

WE ARE HERE TO HELP



IMPROVED RELATIONSHIPS
WITH PROVIDERS AND
SOCIAL SUPPORTS



INCREASED
TREATMENT RETENTION



INCREASED SATISFACTION
WITH THE OVERALL
TREATMENT EXPERIENCE



REDUCED RATES
OF RELAPSE

Contact Us.

Progressive Institute
2 Trap Falls Road Suite 120
Shelton, CT 06484

203-816-6424

www.progressive-institute.com

Recovery Coaching

Patient Experience

For those in recovery and their loved ones, it can seem impossible to imagine that a healthy and productive lifestyle could be theirs. Progressive's Recovery Coaches understand because they are professionals in long-term recovery who, at one time, could not imagine life without using substances.

Progressive coaches are dedicated to providing each person with the individual support, strategies, and tools needed to create a life full of hope and purpose. Our recovery coaches recognize and celebrate that each person's recovery is unique. Whether a person is new to recovery or in long-term recovery, our coaches work one-on-one with them to help develop their personal wellness plan.

Better Outcomes

Recovery Coaching has proven to improve outcomes. One recovery coaching study by VanDeMark et al., found that 54% of participants endorsed recovery coaches as being helpful in creating feelings of being part of a community. In another study, Reif et al., found that recovery coaches are effective across four domains:

1. Improved relationships with providers and social supports
2. Increased treatment retention
3. Increased satisfaction with the overall treatment experience
4. Reduced rates of relapse

Progressive's Recovery Coaching Program is unique and pioneering as it is the only program in which the coaches are integrated members of the clinical and medical recovery team. Our coaches are trained professionals who use evidence-based practices and draw on personal experience to provide supportive, non-judgmental guidance, connection, and accountability to help others face and overcome their challenges.



Recovery coaching has been a game changer for me. My coach showed me how to be happy, set goals and be substance-free. I feel connected - my coach understands recovery - my coach understands me.

-Carla



The Progressive Approach

While every person's path to recovery is different, the pillars of Progressive's Recovery Coaching program are designed to support a balanced life that everyone, including family and friends, can benefit from.

Our recovery coaches help individuals practically implement lessons from the Intensive Outpatient Program into their daily lives. Working on the 4 Pillars - Emotional, Occupational, Physical, and Social wellness - helps each person create a stable foundation upon which to build a life in which dreams and goals have support, an actionable plan, and results.



Emotional



Occupational



Physical



Social

We help our clients find connection and build the principled life they want to live.

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In Network With.

