

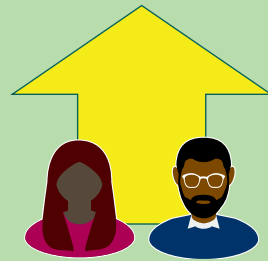
IS PEER RECOVERY COACHING EFFECTIVE?

People who have worked with peer recovery coaches provide strong testimonies of the positive impacts of peer recovery support on their own recovery journeys. The research supports these experiences. While the body of research

is still growing, there is mounting evidence that people receiving peer recovery coaching show reductions in substance use, improvements on a range of recovery outcomes, or both. Two rigorous systematic reviews examined the body

of published research on the effectiveness of peer-delivered recovery supports published between 1995 and 2014. Both concluded that there is a positive impact on participants (Bassuk, Hanson, Greene, Richard, & Laudet, 2016; Reif et al., 2014).

Two rigorous systematic reviews examined the body of published research on the effectiveness of peer-delivered recovery supports published between 1995 and 2014. Both concluded that there is a positive impact on participants (Bassuk, Hanson, Greene, Richard & Laudet, 2016; Reif et al., 2014) ...Taken as a whole, the current body of research suggests that people receiving peer recovery support may experience:



Improved relationship with treatment providers
(Sanders et al., 1998; Andreas et al., 2010)



Increased treatment retention
(Mangrum, 2008; Deering et al., 2011; Tracy et al., 2011)



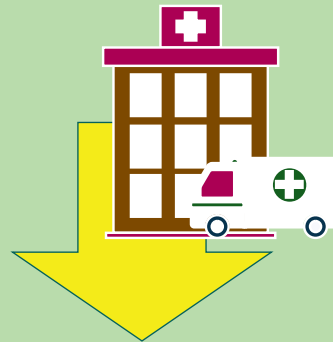
Increased satisfaction with the overall treatment experience
(Armitage et al., 2010)



Improved access to social supports
(O'Connell, ND; Boisvert et al., 2008; Andreas et al., 2010)



Decreased emergency service utilization
(Kamon & Turner, 2013)



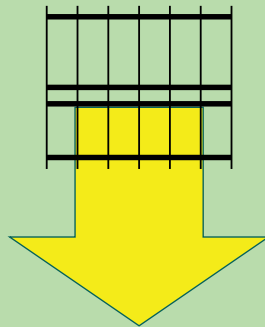
Reduced re-hospitalization rates
(Min et al., 2007)



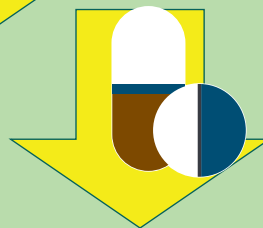
Reduced substance use
(Bernstein, et al., 2005; Boyd et al., 2005; Kamon & Turner, 2013; Mangrum, 2008; O'Connell, ND; Rowe, et al., 2007; Armitage et al., 2010)



Greater housing stability
(Ja et al., 2009)



Decreased criminal justice involvement
(Rowe, et al., 2007; Mangrum, 2008)



Reduced relapse rates
(Boisvert et al., 2008)

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