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CONNECTICUT COMMUNITY



FOR ADDICTION RECOVERY

# Recovery Coaching *An Opportunity for Change*

*Older Adult Conference*  
*March 22<sup>nd</sup> 2019*

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# The Connecticut Community for Addiction Recovery (CCAR)

## CCAR's Vision:

"The Connecticut Community for Addiction Recovery (CCAR) envisions a world where the power, hope and healing of recovery from alcohol and other addictions is thoroughly understood and embraced."

## CCAR's Mission:

1. Put a face on recovery, and
2. Provide recovery support services and promote recovery from alcohol and other addictions through advocacy, education and service. CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.

# What is a Recovery Coach?

- Research shows ***trained peers*** with shared experiences have a higher success rate at engaging individuals in need of help.
- Work with people affected by alcohol/substance use disorders.
- Coaches don't diagnose or treat addiction.
- Focus on the future; they do not explore past feelings or trauma.
- Help with decision making, plans towards recovery that will improve lives, one step at a time.
- Provide support in following through.
- Knowledgeable about “multiple pathways” of recovery.

# Multiple Pathways of Recovery

- 12-step (AA, NA, CA, ACA, DRA, Women in Sobriety)
- Religious (Celebrate Recovery, Alcoholics for Christ, Pioneer Association) or Spiritual (Refuge Recovery, White Bison)
- Secular (Life Ring, SMART)
- Medicated Assisted Treatment- Methadone, Suboxone, Vivitrol
  - Campral, Antabuse, Topamax
- Wellness based (Yoga, Meditation, Qigong, Tai-Chi, etc.)
- Active Sober Community (Phoenix Multi-Sport, ROCovery Fitness, Fit2Recover, etc.)
- Online Recovery Supports (In the Rooms, Apps, Daily Affirmations, etc.)

# Coaching



*“Lived Experience”  
I’ve been where you are...You can change  
your life and begin recovery!*

*I believe in you! Let me help you...*



Asking good questions  
Active listening  
Managing your own biases  
Treating people as resources



# Coaching in the Recovery Community Centers



- CCAR Trained Recovery Coaches ©
- Provide Recovery Coaching © in the Centers
- Ongoing support provided
- Supplemental CCAR © trainings provided
- Staff Supervision provided
- Workforce Development

Windham Recovery Community Center, 713 Main Street, Willimantic CT  
Hartford Recovery Community Center, 198 Wethersfield Avenue  
Bridgeport Recovery Community Center, 49 Cannon Street  
Young Adult & Family Center, 223 Elizabeth Street, Derby CT

# Recovery Coach Training

5-day CCAR Recovery Coach Academy© (30 hrs.)



# ED Recovery Coach Training cont.

- Ethical Considerations for Recovery Coaches© (12 hrs.)
- Spirituality for Recovery Coaches© (12 hrs.)
- Professionalism for Recovery Coaches© (12 hrs.)
- Medicated Assisted Recovery (6 hrs.)
- Mental Health First Aid (8 hrs.)
- Crisis Intervention & Conflict Resolution
- Narcan training
- Hospital specific training (fire/general safety, OSHA, blood borne pathogens, infection control, hazardous materials, HIPPA , etc.)

***Shadowing sets this team apart from other programs***

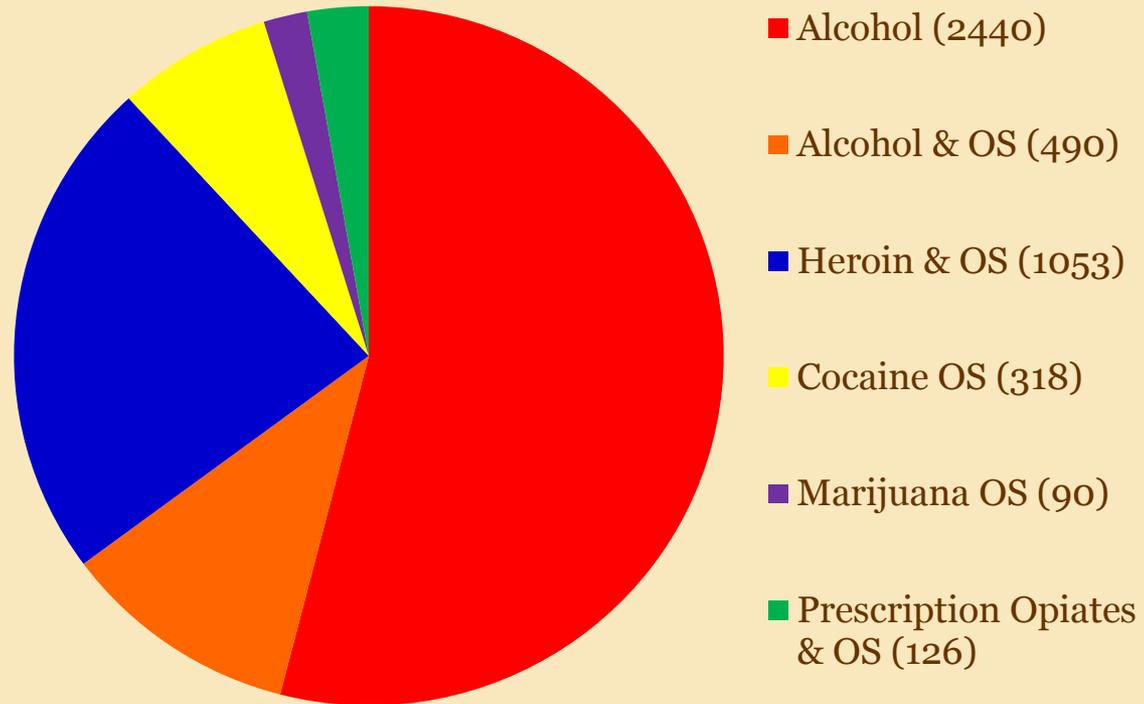
# ED Recovery Coaches



# 2 year Data (3-1-17 to 2-28-19)

## 3,615 Individuals Seen at 13 ED's

### Drug of Use



### Gender

Male= 2,493 (70%)

Female= 1,122 (30%)

### Overdose (?)

No= 4,220 (93%)

Yes= 297 (7%)

**4,517** calls to 13 ED's  
for **3,615** individuals

Alcohol & Alcohol OS= 65%  
Heroin OS= 23%

**OS** = Other Substances

# 2 year Data (3-1-17 to 2-28-19)

## Level of Care (from ED)

Detox- 2193

Community Supports- 1185

Inpatient- 354

MAT- 150

IOP- 129

Outpatient- 138

Total= **4149** of **4517** calls

**92%**

**Assertive Linkage to Care!!!!**

4,517 calls to ED's for **3,615**  
individuals

## Hospitals (13)

Manchester - 435

Windham- 521

L&M (New London) - 614

Backus (Norwich)- 589

Mid State (Meriden) - 304

St. Francis (Hartford) - 658

Danbury- 219

Day Kimball (Putnam)- 118

Hartford- 627

Charlotte Hungerford - 218

Hospital of Central CT- 173

Johnson & Memorial (Stafford Springs)- 22

St. Mary's (Waterbury)- 19

# ED Recovery Coach Narratives

