

Mental Health for Recovery Coaching

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Mental Health for Recovery Coaching Welcome



Mental Health for Recovery Coaching That's Me

Mental Health for Recovery Coaching
That's Me

- Who is in Recovery?

Mental Health for Recovery Coaching
That's Me

- Who is in Recovery?
- Who is a Recovery Coach?

Mental Health for Recovery Coaching
That's Me

- Who is in Recovery?
- Who is a Recovery Coach?
- Who is a Clinician/Substance Use Counselor?

Mental Health for Recovery Coaching
That's Me

- Who is in Recovery?
- Who is a Recovery Coach?
- Who is a Clinician/Substance Use Counselor?
- Who is a Mental Health Worker?

Mental Health for Recovery Coaching
That's Me

- Who is in Recovery?
- Who is a Recovery Coach?
- Who is a Clinician/Substance Use Counselor?
- Who is a Mental Health Worker?
- Who is a family member?

Mental Health for Recovery Coaching
That's Me

- Who is in Recovery?
- Who is a Recovery Coach?
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- Who is a Mental Health Worker?
- Who is a family member?
- Who is an advocate/ally of Recovery Coaching?

Mental Health for Recovery Coaching

Introductions

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OBJECTIVES of this workshop

- Identify and discuss the signs and symptoms of individuals living with mental health and co-occurring difficulties.
- Examine and reflect upon together any biases or misconceptions that recovery coaches may have toward individuals living with mental health conditions.
- Explore and suggest methods and strategies that the recovery coach can implement to support a recoveree experiencing mental health and/or co-occurring challenges.

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AGENDA

<input type="checkbox"/> Intention	<input type="checkbox"/> The Phases of Mental Health Recovery and The Stages of Change
<input type="checkbox"/> Mindfulness	<input type="checkbox"/> Affirmation
<input type="checkbox"/> Misconceptions and Stigma	<input type="checkbox"/> Recovery Capital
<input type="checkbox"/> The New Integrated Landscape of Health Care: The Big Picture	<input type="checkbox"/> Collaboration
<input type="checkbox"/> Connection	<input type="checkbox"/> Temptation
<input type="checkbox"/> Identification	<input type="checkbox"/> Additional Reading
<input type="checkbox"/> Ambivalence	<input type="checkbox"/> Closing

The Inner Attitude of Recovery Coaching
Pre-Engagement Essential



What frame of mind do I need to be in as I begin a recovery coach session and this workshop?

INTENTION

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MINDFULNESS



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MISCONCEPTIONS and STIGMA



• What fears, misconceptions, prejudices or stigma do you have and/or recognize about persons with mental illness?

Mental Health for Recovery Coaching Responding to our own biases as Recovery Coaches.



Mental Health for Recovery Coaching Behavioral Health and Recovery Coaches

- While there are some recovery coaches who are self-employed, the majority of recovery coaches are hired by behavioral health organizations.
- At your tables, please write your own definition of Behavioral Health, namely, Behavioral Health is.....
- Please share your definitions with one another.
- Write down on your notepad your consensus table definition.



Mental Health for Recovery Coaching What is Mental Illness?

- Please take a moment and think about how to define Mental Illness, namely: Mental Illness is.....



Mental Health for Recovery Coaching Mental Health and Recovery Coaches

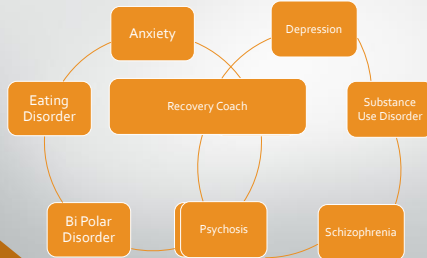
- At your tables, please write your own definition of Mental Health, namely, Mental Health is.....
- Please share your definitions with one another.
- Write down on your notepad your consensus table definition.



Mental Health for Recovery Coaching Recovery Coaches and Health Care Reform in MA



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Mental Health for Recovery Coaching Mental Health Signs and Symptoms

A	G	M	S	Y
B	H	N	T	Z
C	I	O	U	
D	J	P	V	
E	K	Q	W	
F	L	R	X	
				-Mental Health First Aid USA

Mental Health for Recovery Coaching Mental Health Signs and Symptoms

Think of a time when you last encountered/worked with someone who was demonstrating symptoms of a mental health challenge. What did that look like? How did you respond.



Mental Health for Recovery Coaching Connection

"There simply is no pill that can replace human connection. There is no pharmacy that can fill the need for compassionate interaction with others. There is no panacea. The answer to human suffering is both within us and between us."

-Dr. Joanne Cacciatore



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Scenario One: I Don't Know Joe

- Joe is a Recovery Coach who just started a new job at the ER. He gets a call on Friday night stating that there's someone who took some unknown medication for his back pain while binge drinking alcohol and is going to be held in the psychiatric unit. Joe goes over there first thing in the morning. When he arrives, the nurse states that he hasn't spoken to anyone at all and refused everything except water. When Joe attempt speaking to him, he doesn't answer and stares blankly away.
- Please discuss with your table mates what you think is going on in this scenario.
- How would Joe work towards connecting with this individual?

