What is Recovery Coaching?
AmeriCorps
Recovery Corps Program

Presenters

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Governor’s Task Force on Opioid Abuse

• 1st meeting Oct 28, 2016
• Members

• Report on Combating Heroin Abuse
Governor’s Task Force on Opioid Abuse

- January 2017 Recommendations & Legislation
  - Executive Order #228 directs Wisconsin state agencies to take further action to combat opioid abuse and addiction based upon the recommendations of Lieutenant Governor Kleefisch and Representative Nygren included in the report sent to Governor Walker today.
  - Executive Order #229 directs the Wisconsin Department of Health Services (DHS) to apply for federal funding recently made available with the passage of the 21st Century CURES Act. The act makes available up to $7,636,938 per year for two years to Wisconsin for programs responding to the opioid crisis through the State Targeted Response to the Opioid Crisis Grant.
  - Executive Order #230 requests a special session of the Wisconsin State Legislature to commence at 11:00 a.m. on January 5, 2017, to consider and act upon the following legislation:

Governor’s Task Force on Opioid Abuse

July 17 - H.O.P.E. for Wisconsin: Governor Walker Signs Special Session Bills into Law:

- Special Session Assembly Bill 1 - allows school bus drivers, employees, and students as well as police or public safety personnel to administer an opioid antagonist, such as naloxone or Narcan, to those who appear to be experiencing an overdose.
- Special Session Assembly Bill 2 - increases funding for the Treatment Alternatives and Diversion (TAD) grant program by $2 million annually.
- Special Session Assembly Bill 3 - expands Wisconsin’s “Good Samaritan Law,” which was signed into law in 2014. Current law grants limited immunity to an individual who calls 911 to help a person experiencing an overdose.
- Special Session Assembly Bill 4 - requires a prescription for certain Schedule V controlled substances.
- Special Session Assembly Bill 5 - allows people with a drug dependency to be committed under the process for those with an alcohol dependency.
- Special Session Assembly Bill 6 - allows hospitals to receive grants for addiction medicine or addiction psychiatry specialist residents if they are practicing family medicine, general surgery, pediatrics, psychiatry, or internal medicine and are enrolled in an existing accredited graduate medical training program.
- Special Session Assembly Bill 7 - requires DHS to establish a medication consultation program for physicians.
- Special Session Assembly Bill 8 - requires DHS to establish an addiction medicine consultation program for physicians.
- Special Session Assembly Bill 9 - requires DHS to establish an addiction medicine consultation program for physicians.
- Special Session Assembly Bill 10 - requires DHS to establish an addiction medicine consultation program for physicians.
- Special Session Assembly Bill 11 - requires the Department of Public Instruction to establish a mental health training support program.
WHAT IS RECOVERY COACHING?

A Recovery Coach is
• A person who helps remove personal and environmental obstacles to recovery
• Links the newly recovering person to the recovering community
• Serves as a personal guide and mentor in the management of personal and family recovery.

Such supports are generated by mobilizing resources within the recovery community, or provided by the recovery coach where such natural support networks are lacking.

WHAT IS RECOVERY COACHING?

A Recovery Coach is NOT a...
• Sponsor
• Counselor
• Doctor or Nurse
• Clergy Person

Four Goals of a Recovery Coach
• Promote recovery
• Remove barriers
• Connect recoverees with recovery support services
• Encourage hope, optimism and healthy living

DEFINING THE LANES

COUNSELOR
• Emphasis on formal education - theory and science
• Works within an organizational hierarchy
• Works within a particular organizational treatment philosophy
• Significant power differential
• Explicit ethical guidelines; high external accountability
• Self-disclosure discouraged or prohibited
• Considerable focus on past experience
• Duration of service becoming brief and ever briefer
• Paperwork extensive and burdensome
• Works as paid helper; client or third party pays for service
DEFINING THE LANES

SPONSOR
• Vetted by reputation within Recovery Community
• No formal supervision
• Works within beliefs of a particular recovery fellowship
• Relationship governed by group conscience; no external accountability
• Duration of Services can span years
• Minimal focus on ecology of recovery; minimal advocacy
• No fees paid to sponsor or recovery fellowship

DEFINING THE LANES

RECOVERY COACH
• Vetted by the community or organization
• Varies degree of supervision
• Works across multiple frameworks of recovery via choices of those with whom they work
• Minimal power differential
• Focus on present: What can you do today to strengthen your recovery?
• Focus on linking to community resources and building community recovery capital; significant advocacy work
• Works in paid or volunteer role

WHAT IS A RECOVERY COACH?
• Motivator & Cheerleader
• Role Model & Mentor
• Problem Solver
• Resource Advisor
• Advocate
• Community Organizer
• Lifestyle Consultant
• Friend & Companion
• An Equal
The CCAR Recovery Coach Academy®

A 5-day, 30-hour intensive training academy focuses on providing individuals with the skills needed to guide, mentor, and support anyone who would like to enter into or sustain long-term recovery.

