

Recovery isn't something
to face alone.
Our recovery coaches
are here to help.



**Are you (or do you know someone) struggling with addiction?
Additional support is available.**

Our recovery coaches are experts at recovery. They understand the hurt caused by stigma and shame and can thoughtfully act as guides, mentors, and advocates. They listen without judgment and work with a person to focus on strengths, capacities, talents, and skills—rather than on past failures.

Recovery Coaches are available at *no* additional cost to anyone covered by Mass General Brigham Health Plan insurance.

A recovery coach helps a person move from a culture of addiction to a culture of recovery.

They work to:

- Explore multiple pathways of recovery
- Help define what recovery means to a person and set attainable recovery goals
- Support efforts to develop healthy habits such as meditation, yoga, and exercise
- Connect members and families to community resources
- Introduce members to peer recovery centers, and help them access other peer supports
- With a member's consent: coordinate with other members of the care team and providers

A recovery coach is a peer, not a clinician. They are not a 12-step sponsor, therapist, or a counselor.

**Meet our certified
addictions recovery
coaches**

Our recovery coaches have more than 20 years of lived experience in recovery and understand the complex issues involved in achieving recovery. They seek to cultivate supportive relationships that promote empowerment and self-learning, while maintaining strong boundaries and ethics.

Barry Shelton, CARC, CPS:

"A recovery coach is someone who guides people before, during, after, or instead of treatment. So I wear a number of different hats. I'm a guide, an educator, a resource broker, a confidant, and more."

Chris Bonsall, CARC:

"We see where people are at with recovery, what their understanding is, and that's pretty much how our relationship starts. It's being able to show people that there's hope, and there is life, and there's a light at the end of that tunnel."

Who will benefit from recovery coaching?

People who...

- Have expressed the need or willingness for peer recovery support
- Are unsure if they have a problem but would like to explore whether they do
- May struggle to stop using or achieve any degree of recovery
- Could benefit from education about harm reduction
- Have medical issues impacted by substance use disorder
- Are in recovery... but struggling to maintain their recovery or voicing concerns about potential triggers to relapse
- Are family members of a loved one struggling with an addiction

For more information, or to refer yourself or someone you know to a recovery coach: Email us at: HealthPlanYourCareCircle@mgb.org or call our Clinical Support Coordinator at **866-456-4059**. We look forward to speaking with you.