



Restoring Hope | Supporting Change | Improving Lives

Peer Recovery Coaching



Restoring Hope | Supporting Change | Improving Lives

www.gwcares.org



Allison Herrst CPRC, CPRM
Supervisor, Peer Support Services

734-431-2547

Allison.Herrst@gwcares.org

MISSION

Our mission is to help individuals restore hope, embrace change, and improve their lives.

VALUES



Passionate Dedication

We practice with accountability and belief in what we do.



Commitment to Community

We seek to create healthy and inclusive culture that supports growth and connectivity.



Service to Others

We act with honesty, openness, willingness and compassion to joyfully support clients and each other.



Humility

We are teachable and always seeking improvement.

Objectives

- What is a Peer Recovery Coach?
A.K.A. Peer Support, Peer Mentor,
Recovery Support, Peer Coach
- Why is Peer Recovery Coaching
important?
- Peer Coaching: The Growth Works
Way



What is a Peer Recovery Coach?



Peer Recovery Coaches

- Lived experience with addiction and recovery
- 2 years of continuous sobriety
- Working a personal recovery program
- Certification process
- Trained professionals



Peer Recovery Coaches embrace multiple recovery pathways

- Spiritual recovery programs
- MAT/MOUD
- Emotional recovery
- 12-step programs
 - AA, NA, Al-anon, etc.
- Harm-reduction



Personal Guide/Resource Broker

Coaches guide clients through barriers to recovery

- Substance use
- Mental health/emotional wellness
- Physical and nutritional wellness
- Housing/environmental wellness
- Legal
- Education and employment
- Spiritual and family support
- Leisure activities





Why is Peer Recovery Coaching Important?



Recovery Capital

“Recovery capital is conceptually linked to natural recovery, solution-focused therapy, strengths-based case management, recovery management, resilience and protective factors, and the ideas of hardiness, wellness, and global health.”

- William White

Help build Recovery Capital



- Recovery is a life-long process
- Sustain recovery
- Build support system
- Improve coping strategies
- Enhance quality of life in recovery

Walked in their shoes

- Person with lived experience
- Ability to relate to clients on a personal level
- Coaches use their personal stories to restore hope in clients and show that recovery is possible



Breaking the cycle of addiction

- Introduce recovery
- Individualized care for each person
- Long-term resource for clients
- Reduce shame and stigma
- Restore hope



Successes of Peer Recovery Coaching

- Improved engagement in recovery services (Bryne et al., 2020)
- Increased MOUD treatment engagement (Pho et al., 2021)
- Reduction in recidivism and rearrests (Pho et al., 2021)
- Improved outcomes for inpatient and outpatient treatment programs (Eddie et al., 2019)
- Improved treatment retention and engagement (James et al., 2014)

Peer Coaching: The Growth Works Way



We believe in teamwork

- We work together with treatment staff
- Bridge the gap between staff and the client
- Help reduce staff workload
- Provide feedback from a recovery perspective
- Actively involved in a supportive community



What sets Growth Works apart?



- Coaching for youth and adults
- 24/7 emergency response
 - within 90 minutes
- Community partnerships
- Community outreach

Adaptable and diverse coaching team

- Diverse backgrounds
- Different lived experiences
- Multiple recovery pathways



Advocates for recovery

- Growth Works staff educates the community
- Overdose awareness and Narcan training
- Provide community resources for clients and families
- Reduce stigma
- Restore hope



Hospital partners

“From our emergency department, to our outpatient services (and everywhere in between) our patients have the opportunity to walk that journey with someone that will meet them with compassion and empathy (and loads of resources) because Growth Works’ coaches understand, first-hand, what it feels like to be going through what our patients are going through.”

-Jakalyn J., LLMSW, Trinity Health, SMML

“Growth Works Peer Recovery Coaching program supports a connectedness and community where people can be assisted in discovering their pathway to recovery. Starting this while a person is hospitalized presents them with a unique opportunity to begin their recovery process before even leaving the hospital. This collaboration allows us to help people far beyond just their hospital stay.”

- Jessica H., LMSW, Trinity Health, SMML

Treatment court partners

“Having Growth Works Peer Recovery Coaches as members of our team has been crucial to the success of our program. They help us understand the participants in ways we never could!” - Shannon O.,
23rd District Court

“The Growth Works Peer Coaching program has been an integral component of the 16th District Court Intensive Supervision Program. Many of our participants have graduated and in their final statement, attribute their sobriety to the coach who assisted and encouraged them throughout probation. I appreciate the strict standards set by Growth Works and their dedication to moving a client to independence and sobriety. As a Sobriety Court Judge and a resident in this area, I am grateful to the Peer Mentors for their partnership in keeping our community safer and healthier.” -
Judge Kathleen J. McCann, 16th District Court

Growth Works Peer Recovery Coaching outcomes



Data and statistics

- 1,387 – Average client contacts per month
- 377 – clients seen on an emergency/crisis basis (FY to date)
- 847 – clients referred for peer services (FY to date)
 - 596 – received ongoing peer services (70.4%)
 - 251 – connected with other services (29.6%)





References

- Byrne, K. A., Roth, P. J., Merchant, K., Baginski, B., Robinson, K., Dumas, K., Collie, J., Ramsey, B., Cull, J., Cooper, L., Churitch, M., Rennert, L., Heo, M., & Jones, R. (2020). Inpatient link to Peer Recovery Coaching: Results from a pilot randomized control trial. *Drug and Alcohol Dependence*, 215, 108234. <https://doi.org/10.1016/j.drugalcdep.2020.108234>
- Eddie, D., Hoffman, L., Vilsaint, C., Abry, A., Bergman, B., Hoeppepner, B., Weinstein, C., & Kelly, J. F. (2019). Lived experience in new models of care for substance use disorder: A systematic review of Peer Recovery Support Services and recovery coaching. *Frontiers in Psychology*, 10. <https://doi.org/10.3389/fpsyg.2019.01052>
- James, S., Rivera, R., & Shafer, M. S. (2014). Effects of peer recovery coaches on substance abuse treatment engagement among child welfare-involved parents. *Journal of Family Strengths*, 14(1)
- Pho, M., Erzouki, F., Boodram, B., Jimenez, A. D., Pinerros, J., Shuman, V., Claypool, E. J., Bouris, A. M., Gastala, N., Reichert, J., Kelly, M., Salisbury-Afshar, E., Epperson, M. W., Gibbons, R. D., Schneider, J. A., & Pollack, H. A. (2021). Reducing opioid mortality in Illinois (ROMI): A case management/peer recovery coaching critical time intervention clinical trial protocol. *Journal of Substance Abuse Treatment*, 128, 108348. <https://doi.org/10.1016/j.jsat.2021.108348>



Thank you!

For more information on Peer Recovery Coaching, or to get connected with a Peer Recovery Coach, contact Allison.Herrst@gwcares.org or (734) 431-2547, or visit our website: www.gwcares.org



Learn more about our professional training, consulting, and speaking services contact Hayley Koetje at Hayley.Koetje@gwcares.org or (734) 431-8924, or by visiting our website: www.gwcares.org

Please connect with us on Facebook, Instagram and LinkedIn