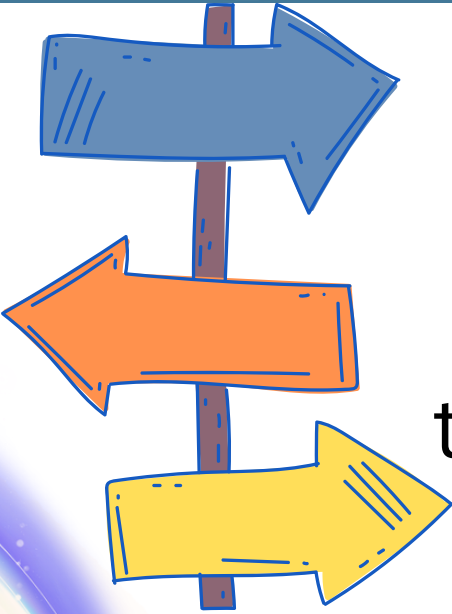




Recovery Coaches



Recovery is a journey. When you hit a bump in the road or the path isn't clear, a recovery coach is there for you

What is a recovery coach?

A recovery coach is an added support for anyone on the recovery journey. Coaches have gone through comprehensive training and are in recovery themselves. They use their lived experience to assist clients in achieving their life goals, connecting to community resources to help stabilize their life, and offer support and guidance through the good times and bad times.

Who do we help?

Recovery coaches will help anyone on their recovery journey, regardless of your recovery path or program.

How do we help?

In this peer-to-peer relationship, you drive the bus. You decide how often you work with your coach and how to get the most out of your relationship. Support can look like:

- **Motivation**- a coach is your cheerleader and will celebrate your accomplishments
- **Connection**- a coach can link you to the recovery community
- **Sober activities**- Recovery coaches and clients may get together for activities such as frisbee, movie nights, etc.

What do I have to do?

This program is available at no cost. Heartview's recovery coaches are available to OTP clients and participants in the ER bridge program. Recovery coaches can also be accessed through [ND's Free Through Recovery](#) and [Community Connect Programs](#).

How do I become a coach?

Recovery coaches are [certified through the State of ND](#) and complete a weeklong, 40-hour training. Heartview is currently only hiring recovery coaches that are current OTP clients.

Sign Up or Contact Us

Email Cathy at cathyp@heartview.org, or call 701-751-5797 if you want to get connected with a coach or if you have questions about becoming a coach.