Provided in a retreat-like environment,

The CCAR Recovery Coach Academy® prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

Recovery Coach Academy Competencies:

- Describe Recovery Coach role and functions
- List the components, core values, and guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery and recovery coaching
- Discover attitudes about self-disclosure and sharing your story
- Understand the stages of recovery
- Describe the stages of change and their applications
- Increase their awareness of culture, power, and privilege
- Address ethical and boundaries issues
- Experience recovery wellness planning
- Practice newly acquired skills
Community application

HOPE OF RECOVERY

Marshfield Clinic Health System Recovery Corps

NATIONAL SERVICE

- AmeriCorps is a national service program that provides thousands of Americans of all ages and backgrounds with education awards in exchange for their service.
- "A Domestic Peace Corps"
What is National Service?

- Nearly 80,000 members nationwide
- CNCS owns AmeriCorps, VISTA, Senior Corps, Learn and Serve, Foster Grandparents, NCCC
- Serve Wisconsin is the State AmeriCorps Office
- Most programs are 20 members
- Multi-site and one site programs (city or statewide)
- Focus: capacity building, youth corps, disaster, Veterans, education, health, economic disparity

A strong foundation!

- 17 years of successful AmeriCorps operations
- 2000 – 1st AmeriCorps program
- 2009 – 2 programs
- 2010 – 3 programs
- 2014 – 4 programs
- 2017 – 4 programs (Recovery Corps begins)
- Sites, success, participation, ranking

What is the benefit/Why are we involved?

- 851 members across all programs
- As of Sept 1 – 1.4 million hours
- $31.6 million in value
- Added capacity, volunteer support, getting things done
- Strengthening communities makes them healthier.
Marshfield Clinic Health Systems
Recovery Corps The Basics:
- 20 FT members
- September 11, 2017 – August 31, 2018
- Individuals with 1 year in recovery or lived experience
- Members will serve as Peer Recovery Coaches (consult, educate and build rec capital)
- Serve 35-40 hrs per week
- Team meetings

Marshfield Clinic Health Systems
Recovery Corps Where are we:
- Member placements (current):
  - Iron County Human Services, Hurley, WI
  - Price County Health and Human Services, Phillips, WI – not yet filled
  - Family Health Center of Marshfield, Inc. Alcohol & Drug Recovery Center - Minocqua, WI
  - Marshfield Clinic Center for Community Outreach, Minocqua, WI (members to be dispersed across Forest, Iron, Oneida, Price, and Vilas Counties and Forest County Potawatomi, Lac du Flambeau Chippewa, and Sokaogon Chippewa Tribal Nations as needed)

Recovery Corps
- Members will serve as peer recovery coaches trained using the Connecticut Community for Addiction Recovery (CCAR) model with additional supplemental training consistent with the principles of Faces and Voices of Recovery and AmeriCorps.
- Peer recovery coaches must have at least one year of recovery in accordance with the definition outlined by the Substance Abuse and Mental Health Services Administration.
- Recovery Corps members will focus on both immediate community needs and themselves in a manner consistent with workforce development.
Recovery Corps

- Host sites will be substance use disorder treatment or recovery service providers willing to complete ROSC training, obtain recognition as a Recovery Community Organization (RCO) by Faces and Voices of Recovery, form an advisory panel that includes representation from community stakeholders, provide required cash match for members, and fulfill all standard AmeriCorps host site requirements.
- Members will serve in three capacities, including one-on-one consultation, education, and building recovery capital, with member service plans tailored for the strengths of the member and needs of the community.
- Recovery Corps oversight will be provided by the current CCO AmeriCorps manager with hiring of a dedicated program manager and contracted training/consultation.

Marshfield Clinic Health Systems Recovery Corps

- Minocqua main office
- Host Site Supervisor Training – September 12
- Member Orientation – September 11 – 15, 2017
- CCAR Training/Kickoff – October 2-5, 2017
- Midterm Training – January 3-5, 2018
- End of year recognition - TBD

How does this work?

- Serving all Counties in the HOPE Consortium.
- Free range members
- Host site specific members

FOCUS

- Coach 5 individuals
- Recruit 5 volunteers
- Promote access to Recovery Corps
- Coordinate regional events
- Work with HOPE to plan Recovery Month event
Marshfield Clinic Health Systems
Recovery Corps