



MOUNTAINSIDE

Recovery Coaching

Recovery is a lifelong journey, and the first 365 days of that journey are the most important. Mountainside Recovery Coaching can be your partner, guiding you along the path for health and wellness, showing you how to overcome obstacles and achieve your goals.

As you strive to build a happier and healthier life for yourself, our program assists you in making choices that support sobriety. With your certified recovery coach available to you around the clock, you more smoothly reintegrate into the workplace or school, create a sober support network, rebuild relationships, and guard yourself against possible relapse.

You have made the decision to live life free of addiction. Together with a coach, you steadily move forward in your recovery journey, turning your dream of reclaiming your life into a reality.



A Close Partnership

When you enter our program, you can expect a close, peer-to-peer relationship. Your recovery coach is your mentor, advocate, ally, and companion—all in one person.

We pair you with a recovery coach whose skills, background, and experiences best match your needs and interests. Our coaches can share from personal experience the ups and downs of recovery and help you avoid any pitfalls that may lie ahead.

At your first meeting, you and your coach work together to establish an individualized wellness plan, breaking down goals into smaller, concrete action items. Through daily texts, regular calls, and in-person or virtual meetings, your coach keeps a close eye on your progress. Consistent, personal contact means your recovery coach gets to know you well. You can rely on your recovery coach to recognize and celebrate your successes as well as identify early warning signs of relapse behaviors and then act quickly to address any problems you face.

Lifestyle Change

Your recovery coach is invested in helping you live your best life, providing guidance and support to help you improve all facets of your well-being. No matter how big or small the issue, you receive practical advice founded on your coach's lived experience. Whether you need assistance applying to schools, explaining a gap on your resume, finding a new home, building a support network, or learning how to date in sobriety, your coach turns what may seem like an overwhelming challenge into an achievable one.

To set you up for success in changing your lifestyle, your coach works with you to create a weekly schedule that prioritizes your recovery while also meeting personal commitments such as work, school and family. Your schedule allots time each day to practice self-care and connect with peers in recovery. Equally important, your coach ensures you include opportunities to have fun. When your new recovery lifestyle brings you joy, your commitment to the lifestyle deepens.





Family Reconnection

A strong support system is necessary for a successful, long-term recovery and family can often be at the core. Your relationships with family members may have been strained during your active addiction, and so, your recovery coach devotes time to help you rebuild those relationships.

Together, you and your coach identify key family members to involve in the recovery process. Each week your coach shares your progress with your family, especially when you may need extra help, and educates them on the best ways to support you. Your coach also shares your triumphs and successes, so your family can understand just how far you have come. This regular communication helps you to reestablish trust and credibility with your loved ones as you move forward in recovery.

While you begin to build a new life in recovery, your family is supported to do the same. They are provided with resources for their own healing journey, including access to our Family Recovery Coaching Program and free family support groups.

Connected Care Network

Your coach is deeply involved in your recovery and knows the finer details of your journey. With that intimate knowledge, your coach can help you identify any additional services you may need from other professionals and service providers—from psychiatrists and clinicians to sober facilities and legal experts. This group of treatment and care providers who are invested in your recovery become your Connected Care Network.

On a weekly basis, your recovery coach acts as a case manager to communicate your goals, obstacles, and progress to your Connected Care Network. As your biggest advocate, your coach ensures that everyone in your network is supporting you as you advance in your recovery. Without the pressure of needing to coordinate care among the various providers, you have more time and space to focus on healing.

Progress Assessments and Accountability

As you focus on your personal recovery goals, your coach helps you stay committed to sobriety so that you can accomplish what you have planned.

Each month, you and your coach assess multiple aspects of your well-being—from healthy eating, sleep, and exercise habits to management of anxiety, depression, and cravings. Should there be a relapse risk, the results from these assessments help aid in the development of a preventative action plan. When you are doing well, your coach helps you build on your strengths to progress even further towards bigger goals.

As a way to increase accountability to yourself and others invested in your recovery, random toxicology screenings and breathalyzer tests are conducted each month. If needed, results may also be presented as proof of your sobriety in work or legal areas.



A Wealth of Resources

For over 20 years, Mountainside has been helping people free themselves from addiction. As a Recovery Coaching client, you benefit from the wealth of knowledge, resources, and experience that spans Mountainside's complete continuum of care.

Your recovery coach works regularly with our clinical team to review your progress. Through an adaptive care approach, they provide evolving support to help you meet milestones in your individualized wellness plan and accomplish recovery goals.

As part of our recovery community, you have access to our Alumni Services program and to Mountainside Chelsea, our recovery hub in the heart of New York City. We organize numerous in-person and virtual events, workshops, and support groups throughout the year. Fun and fellowship are vital to maintain sobriety, and so, you are encouraged to attend as many of our activities as possible.

Program Overview

Sober Support Network

Information on peer support groups, including 12 Step groups, SMART Recovery, and Refuge Recovery

Accompaniment to recovery meetings

In-person and virtual peer-to-peer support groups

Daily Living

Development of daily schedule

Tips for self-care

Nutrition education

Fitness education

Budgeting and money management

Health

Referrals to mental health professionals such as addiction treatment counselors, psychiatrists, and medication-assisted treatment providers

Referrals to medical professionals such as physicians and dentists

Wellness

Sober leisure activities, including dinners, hikes, and volunteer opportunities

Referrals for acupuncture, yoga, meditation, and gyms

Family

Coordination of family meetings

Referrals to family counselors and couples therapists

Education

College search help

Guidance on balancing classes, studying, and social life

Referrals to tutors and peer educators

Employment

Job search help

Resume writing

Mock interviews

Legal

Communication with court system and legal team to provide documentation of sobriety when necessary

Mountainside Recovery Coaching is offered both in-person and virtually via our Telehealth Services.





Throughout the ups and downs of your recovery journey, your Mountainside recovery coach supports, guides, and encourages you. As you achieve more and more of your health and recovery goals, your commitment to change and growth is reinforced. With your coach by your side, you learn and practice healthy lifestyle skills, turning them into everyday, routine habits.

When the time with your coach comes to an end, you find that you have the tools and full confidence to continue living successfully in recovery on your own.

Contact Us

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