RECOVERY COACH

Typically a non-clinical peer support specialist or "peer mentor" operating within a community organization (e.g., a Recovery Community Center) or a clinical organization (e.g., treatment program or hospital) in either a paid or volunteer capacity. Recovery coaches are most often in recovery themselves & therefore offer the lived experience of active addiction & successful recovery. They focus on helping individuals to set & achieve goals important to recovery. They do not offer primary treatment for addiction, do not diagnose, & generally, are not associated with any particular method or means of recovery.

SPONSOR

A volunteer who is currently practicing the 12-step program of recovery espoused by Alcoholics Anonymous (AA) or other 12-step mutual-help organizations (e.g., Narcotics Anonymous and Marijuana Anonymous) and who helps newer AA members by providing support, encouragement, & guidance to promote sustained long-term recovery.

GET TO KNOW YOUR RECOVERY TEAM

ADDITIONAL PSYCHIATRIST

A physician who is board-certified as a psychiatrist with specialized training in addiction diagnosis, treatment & management. Addiction psychiatrists can provide therapy, although most emphasize medications & work in collaboration with social workers, psychologists, or counselors who provide psychotherapies.

ADDITIONAL PSYCHOLOGIST

An addiction treatment clinician who has obtained a doctoral degree in psychology & specializes in the treatment of addiction. Devoted to identifying & treating substance use disorders in patients using assessment & psychotherapy. Many are experts in treating co-occurring disorders such as depression & PTSD. Work is carried out in a variety of settings including hospitals, residential & outpatient treatment centers, as either individual, group, or family therapy.

ADDICTION MEDICINE PHYSICIAN

A board-certified physician in some specialty (e.g., family medicine, pediatrics, neurology) who has undergone specialized training in addiction diagnosis, treatment & management, but who does not typically provide addiction-specific psychotherapy or counseling.

For More Information Visit www.recoveryanswers.org