

ECHO IDAHO

Substance Use in Idaho

Recovery Coaching & Support

07/23/2026

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Recovery Coach and Peer Support

Thrive Community Services

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



Learning Objectives

- Define Recovery Coaching & Recovery Support Services
- Understand the role of a Certified Recovery Coach
- Explore how coaching compliments clinical treatment
- Identify practical strategies for supporting recovery

Why Recovery Support Matters



Recovery is often
non-linear



Relapse can be part
of the recovery
process



Long-term recovery
requires ongoing
support



Social connection is
a major predictor of
recovery success



Recovery extends
beyond treatment
episodes

What is Recovery Coaching?

Recovery Coaching Is:

- Peer-based support
- Strength-focused
- Goal-oriented
- Person-centered
- Recovery-focused

Recovery Coaching Is Not:

- Therapy
- Case management
- Sponsorship
- Clinical treatment

The Power of Lived Experience



Why Lived Experience Matters



Creates hope



Builds credibility



Reduces stigma



Promotes engagement



Demonstrates recovery is possible

Core Functions of Recovery Coaching

01

Build
supportive
relationships

02

Help
individuals
identify goals

03

Assist with
recovery
planning

04

Encourage
accountability

05

Connect
people to
resources

06

Support
community
engagement

The Recovery Coaching Process

Typical Coaching Journey

- Engagement
- Relationship Building
- Goal Identification
- Action Planning
- Resource Connection
- Ongoing Support
- Transition & Independence

Recovery Coaching vs. Clinical Treatment

Recovery Coach

- Lived experience
- Future-focused
- Community-based
- Goal Support
- Peer relationship

Clinician

- Professional training
- Assessment & treatment
- Clinical setting
- Diagnosis & treatment
- Therapeutic relationship

Boundaries and Ethics

Essential Ethical Principles

- Maintain appropriate boundaries
- Protect confidentiality
- Avoid dual relationships
- Practice within scope
- Model healthy recovery



Multiple Pathways to Recovery

Recovery Is Not One-Size-Fits-All

- Examples include:
 - 12-Step programs
 - SMART Recovery
 - Faith-based recovery
 - Medication-assisted recovery
 - Harm reduction approaches
 - Abstinence

Motivational Support

Helping People Find Their "Why"

- Recovery Coaches Help Clients:
 - Identify strengths
 - Recognize barriers
 - Celebrate progress
 - Build confidence



Common Challenges in Recovery



Challenges Clients May Face

- Cravings
- Triggers
- Isolation
- Housing instability
- Employment barriers
- Family conflict
- Transportation issues

Supporting Relapse Prevention

Recovery-Oriented Approach

- Focus on:
 - Learning from setbacks
 - Identifying warning signs
 - Strengthening support systems
 - Revising recovery plans
 - Maintaining hope

Recovery Coaching Across Systems

Collaboration Opportunities

- Treatment programs
- Healthcare systems
- Courts
- Probation
- Community organizations
- Recovery community centers



Success Stories and Outcomes

Research Shows Recovery Coaching Can:

- Improve treatment engagement
- Increase retention
- Enhance recovery capital
- Reduce substance use
- Improve quality of life
- Increase community connection

What Professionals Should Know

Working Effectively with Recovery Coaches

- Respect the peer role
- Understand scope of practice
- Communicate collaboratively
- Include coaches in care planning
- Value lived experience

Key Takeaways

Remember:

- ✓ Recovery is possible
- ✓ Lived experience has value
- ✓ Recovery coaching complements treatment
- ✓ Relationships are powerful tools for change
- ✓ Recovery support extends beyond clinical care

Questions?

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