

## What do Peer Recovery Professionals DO?

“People often confuse the role of a counselor with that of a recovery coach. They think it’s the same role. To those of us in the recovery movement, the differentiation is crucial. To describe it simply, counselors/clinicians work to *initiate* recovery; recovery coaches work to *sustain* recovery. . . An analogy: Counselors/clinicians serve as the surgeons in the treatment of addiction. Recovery Coaches [Peer Advocates in NYC Public Health SUD system] serve as the physical therapists.”

- Phil Valentine, Executive Director, Connecticut Community for Addiction Recovery, 2019

<https://ccar.us/joshua-knee-recovery-coach-role-further-defined/>

### PEER RECOVERY | RECOVERY COACHING

#### The Importance of Role Clarity and Role Integrity

- William L. White, 2006

<http://www.williamwhitepapers.com/pr/2006SponsorRecoveryCoachAddictionCounselor.pdf>

1. **Motivator and Cheerleader:** exhibits bold faith in individual/family capacity for change; encourages and celebrates achievement
2. **Ally and Confidant:** genuinely cares, listens, and can be trusted with confidences
3. **Truth-Teller:** provides a consistent source of honest feedback regarding self destructive patterns of thinking, feeling and acting
4. **Role Model and Mentor:** offers his/her life as living proof of the transformative power of recovery; provides stage – appropriate recovery education and advice
5. **Problem Solver:** identifies and helps resolve personal and environmental obstacles to recovery
6. **Resource Broker:** links individuals/families to formal and indigenous sources of sober housing, recovery – conducive employment, health and social services, and recovery support
7. **Advocate :** helps individuals and families navigate the service system assuring service access, service responsiveness and protection of rights
8. **Community Organizer:** helps develop and expand available recovery support resources
9. **Lifestyle Consultant:** assists individuals/families to develop sobriety-based rituals of daily living
10. **Friend:** provides companionship



### Professional Certifications in New York State

*confirming*

#### Role Knowledge, Skills & Abilities

<http://www.asapnys.org/ny-certification-board/nycb-certifications/>

#### Certified Recovery Peer Advocate (CRPA)

*per* International Certification & Reciprocity Consortium (2013)

- 54 specified competencies
- 4 task domains

#### Certified Addiction Recovery Coach (CARC)

*per* Connecticut Certification Board (2012)

- 27 specified competencies
- 4 task domains