



# Mental Health and Substance Use Disorder Recovery is a long term process. Requiring long term support.

## Peer Coaching Can Help

By definition, peer coaching is a type of helping relationship where **two people of similar status participate in helping the other** through a task or problem. Our Peer coaches provide non-clinical peer support to help engage, educate, and support you on your recovery journey. **Often, peer coaches have been on their own recovery path, so they understand the stress and anxiety of what you are going through.**

### ● We can help you wherever you are in your recovery journey.

**Virtual peer coaching offers the power to choose** comfortable, private locations for support. You can speak to your peer coaches within the privacy of your own home and receive convenient and discreet support. **Peer coaching provides guidance, no matter where you are in the recovery journey**, and mobile devices offer the flexibility of speaking with a peer coach around your schedule.



PeerCoachFlyer-2pp-080522

Find out if BuildWell Health is  
right for you and your family

● CALL: 855-944-4352

● EMAIL: [info@buildwellhealth.com](mailto:info@buildwellhealth.com)

[buildwellhealth.com](http://buildwellhealth.com)

We focus on helping you maintain long-term success.

# What is the difference between a peer coach and a therapist?

PEER COACHING DIFFERS FROM THERAPY IN THE FOLLOWING WAYS:



## **THERAPY**

**Therapy** is focused on diagnosis, assessment and treatment planning.

**Therapy** is focused on exploring and resolving past core issues.

**Therapy** emphasizes academic training and supervision as the main qualifying credentials.

**Therapy** tends to happen within a clearly defined time frame or session held in a licensed clinic or private office.

## **PEER COACHING**

**Peer coaching** is focused on connection and unconditional support.

**Peer coaching** is focused on the “here and now”, providing pragmatic solutions to everyday problems.

**Peer coaching** emphasizes lived experience and professional peer training as the main qualifying credentials.

**Peer coaching** is more flexible and delivered in the moment via all available platforms (phone, face to face, texting etc...)

Peer coaching offers the power of choice in a safe space, with caring and experienced peers who understand what you're going through and can provide support without judgment or criticism.

**Our peer coaches are available to support anyone interested in any level of recovery and are nationally certified, NAADAC credentialed, and specially trained in Assertive Community Engagement (ACE) principles by the nation's leading recovery support experts.**

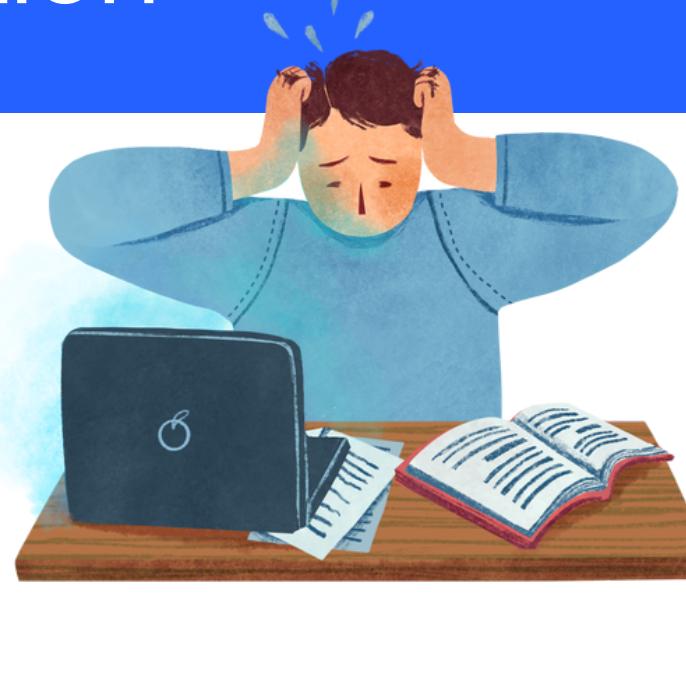
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# The Impact of Peer Coaching on Stress Reduction



More than three-quarters of adults report symptoms of stress including headaches and trouble sleeping.<sup>1</sup>



## \$300 billion

It's estimated that job stress causes the U.S. more than \$300 billion each year in absenteeism, lost productivity, turnover, and medical costs.<sup>2</sup>



## How Peer Coaching Works

BuildWell Health Peer Coaches provide one-on-one support with stress management, self-care, addictive habits, boundary setting, mindfulness, and similar topics. They are NAADAC-certified and trained in Assertive Community Engagement (ACE). They use ACE strategies and lived experience to guide participants into making meaningful steps by developing new behaviors, increasing family support, and promoting personal accountability.

## Proven Results

An independently-validated study of BuildWell Health participants enrolled in the peer coaching program for stress management returned the following results:



of people had a decreased stress level, regardless of completing the program



of people had the lowest reportable stress level



People who completed the program reported their stress decreased by 69.6%

## Contact Us!

To learn more about BuildWell Health and our peer coaching services please contact:

Richard Jones  
[rjones@buildwellhealth.com](mailto:rjones@buildwellhealth.com)  
864-764-8504

[buildwellhealth.com](http://buildwellhealth.com)

### Sources:

1. American Psychological Association
2. The American Institute of Stress

