



## RECOVERY COACHES

Recovery Coaches share their lived experiences to support others in their sobriety from substance use.

Through shared understanding and respect, Recovery Coaches help people stay in the recovery process. Clients can lean on their coaches. They help with the ups and downs of living sober. These non-clinical services reach into the recovering person's everyday life. They increase smart, daily decisions and reduce the likelihood of relapse.



Shasta County  
Health & Human  
Services Agency

“Recovery is an uphill battle, but the view from the top is breathtaking. Keep climbing.”

### WHO CAN WORK WITH A RECOVERY COACH?

People can work with a Recovery Coach if they have Partnership HealthPlan of California and receive services from one or more of the following:

- Shasta County Alcohol and Drug Program
- Shasta County Probation Department
- An emergency room
- Medical clinic
- Behavioral health center and community partners
- A medication-assisted treatment provider
- Jail or other community agency

### WHAT TO EXPECT

- Emotional support
- Guidance through the treatment system
- A recovery community
- Education on the recovery process
- Community resources
- Access to care
- Recovery goals

Scan QR code to  
view services.



**(530) 225-5252**

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