



ECHO IDAHO: **Counseling Techniques for SUDs**

Peer Services

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Learning Objectives

- Client/peer welfare.
- The Relationship between Peer services, and counselors.
 - Dual relationships with peers, and boundaries.

Idaho Department of Health and Welfare Definition:

“A personal guide and mentor for people seeking recovery or in recovery. The recovery coach helps to remove barriers and obstacles, linking the recovering person to the recovery community. The department supports using of recovery coaching as an integral and valuable part of the recovery process.”



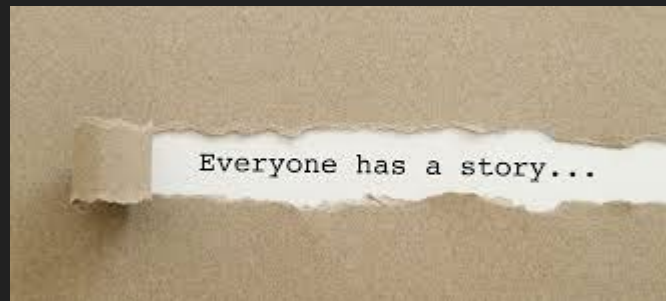
Watch your Jargon

Words to Use
Person with a substance use disorder
Person with alcohol use disorder
Substance use disorder
Drug misuse, harmful use
Substance use
Not actively using
Testing positive for substance use
Actively using
Testing positive for substance use
Person in recovery, person in long-term recovery

Words to Avoid
Addict/drug abuser
Alcoholic
Drug problem, drug habit
Drug abuse
Substance abuse
Clean
A clean drug screen
Dirty
A dirty drug screen
Former/reformed addict/alcoholic

Client/Peer Welfare

- Establish & maintain appropriate boundaries, review with peer what your expectations are, and what theirs might be.
 - Open & honest communication with peer and staff.
- Review what are non-negotiable conversations that must be reported.
 - Sharing information, such as personal story and experiences.
 - Aspire to earn trust with client.
 - Understanding cultural differences.



The Relationship between Peer services, Peers, and Counselors

- Open & honest communication with peer and staff.
 - Communicate with clinical staff, bridge the gap!
- Keeping open communication, talking as if the peer is in the room.
 - Meeting in the community to ensure client feels comfortable.



- Domain 1: Advocacy.
- Domain 2: Ethical Responsibility.
- Domain 3: Mentoring and Education.
- Domain 4: Recovery/Wellness Support.

Dual relationships with peers, and boundaries

- Resourcing out when necessary.
- Meeting with Clients outside of agency or office.
 - Attending support groups.
- Understanding the benefits/limitations of team member roles are crucial for client care and success
 - We are NOT sponsors, counselors, friends, or mentors.

Questions?



Resources

- <https://healthandwelfare.idaho.gov/providers/behavioral-health-providers/recovery-coaching>
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