


Recovery Coaching

Recovery Pathways	Recovery Coaching Step	Activity	What to Think / Say	What Not to Think or Say
<i>Hope</i>		1. Clearing <ul style="list-style-type: none"> • Open Mind, suspend previous information/belief • Prepared to be fully present with the person 	<ul style="list-style-type: none"> • I will stay focused on the person instead of the problem. • I will see the person in the light of their potential instead of their history 	<ul style="list-style-type: none"> • This person probably won't recover. • Probably nothing has changed. • This will be a "repeat" of our previous contacts
<i>Choice</i>		2. Connecting <ul style="list-style-type: none"> • Connecting/engaging. • Building relationship. • Establishing healing partnership. • Increasing comfort/trust level 	<ul style="list-style-type: none"> • Good to see you again. • That color looks great on you. • I've been thinking about you and wondering how you are. 	<ul style="list-style-type: none"> • What's the problem? • Are you still using? • I'm here to fix you • Let's get this over with. • I've completed your ISP and you need to sign it.
<i>Empowerment</i>		3. Empowering <ul style="list-style-type: none"> • Magnify accomplishments and strengths • Convey confidence in the person and their ability to recover. • Reinforce self efficacy through validation. • See the person as the expert in their life. • Identify valued roles. 	<ul style="list-style-type: none"> • I'm really impressed with your willingness to face this issue straight on • It takes a lot of courage to tackle situations like this. • Look at what you've been able to accomplish • You really have a lot going for you. • You know what's best for you • What are some things you can do to help someone else? 	<ul style="list-style-type: none"> • "This is really a big problem" • "If you do what we tell you, you'll get better" • How can we take care of you. • Have you been taking your medication? • Are you suicidal? • What other problems do you have? • How long have you had these problems?
<i>Recovery Environment</i>		4. Planning <ul style="list-style-type: none"> • Have the person describe their hopes and dreams. This is a "big picture" or "long term view". 	<ul style="list-style-type: none"> • Help me understand where you're going with this? What are your plans/dreams for your life? • Are you still on track with plans you made for your life? • What steps will you take to reach make this happen? • What can we do to support your success? 	<ul style="list-style-type: none"> • I think you should work on this specific problem today. • Are you sure this is realistic given the issues you're up against? • This is not the plan you had last time. • Let me suggest that you change your plan to.....
<i>Valued social role</i>				
<i>Spirituality</i>				

<i>Hope</i> <i>Choice</i> <i>Empowerment</i>		5. What could get in the way? (the person has remembered their strengths and has a plan for a context. They are now better able to manage the problem)	<ul style="list-style-type: none"> • Listen • Stay connected to the person, not the problem • Remember that the person is the expert. (resist trying to solve the person’s problems.) • Remember, if the person doesn’t dev. the solutions themselves, they will become more and more disabled • If possible the person fills out the paperwork. • Think of options and choices for the person to consider • Model not being afraid of the problem 	<ul style="list-style-type: none"> • Given your strengths, and past learning, I know you’ll be able to deal with this successfully. • What could get in the way of the way of you reaching the goals you just described above? • You’ve been able to solve problems like this in the past. • If someone came to you with this problem what would you tell them. • Are there any other options you want to consider? • (As a last resort) I can think of some options you may want to consider. • Here is some information you can explore. • Can you think of ways to put this into smaller manageable steps? 	<ul style="list-style-type: none"> • My advice is... • Here’s what you should do. • Last time you tried this you failed. • This doesn’t seem realistic. • I’ll have to discuss this with the clinical team and get back to you. • Maybe you should get your meds fixed, get sober, stop using, not be homeless, etc, before you talk about hopes and dreams. • Don’t get your hopes up, you might be disappointed. • Don’t take any risks. • Don’t stress yourself, it will make your symptoms worse.
		6. Resilience Building	<ul style="list-style-type: none"> • Build confidence so person can deal successfully with barriers that arise. • Facilitate the identification of solutions. • Build self-efficacy by developing mastery. • Capitalize on “learning moments”. • Help maintain perspective. 	<ul style="list-style-type: none"> • “If you hit a bump in the road, it’s just a bump. Not a road closure.” • What might come up that could throw you off track? • How could you use your strengths to stay on course? • Do you have any spiritual/reflective practices that could build resilience • How have you picked yourself up in the past? • How will you celebrate your successes? • What will you do when you don’t feel like following your plans? 	<ul style="list-style-type: none"> • “If you can’t do this, it’s probably too hard for you. • Be careful or you’ll end back up in the hospital. • If you get off track, the first thing to do is to call us. • People with your diagnoses usually have many failures and disappointments • I’ll try not to say “I told you so.”
		7. Personal Development / Accountability	<ul style="list-style-type: none"> • Mutual feedback • Assessing mutual growth • Accountability 	<ul style="list-style-type: none"> • “Is there anything we could have done to have gotten further along today?” • “Could I have been more helpful?” • Do you see things you want to change next time? 	<ul style="list-style-type: none"> • “We could have gotten further if you would have....” • Do you think I did a good job?”
<i>Recovery Environment</i> <i>Valued social role</i> <i>Spirituality</i>					