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Identification



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Motivational Interviewing

What is **Ambivalence** and how can you use it in the relationship with your recoveree?

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Phases of Mental Health Recovery	Stages of Change
Devastating Impact of Diagnosis	Pre-contemplation
Life is Limited	Contemplation
Change is Possible	Preparation
Planning for Change	Action
Supported Action	Maintenance

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Affirmation

amazing	bright
wonderful	charming
incredible	compassionate
brave	surprising
courageous	optimistic
creative	lovable
fascinating	honorable
rare	awesome
funny	inspiring
sweet	faithful
playful	generous
full of grace	extraordinary

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Recovery Capital

Internal	External
skills	Positive family relationships
Experience	Employment/transportation
Acceptance	Schooling/ education
Sense of belonging	Stable housing
willingness to ask for help	Connection with recovery community
a sense of hope	community
personal goals	Hobbies

Mental Health for Recovery Coaching Scenario Two: Jerry, "your my Angel"

- Jerry is a 46 year old woman who is very friendly and is chain smoking cigarettes outside your program. She engages in conversation and tells you that she has an appointment, but she's not sure who it's with since her case manager just "sent her over". Jerry tells you that she is in the shelter and just got into a fight with someone there who she feels like "bitting", but she's not going to since she's now in recovery and "doing things differently". She shuffles through her purse frantically and asks you if you know this person on her appointment card. Your name is on the card. Jerry is happy that she found you stating that you're her "angel" and that she knew this program was going to help her. After you go inside and speak with her some more, you realize that you worked with her 3 years ago and did not recognize her at all in your earlier interaction since her appearance and speech were dramatically different than you now recalled. She then "kind of" remembers you.
- What is Jerry's Recovery Capital?
- As a Recovery Coach, how do you use the Recovery Capital Scale to guide Jerry?

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High Recovery Capital	High Problem Severity/ Complexity
Low Problem Severity/ Complexity	Low Recovery Capital

-William L. White

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Collaboration

At your tables, please list out and discuss:

- In order to support the recoveree, who can Recovery Coaches collaborate with and how?
- What are some potential challenges?
- What can facilitate the collaboration in order for the recoveree to achieve their desired goals and maximize their potential?

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Scenario Three: The Recovery Coach and Peer Specialist work together with Roberto

- Paul, a CPS, and Julia a CARC, are sent by their Integrated Care Team leader to transport Roberto from the psychiatric unit at Beth Israel Hospital to a 30 day treatment program for substance use rehab at Plymouth High Point. Roberto, 19, has ADHD and self-harms (cuts himself). He knows that alcohol and marijuana limit the effectiveness of his medications. He agrees to go to rehab but he is ambivalent about giving up his substances.
- How can Paul and Julia work together to support Roberto's mental health and addiction recovery?
- What open ended questions might be helpful to ask Roberto around his ambivalence?
- Break out into tri-ads where you choose who will be Paul, Julia, and Roberto. While Paul drives to Plymouth Highpoint from Boston, Julia and Roberto have an informal recovery coach meeting that addresses Roberto's ambivalence about moving from contemplation to preparation.

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Temptations to Avoid as Recovery Coaches

- Because Recovery Coaches use empathy, compassion, mutuality, identification and kindness in working with recoverees (mental health and/or addictions), a sense of trust and intimacy gets established. What can we retrieve from our RCA training that will help us as Recovery Coaches to stay in our lane.
- Review the roles of the Recovery Coach (William L. White)
- Review what a Recovery Coach is not, e.g. Clinician, Sponsor, Clergy.

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Scenario Four: Staying in Your Lane



- Abdullah, 58, a Muslim American Recovery Coach and Ali, 42, a Black Muslim Recoveree with cooccurring disorders (paranoia and opioid addiction) have been meeting successfully every week for three months. As they begin today's meeting, Ali expresses his desire to become an imam but knows that if he discloses that he is gay that he will not be accepted as a candidate. Abdullah has encouraged Ali to participate in his mosque and both are involved in faith based recovery.
- Please find a partner and decide who will be Abdullah and who will be Ali.
- You will have ten minutes to bring this role play to conclusion.

Mental Health for Recovery Coaching Certified Addiction Recovery Coach (CARC)

- THE MASSACHUSETTS BOARD OF SUBSTANCE ABUSE COUNSELOR CERTIFICATION - MBSACC

For all information regarding CARC certification and for downloading the CARC Application go to:

[http://www.ma-atr.org/Files-\(1\)/Application-CARC-Requirements.aspx](http://www.ma-atr.org/Files-(1)/Application-CARC-Requirements.aspx)

Mental Health for Recovery Coaching Additional Reading

William L. White
www.williamwhitepapers.com

Phil Valentine

www.ccar.us

Sheri Mead

<http://www.intentionalpeersupport.org/articles/sheri-mead/>

Mary Ellen Copeland

<http://mentalhealthrecovery.com/>

Dual Recovery Anonymous

<http://www.draonline.org>

Careers of Substance

<http://www.careersofsubstance.org>

Mental Health for Recovery Coaching Evaluations