

## How do I become a *Recovery Coach*?

RW is now offering the first Recovery Coach Training opportunity in the state. This exciting, innovative training will provide the tools & resources necessary to become an effective *Recovery Coach*.

## Recovery Coach Training Dates:

Mondays and Wednesdays—

- October 8 & 10; October 15 & 17; and October 22 & 24, from 6 p.m. to 9 p.m.
- **and** Saturday October 27, from 9 a.m. to 4 p.m.

Meals are provided and childcare is available.

## Expectations of a *Recovery Coach* are:

- 1) Completing the Recovery Coach Training and being available for continued training and check-in with the Executive Director and
- 2) Maintaining contact (either face-to-face or by telephone) with each recoveree at least once a week and a sit down meeting with each recoveree at least twice a month.

Applications are available at the Recovery Community Center, 512 E. Lincolnway, Cheyenne, WY and on our website at [www.recoverwyoming.org](http://www.recoverwyoming.org)

Applications are due **September 24, 2012**.  
The class is limited to 20 attendees.

*Individuals must have a minimum of one year experience in recovery, or be a family member or friend, to qualify to be Recovery Coach.*



# RECOVER WYOMING

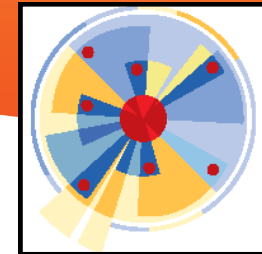
## OUR MISSION

The mission of Recover Wyoming is to advocate for persons in recovery and mobilize resources to aid them, their families & allies to increase the occurrence and quality of long-term recovery from addiction. Through recovery promotion and education, Recover Wyoming will work with communities and organizations to advocate that all people, seeking and in recovery, are treated with dignity and respect.

Recover Wyoming is a nonprofit 501(c)(3)  
Recovery Community Organization (RCO).

# RECOVER WYOMING

HEALING LIVES, CREATING FUTURES



# RECOVERY COACHING

RECOVER WYOMING

Recovery Community Center:

512 E. Lincolnway

Cheyenne, WY 82001

(307) 421-7261

[www.recoverwyoming.org](http://www.recoverwyoming.org)

LAURA GRIFFITH, EXECUTIVE DIRECTOR

[WWW.RECOVERWYOMING.ORG](http://WWW.RECOVERWYOMING.ORG)

# RECOVERY COACHING

**RECOVER WYOMING** offers peer-to-peer recovery support through our Recovery Coaching Program. In this program, trained volunteers are matched with individuals seeking recovery to offer on-going weekly support and help identify and remove barriers to recovery.

## What is a Recovery Coach?

A Recovery Coach is someone with personal experience in recovery who assists others seeking to initiate or maintain recovery.

## RECOVERY COACHES DO:

- ◆ Serve as a personal guide and mentor
- ◆ Work in a peer-to-peer capacity rather than a professional-to-client capacity
- ◆ Affirm that there is innate health and wellness in each recoveree
- ◆ Empower their recoverees by helping them identify and remove barriers to recovery
- ◆ Connect their recoverees to resources and organizations that help foster and sustain long-term recovery



## RECOVERY COACHES DO NOT:

- ◆ Promote or endorse any particular way of achieving or maintaining sobriety
- ◆ Diagnose or treat any addiction
- ◆ Monitor abstinence
- ◆ Dictate what someone's recovery will look like

## Recovery Coach Training Provides:

- ◆ An overview of the role and value of Recovery Community Organizations like RW
- ◆ An understanding of the roles and responsibilities of Recovery Coaches including ethics and boundaries
- ◆ An opportunity to develop communication & active listening skills
- ◆ Crisis training
- ◆ Information regarding access to local recovery resources
- ◆ An opportunity to practice Recovery Coaching skills

*Service is the heart and soul of Recover Wyoming. All our recovery support programs are volunteer-based and offer people in recovery a way to give back, strengthen their own recovery, and support others who are seeking recovery.*