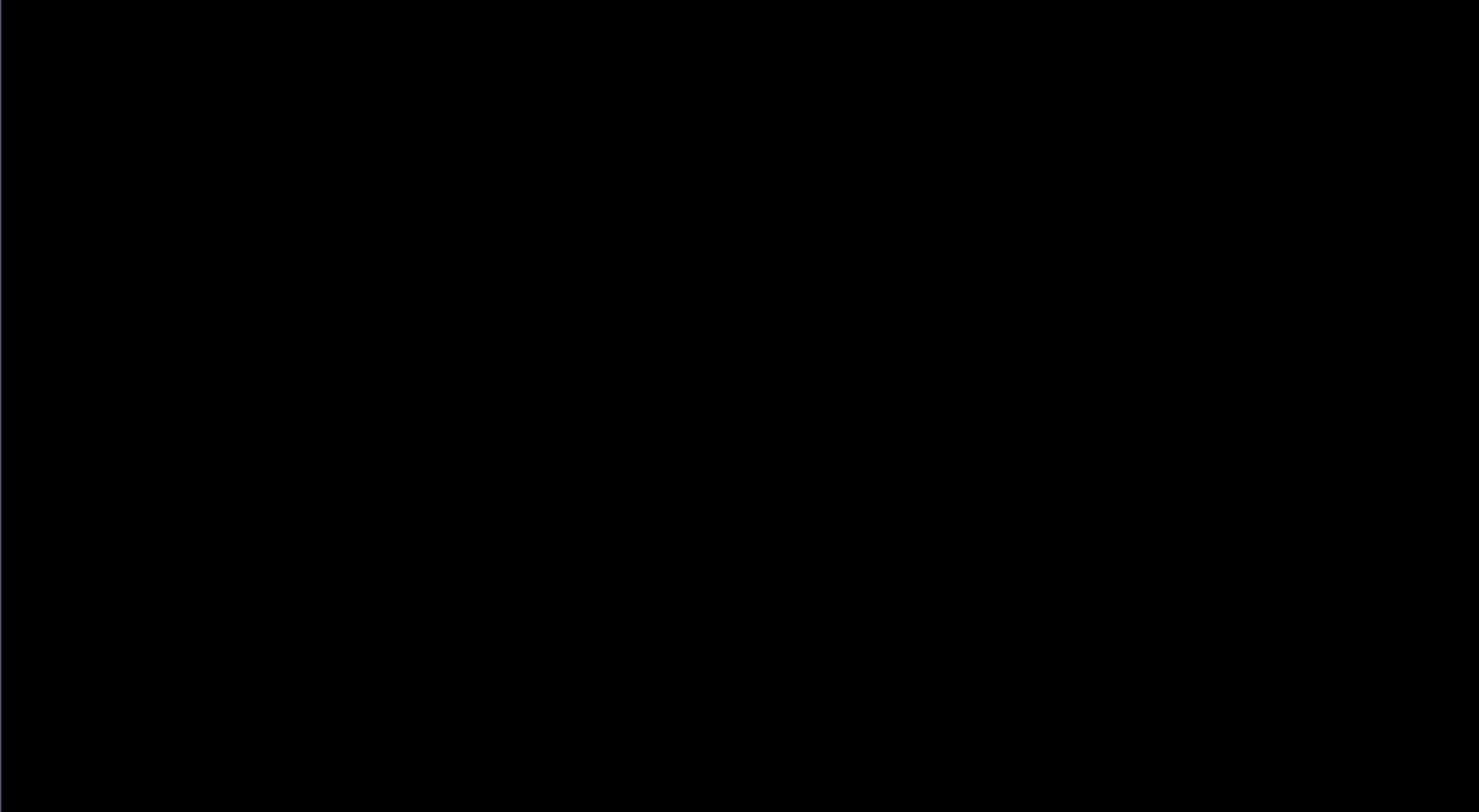
- Treating people as resources
- Active listening
- Managing your own stuff
- Asking Good Questions



← CCAR's Three-legged Stool



Recovery Coach Professional (RCP) Designation



Audience Participation Time

➤ What do you think a PRS / RC should NOT be asked to do and why?



Job titles we should rethink...

- Titles to change or discontinue (technicians)

- CD Tech (outdated language)
- Recovery Coach
- Recovery Advocate
- Recovery Specialist

- Titles to consider or use

- Treatment Technician
- Behavioral Health Technician
- SUD Program Technician
- Residential Technician
- Client Care Technician



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