

Using research and evidence to inform a federal agency's response to the opioid and substance use epidemic

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Introduction

- Recovery coaching is a promising strategy to address rising rates of substance use disorders (SUDs) and drug overdose.
- A nonclinical professional with/without lived SUD experience provides guidance to individuals with a SUD by helping them access care, develop a personalized plan to promote long-term recovery, and remove barriers to recovery (for example, housing, employment, or transportation).
- Our research aims to:
 - Describe recovery coaching model approaches, including promising practices and implementation challenges.
 - Understand how peer recovery coaching improves outcomes for organizations, recovery coaches, and program participants.

Methods

- Mixed methods approach that examined implementation and outcomes of recovery coaching models across 11 different AmeriCorps grantees over 2 cohorts.
- A subsample of program participants receiving recovery coaching services were compared to program participants not receiving recovery coaching services.
- Data sources included:
 - Surveys and interviews/focus groups with grant directors, peer recovery coaches, program participants, and comparison group members that did not receive peer recovery coaching
 - Grantee program documents



Recovery coaching models used by AmeriCorps-funded organizations can help mitigate substance use disorders and enhance organizational capacity



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Results

Implementation Findings:

- Lived experience is crucial to recovery coaching because it facilitates relationship-building between coaches and participants.
- Recovery coaches support participants in recovery from SUDs and mental health diagnoses.

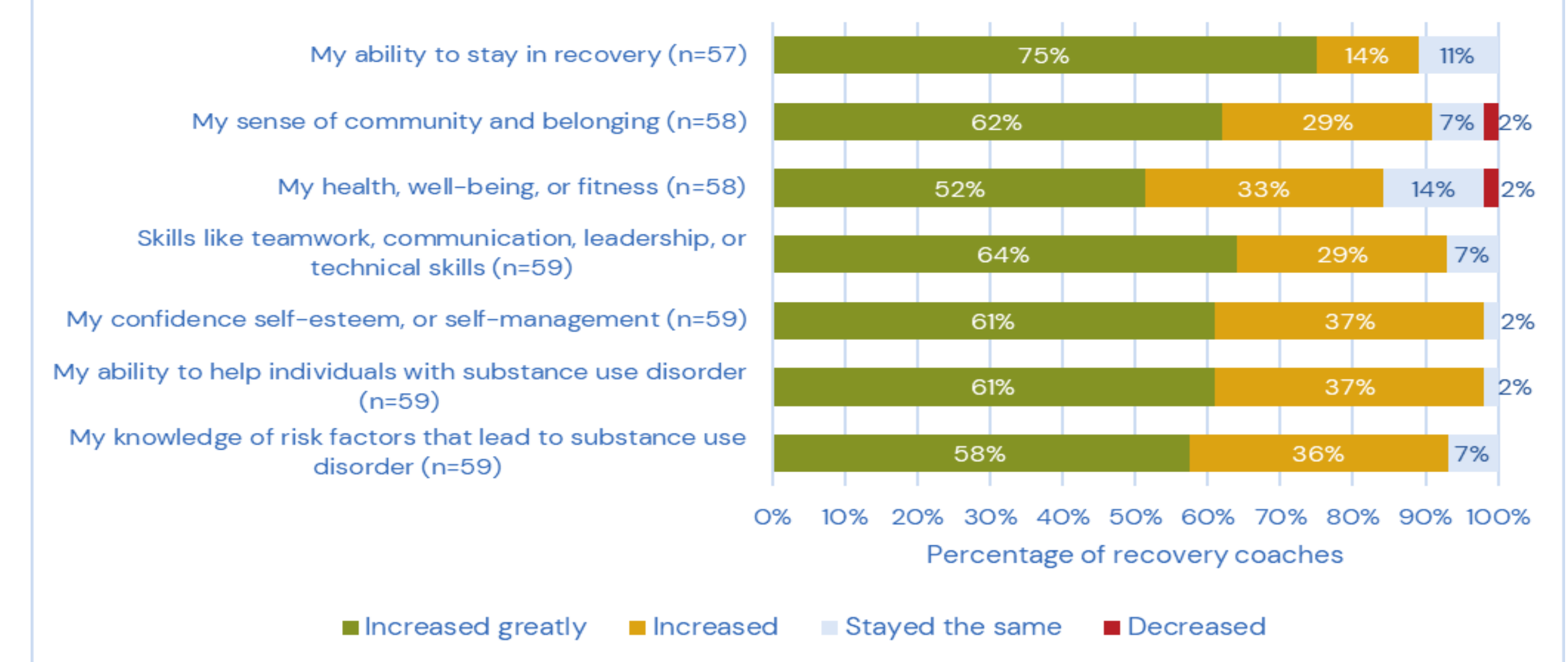
I said I just want to talk for a minute. And so, they let me talk. They cried with me and they let me get this mess out.
 Program participant

I will definitely give them names of facilities that I have experience with or I've heard good things about and then they [the participants] make the phone call.
 Peer recovery coach

Outcomes Findings:

- Grantees reported capacity improvements in providing services, leveraging financial support, and collaborating with partners.
- Recovery coaches reported increased knowledge, improved attitudes and behaviors, as well as increased opportunities for maintaining their own recovery.
- Program participants reported high levels of recovery capital (internal and external resources that enhance capacity for and commitment to living a sober life), which were greater than their counterparts who did not receive recovery coaching.

Recovery coach self-reported changes in knowledge, attitudes, and behaviors



Program Participant Responses to Recovery Capital Survey Items

