



What is Recovery Peer Coaching?

Recovery Peer Coaching Definition

The Iowa Department of Public Health (IDPH) Bureau of Substance Abuse defines **Recovery Peer Coaching** as face-to-face meetings between an individual and a Recovery Peer Coach to discuss routine recovery issues from a peer perspective. For services funded by IDPH, specific required qualifications to deliver this service include:

- Person delivering the service must be age 18 or older and be employed by or have a formalized volunteer relationship with an organization that has a contract with IDPH to provide Recovery Peer Coaching.
- Must be a person that has lived experience with substance use disorder(s), has been in recovery for a minimum of 12 months, and is willing to share those experiences.
- Must have documented training in Recovery Peer Coaching or peer facilitation or peer support that is acceptable to IDPH.
- If the proposed Recovery Peer Coach is trained/educated in a behavioral health field, training as a Recovery Peer Coach must have occurred prior to training/education in a behavioral health field.
- Recovery Peer Coach position must be covered under the organization's personnel and liability policies.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), “through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse” ([Peers, 2019](#)). As an important part of the recovery continuum of care, the role of a Recovery Peer Coach goes beyond treatment and a clinical setting to meet individuals “where they’re at.”

Additional Information and Definitions

In some cases, Recovery Peer Coaching is a reimbursable service through third party insurers. Providers are responsible for understanding requirements of payor sources to be reimbursed for peer support services, including supervision requirements. Guidelines to consider may include, but may not be limited, to:

- [Informational Letter NO.1957-MC-FFS](#)
- [Iowa Medicaid Enterprise \(IME\) "B-3" Mental Health and Substance Abuse Services](#)

Terms and definitions of peer support services may vary from the IDPH and/or IME terms and definitions. Other available terms and definitions include:

- [Peers, Substance Abuse and Mental Health Services Administration, 2019](#)
- [What is a Recovery Coach? Center for Addiction Recovery Training, 2019](#)