



Recovery Coach

What is Recovery Coaching? According to SAMHSA it is, "a set of nonclinical, activities, based on shared lived experience, that engage, educate and support an individual to successfully recover from mental, behavioral, and/or substance use disorders." I am not a therapist or clinician, whose emphasis is on formal education; rather I act as a personal guide, cheerleader, and mentor utilizing experiential knowledge.

I tend to work in a multidisciplinary team model, with each professional providing a specific service to the client, but working together towards specific goals. I work across multiple frameworks of recovery and help clients with a wide variety of activities and life skills.

Goal

Provide individualized support through best approaches and practices, to help people with all types of addictions and co-occurring disorders transform to healthier lives through compassion, accountability, and empowerment.

Services Offered

- Promote recovery by helping client remove barriers and obstacles to recovery by serving as a personal guide, cheerleader, and mentor
- Help client develop systems, strategies, and tools in order to manage their lives more effectively
- Assist with personal growth and healthy behaviors
- Help clients work through low self-esteem and self-worth, body dysmorphia, and body hatred
- Help client establish boundaries and identify co-dependent behaviors
- Crisis management and after-hours support
- Organize and provide weekly updates to key stakeholders, family members, advisors, clinical team, or employers
- Assess whether additional clinical resources (e.g., therapist) are clinically indicated and identify local providers if deemed appropriate
- Help completing projects and or filling out college/job applications
- Self-help meeting navigation and attending meetings with client if necessary
- Work through the 12 steps or another recovery program
- Assist with yoga and meditation/mindfulness training
- Work with client to help find and attend healthy social activities and community integration

WeRise

- Environmental support
- Support around shopping for food, and planning & preparing meals
- Meal supervision
- Restaurant exposures
- Spiritual guidance

Payment

- ◇ Payment is due in advance of the meeting
- ◇ 48 hr. cancellation notice is needed. If the client does not give notice, they will be charged for the full session.
- ◇ Weekly and monthly service packages are available at a discounted rate.

About Me



Hallie Heeg has spent the last 14 years working in mental and behavioral health. Before moving to London she was the National and Strategic Account Director for the world's largest and most respected private not-for-profit alcohol and drug addiction treatment providers, Hazelden Betty Ford. She was instrumental in the development and establishment of building an Intensive Outpatient Program in San Diego, CA and managing strategic accounts like NRECA, Conoco Phillips, and Shell. In 2014 she was the Vice President of Sales & Marketing for Castlewood Treatment Centers for eating disorders where she supervised and oversaw the marketing and sales department. She formed partnerships with EAP's like, American Airlines and Amtrak and helped turn around a distressed organization which lead to a successful sell to Riverside.

She is one of the co-founders of OneHealth; which was a behavior change company that drove member engagement to improve health outcomes and reduce the cost of care, and in 2008 founded a non-profit called I AM, which supports those who struggle or who are in recovery from an eating disorder.

In 2017 she received a scholarship to Oxford University Said Business School Entrepreneurship program, and 6 months later received a term sheet for £2m to open an intensive eating disorder outpatient program in Central London. She has a personal and professional working knowledge of substance abuse, chemical dependency, eating disorders, co-occurring disorders, and mental health, and enjoys helping individuals, families, and organizations navigate the treatment world and get the help and services they need.