

RECOVERY COACHING

FOR A NEW LIFE IN SOBRIETY

One on One Assistance

Pre & Post Treatment Options

24 Hour Customized Care

Abstinence Based

SAMPLE AGREEMENT

Client Name:

Mobile:

Address:

Email:

Emergency Contact:

Recovery Facilitator & Coaching Services (Phase I)

WHAT IT IS:

A Recovery Facilitator & Coach is a form of strengths-based support for persons with addictions or in recovery from alcohol, other drugs, codependency, or other addictive behaviors. This is different from a 12 Step Group Sponsor. Our specialized services are helpful for making decisions about what to do with one's life and the part your addiction or recovery plays. We have helped clients find ways to stop addiction (abstinence), or reduce harm associated with addictive behaviors. We have also successfully helped many a client find resources for harm reduction, detox, treatment, family support and education, local or online support groups; or help a client create a change plan to recover on their own. A time management schedule is what we find most effective for Phase 1.

WHAT HAPPENS:

A hands-on and integrated approach is what we find most effective.

Phase 1 Services include:

- Collaborating and establishing a working schedule that starts from the time the client wakes up to the time the client goes to bed. This includes 1-2 hours of scheduled one on one time (either in person or on the phone) with their coach on a daily basis. - Access to addiction therapists, professionals, and spiritual healers.
- Serving as an escort to social events, business or personal trips, etc.
- Inpatient, Intensive Outpatient, and Sober Living facilitation - if needed.
- Anything that the client needs in order to maintain sobriety and succeed in recovery is what we are there to deliver.
- Serves as an escort to 12 step meetings - if the client elects to go.

These services do not offer primary treatment for addiction, do not diagnose, and are not associated with any particular method or means of recovery. We support and encourage any positive change, helping people that are coming home from treatment to avoid relapse, build community support for recovery, or work on life goals not related to addiction such as relationships, work, education etc. Recovery Coaching is action oriented with an emphasis on improving present life and reaching goals for the future. The working relationship is a two way street and the client needs to agree to follow the direction of his or her coach. If the client decides to not continue with the program or pause or break the agreement, the client may do so. However, it must be understood that the emergency contact will be notified and told in a general, non specific way what the client has decided to do. The only reason a coach may brake the agreement is if the client is physically or verbally abusive. All payments must be current and all fees collected are nonrefundable in any case whatsoever.

**All travel, lodging, and food expenses are incurred by the client.

*All information gathered and all conversations are confidential between the coach and the client. *We are not liable nor are we responsible if the client relapses, injures themselves, or others.

*Check payments are made payable to Christian Cerna. AKA Christian A.C. Parker.

*Wire Transfer Payment Info: _____ Routing: Account: _____

Fee: \$_____ for ___ sessions or days.

Client

Coach/Companion