



Overview of Peer Recovery and Recovery Coach Services  
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# Recovery Coaching as a Service

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- Recovery Coaching is a service billable to all public payers in Michigan
  - Medicaid
  - Healthy Michigan plan
  - Federal Block Grant

## **Peer Recovery and Recovery Support**

To support and promote recovery and prevent relapse through supportive services that result in the knowledge and skills necessary for an individual's recovery. Peer recovery programs are designed and delivered primarily by individuals in recovery (Recovery Coach) and offer social, emotional, and/or educational supportive services to help prevent relapse and promote recovery.



# Recovery Coaching as a Service

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- This is a federally recognized and defined service by the Substance Abuse Mental Health Services Administration (SAMHSA) and the Centers for Substance Treatment (CSAT)
- Peer Recovery and Recovery Supports were added to the Administrative Rules in 2006
- This created a licensing category for the service under the outpatient level of care
- Workgroups were convened in 2007 and 2010 to review standards for this level of care



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**Peer** - A person in a journey of recovery who identifies with an individual based on a shared background and life experience.

**Peer Recovery Associate** - The name given to individuals who assist the peer recovery coach by engaging in designated peer support activities. These persons have been provided an orientation and brief training in the functional aspect of their role by the entity that will utilize them to provide supports. These individuals are not trained to the same degree as the peer recovery coach.



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**Peer Recovery Coach** - The name given to peers who have been specifically trained to provide advanced peer recovery support services in Michigan. A peer recovery coach works with individuals during their recovery journey by linking them to the community and its resources. They serve as a personal guide or mentor, helping the individual overcome personal and environmental obstacles.



# Four General Categories of Service Delivery

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## **Type of Support Description Peer Support Service**

### **Examples**

**Emotional** Demonstrate empathy, caring, or concern to bolster a person's self-esteem and confidence.

- Peer mentoring
- Peer-led support groups

**Informational** Share knowledge and information and/or provide life or vocational skills training.

- Parenting class
- Job readiness training
- Wellness seminar



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**Instrumental** Provide concrete assistance to help others accomplish tasks.

- Child care
- Transportation
- Help accessing community health and social services

## **Affiliational**

Facilitate contacts with other people to promote learning of social and recreational skills, create community, and acquire a sense of belonging.

- Recovery centers
- Sports league participation
- Alcohol- and drug-free socialization opportunities

- Faith-based
- (SAMHSA, 2009b)



# Training and Requirements

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- You must have completed CCAR training or its equivalent to work as a Recovery Coach
- The state is revising the curriculum currently and we do not know with certainty the end results.
- What we have been told as of now: (preliminary information)
  - you will need to be a person with lived experience to work as a recovery coach (not a family member or support person)
  - You will need two years in recovery to work as a coach
  - You will not need the MCBAP certification





# Training and Requirements

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- For additional detailed information on the duties of a recovery coach, you can visit the coming together website or you can look at the States Technical Advisory at
- [http://www.michigan.gov/documents/mdch/TA-T-07\\_Peer\\_Recovery-Recovery\\_Support\\_230852\\_7.pdf](http://www.michigan.gov/documents/mdch/TA-T-07_Peer_Recovery-Recovery_Support_230852_7.pdf)

