

Recovery Coaching Support Tool

Date ___/___/___

We appreciate that recovery coaching is a collaborative process between two people who are committed to recovery. We hope that both participants will be willing to take the time required to collect this information at the beginning of, during, and at the end of the Recovery Coaching process. We believe that considering the elements below will help with the process of developing and living through the use of a recovery plan. **If this is the first time you are answering these questions, please answer for the month before beginning of the recovery coach/recoveree relationship.**

Collecting this information will help us investigate the effectiveness of recovery coaching. We are committed to protecting our visitor's identities & anonymity and will not use any person's name in reports. Initials ___/___/___ Gender: male [] female [] Year of Birth _____

1. Who referred recoveree to Recovery Coaching? (Circle all that apply)

A = Friend or Person in Recovery (sponsor)	B = Substance abuse agency/clinic/provider	C = Mental health agency/clinic/provider	D = Detoxification program
E = Emergency Room	F = Hospital	G = Doctor - Primary Care Provider	H = Department of Corrections
I = Court	J = PATH	K = Department of Labor	L = Housing services
M = Educational Institution	N = Boss or Employee Assistance	O = Self	P = Family Member
Q = Recovery Home	R = Community center	S = Church	T = Faith ministry

2. Has recoveree participated in the following?	Before Recovery Coaching?		After starting Recovery Coaching?		
	Yes	No	Yes	No	Ongoing (still attending)
A = Peer Recovery Support (12 step or other)					
B = Substance abuse treatment / counseling					
C = Mental Health treatment / counseling					
D = Detoxification program					
E = Emergency Room					
F = Hospital					
G = Doctor - Primary Care Provider					
H = Department of Corrections					
I = Court					
J = PATH					
K = Dept. of Children and Families					
L = Department of Labor					
M = Housing service providers					
N = Education					
O = Faith Based Ministry / Faith Based Provider					

3. How many times a week do you and your recoveree connect? _____ How many minutes a week do you spend? _____

4. Duration of Recovery Coaching meetings:

___ 1 month ___ 2 months
 ___ 3 months ___ 4 months ___ 5 months ___ 6 months ___ over 6 months

5. Regularity of use during the <u>last month</u>?	Not at all	1-3 times per month	1 time per week	2-5 times per week	Daily
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In the table below please circle the number that indicates how motivated you are not to use each substance in the corresponding row.

6. Motivation to avoid use: (scale of 1 to 10)	1 = not at all motivated 10 = very motivated									
A. Alcohol	1	2	3	4	5	6	7	8	9	10
B. Marijuana	1	2	3	4	5	6	7	8	9	10
C. Prescription Drugs	1	2	3	4	5	6	7	8	9	10
D. Other Drugs	1	2	3	4	5	6	7	8	9	10

7. How long clean from alcohol and drugs right now? _____ days (1 month = 30 days)

8. Legal involvement

- A. How many times had contact with the police during the past 90 days? _____
- B. How many times arrested during the past 90 days? _____
- C. How many times convicted of a crime during the past 90 days? _____

9. Correctional involvement

- A. During life time - how many days spent on probation? _____
- B. During the last 90 days - how many days spent on probation? _____
- C. During life time - how many days spent in jail/prison? _____
- D. During the last 90 days - how many days spent in jail/prison? _____

10. Crisis Services

- A. How many times in crisis during the last 90 days? _____
- B. Which domain(s) on SSM Chart were the cause(s) of the crisis? _____

11. Medication Compliance

- A. Followed directions in taking all prescribed medications over the last 90 days? _____
- B. If not, what sort of medication has been the basis for difficulty? _____

