

Recovery Coaching Core Skills Self-Assessment

Name: _____ Date: _____

Check one: Pre-Initial Training Post-Initial Training

Directions: Place a mark on each line to represent where your competency level is now with each of the below items.

A. *Advocacy presentations = Sharing your recovery elevator speech and making the Science of Addiction & Recovery (SOAR) presentations*

1. Sharing my recovery elevator speech

Novice ----- Master _____

2. Making presentations to community groups

Novice ----- Master _____

3. Answering questions and discussing the Science of Addiction and Recovery

Novice ----- Master _____

B. *Relationship enhancement and empowerment skills = Recovery-Oriented, Person-Directed, and Outcome-Informed services that include motivational interviewing, recovery plan development & resource utilization*

1. Conduct strength-based assessments

Novice ----- Master _____

2. Broker culture-specific recovery resources

Novice ----- Master _____

3. Make warm hand-offs to recovery support service providers

Novice ----- Master _____

4. Provide supportive interactions with continuity

Novice ----- Master _____

Recovery Coaching Core Skills Self-Assessment (cont.)

5. Deliver individual support via face-to-face, telephone or other electronic means

Novice ----- Master _____

6. Advocate for an individual's recovery

Novice ----- Master _____

7. Model hope

Novice ----- Master _____

8. Listen for stories of change

Novice ----- Master _____

9. Validate the peer's experience

Novice ----- Master _____

10. Match the peer's theory of change and work on her/his goal(s)

Novice ----- Master _____

11. Ask open-ended questions

Novice ----- Master _____

12. Affirm/validate the peer's strengths and build feelings of empowerment and self-efficacy

Novice ----- Master _____

13. Make reflective statements

Novice ----- Master _____

14. Summarize by making succinct, clear statements that organizes what's been said, highlights change talk, and contrasts ambivalence

Novice ----- Master _____

Recovery Coaching Core Skills Self-Assessment (cont.)

15. Provide warm hand-offs to culturally-matched recovery resources.

Novice ----- Master _____

16. Make decisions following the MRC RCA Code of Ethics.

Novice ----- Master _____

C. Recovery Group

1. Administer and interpret the Outcome Rating Scale (ORS)

Novice ----- Master _____

2. Administer and interpret the Relationship Rating Scale (RRS)

Novice ----- Master _____

3. Manage peers who are disruptive during group

Novice ----- Master _____

4. Engage peers who are inactive or disengaged during group

Novice ----- Master _____

Total: _____

X 5 = _____%

Personal Development Plan - Begin Date _____

1. Need/Goal _____

a. Tasks/Resources _____

2. Need/Goal _____

a. Tasks/Resources _____

3. Need/Goal _____

a. Tasks/Resources _____