

YOUTH RECOVERY COACH PROGRAM

Peer support that meets youth where they are.

WHO

Youth with substance use or co-occurring concerns ages 14-17

WHERE

Western, CT

REFERRALS

Self referrals, family members, local hospitals. Social workers, Youth Service Bureaus.

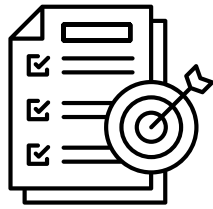
Recovery Coaching is a peer-to-peer partnership where trained Recovery Coaches, *individuals with lived experience*, support youth in identifying their goals, building on their strengths, and exploring pathways to a meaningful life. It offers a non-clinical, non-judgmental space where youth are empowered to make self-directed choices and define their own path forward.

- Coaching sessions are held weekly, in person
- Sessions are youth-driven—the young person chooses the focus and direction
- Recovery Coaches do not diagnose or provide clinical treatment
- Emphasis on strengths, choice, and self-direction
- Youth are supported in identifying and working toward their own goals

What Recovery Coaching can produce:



Building trusting, supportive relationships



Setting and working toward personal goals



Navigating school, work, and life transitions



Developing confidence and recognizing personal strengths



Connecting to community resources and opportunities

Key Points:

- For young people ages 14 - 17
- No diagnosis or previous treatment required
- In-person, virtual & phone based support
- 1:1 peer support
- No cost to participate
- Available statewide



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CCAR is a centralized resource in CT for all things recovery. Whether you are contemplating a life in recovery, are new to recovery or are in long-term recovery, CCAR is here to help you to navigate the recovery community, by connecting you with others in recovery and providing access to area support services.

More information at ccar.us