**Recovery Coaching Participant
Self-Sufficiency Matrix**

Domains	<u>Self- Sufficient</u> Score: 1	<u>Stable/Safe</u> Score: 2	<u>At Risk</u> Score: 3	<u>Unstable</u> Score: 4	<u>In Crisis/Not Self-Sufficient</u> Score: 5
Access to Services	Is receiving a full range of services to meet needs	Receiving services; barriers to access may limit choices	Knows what is needed; options are limited	Assistance required to access services on their own.	Doesn't know needs; barriers to access; Needs help
Health Insurance	Has full coverage to meet needs	Has limited coverage, meets needs	Has coverage; financial barriers; doesn't meet needs	At risk of losing coverage; limited resources/requires help in accessing services.	No coverage; barriers to access; needs help
Housing	Housing is sufficient and meets needs	Housing adequate; meets most needs	Insufficient/ at risk; help available	At risk of losing housing; limited access to help	No housing; barriers to access; needs help
Basic Needs Food, Heat, Mail Clothing, Phone	Basic needs are being met	Resources are adequate; meets most needs.	Lacks resources to meet basic needs; help available	Basic needs not met; has limited access to help	Basic needs not met; barriers to access; needs help
Transportation	Has reliable transportation; meets needs	Has adequate transportation; meets most needs	Lacks reliable transportation; help is available	Lacks transportation; and has limited options	Lacks transportation; barriers to access; needs help
Physical Health	No problems or health needs are being met	Treatment of health problems is adequate; meets most needs	Health problems treated inadequately	Has health problems; treatment inadequate; limited access to help;	Has health problems, barriers to access help; needs help
Social	Social network is more than sufficient (more than 3-5 friends who care)	Social network is sufficient (has at least 3 friends who care)	Social network is insufficient (less than 2-3 friends who care)	Social network is very limited (has 1 friend who cares); and has no one to add	Has no social network; barriers to increase; needs help
Family (Primary partner relationships)	Family & relationships are stable; no help is needed	Family & relationships are somewhat stable; adequate resources/help	Family & relationships are unstable; inadequate resources/help	Family & relationships are very unstable; have limited resources	Family is in crisis; barriers to access help; needs help
Spirituality/Optimism	Maintenance of Spirituality and Optimism	Action - Actively pursuing spirituality & developing optimism	Preparation Considering belief in Spirituality & better future	Contemplation Questioning Spirituality - Considering others who have optimism for future	Pre-contemplation In Crisis No belief in Spirituality No optimism for future
Recovery supports	Pursuing recovery in multiple ways – helping others	Actively pursuing recovery in multiple ways	Meeting peer supporters and professionals	Disconnected but aware of possible benefits from recovery support	In Crisis - No belief that things can get better – flight risk

Domains Continued	<u>Self- Sufficient</u> Score: 1	<u>Stable/Safe</u> Score: 2	<u>At Risk</u> Score: 3	<u>Unstable</u> Score: 4	<u>In Crisis/Not Self-Sufficient</u> Score: 5
Alcohol & Drug Treatment	Responsible use or active intervention and/or no help needed	Alcohol/Drug problems are adequately treated	Alcohol/Drug problems inadequately treated; help available	Alcohol/ Drug problems are not treated; limited resources	Severe problems; barriers to access; needs help
Mental Health	No problems and/ or no help needed	Mental health problems are adequately treated	Mental health problems are inadequately treated; help available	Mental health problems are not treated; limited resources	Mental health problems not treated, barriers to access; needs help
Legal issues & Involvement with Dept. of Corrections	No legal problems; no help needed	Few legal problems and receiving help	Legal problems; help available	Legal problems; limited help/resources	Legal problems not being addressed, barriers to access help; needs help
Education	Sufficient education; no help needed	Insufficient education; is in school/training	Insufficient education; help is available	Insufficient education; limited resources	Insufficient education; barriers to access help; needs help
Employment	Working full time or part time; no help needed	Working full or part time but may need help	Unstable job; help is available	Unstable job; limited resources	Unemployed; barriers to access help; needs help
Parenting Skills	Possesses positive approach/skills to parenting; access to ample resources; no help needed	Possesses adequate approach/skills to parenting; meets most needs	Parenting approach/skills and resources inadequate; help available	Parenting approach/skills potentially put children at risk; limited resources	Parenting insufficient and children at risk; barriers to access help; needs help
Safety	Relationship(s) are emotionally supportive/nurturing and free of violence; no help needed	Relationship (s) are supportive; meets most needs	Relationship(s) are chaotic; help available	Relationship(s) are verbally abusive, controlling, coercive; limited resources	Relationship(s) are verbally and physically abusive; barriers to access help; needs help

Please discuss the participant’s levels of self-sufficiency as reflected by elements in chart and enter scores below. Coaches help by sharing their experiences in developing an understanding of denial and their personal difficulty in seeing how their lives were affected by addictions. Support participant in beginning to develop priorities, “What do you want to work on 1st ? 2nd? 3rd? etc.” Then, develop a recovery plan.

Recovery Plan

Domains	#	Priority	Action Steps
Score # (1 = sufficient, 2 = stable, 3 = at risk, 4 = unstable, 5 = In crisis)			
Access to Services			
Housing			
Basic Needs Food, Heat, Clothing,			
Transportation			
Health Insurance			
Physical Health			Primary Healthcare provider? Diet? Exercise?
Social			
Family & (Primary partner relationships)			
Spirituality/ Optimism			
Recovery supports			# Phone numbers recoveree has, number of support meeting attended a week, new meetings explored
Recovery Plan			
Alcohol & Drug Treatment			
Mental Health			
Legal issues & Involvement w/ DOC			
Education			
Employment			
Parenting Skills			