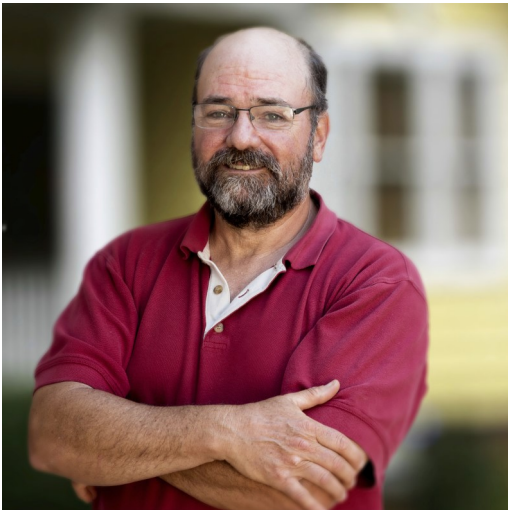


Referral & Contact Information

Referrals to St. Luke's Penn Foundation Recovery Coaching may be made by the individual or any member of the person's treatment/rehabilitation/natural support team.

Referral forms and questions regarding Recovery Coaching may be obtained by contacting our office at 267.404.5708.

All referral forms must be accompanied by a psychiatric evaluation completed within the last year.



About St. Luke's Penn Foundation

Penn Foundation was founded in 1955 as a non-profit organization providing innovative services to address the mental health and substance use treatment needs of individuals in our community. In July 2021, Penn Foundation joined the St. Luke's University Health Network, creating one of the largest fully-integrated networks of mental health and addiction services in eastern Pennsylvania and New Jersey.

Together, St. Luke's and Penn Foundation are committed to ensuring that the community has access to high quality behavioral healthcare. Our staff of 400 compassionate professionals serves more than 17,000 children, adolescents, and adults each year through St. Luke's Penn Foundation's 25 programs and 9 offices. We are proud to deliver integrated, holistic care designed to meet the unique needs of each person.

St. Luke's Penn Foundation believes strongly in the resiliency of the human spirit and is committed to our mission of instilling hope, inspiring change, and building community for every one of the individuals and families who invite us to share in their journey.

For more information, visit our website at www.PennFoundation.org.



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Recovery Coaching

Bucks County

Montgomery County



Partnering with People to
Achieve the Possibilities

Overview

Recovery Coaching supports individuals with serious mental illness and/or co-occurring substance use disorders in achieving the life changes they desire.

Recovery Coaching:

- ◆ works with people in their homes and the general community to identify, learn, link to, and utilize the resources and supports necessary to manage their wellness and realize their hopes and dreams for independent living, school/work, recreation/leisure, and beyond
- ◆ focuses on health/wellness, self-determination, and self-defined life goals
- ◆ plays a significant role in working with people to develop a natural support network and sense of belonging in those communities in which they choose to participate (i.e. neighborhood, faith, club, school/work, etc.)
- ◆ is a working partnership and about “doing with, not doing for”
- ◆ encourages reciprocity and focuses not only on what people need from their communities but what they can offer
- ◆ is not designed to be a lifelong, continuous service but a time-limited journey of support and practical assistance until this type of formal support is no longer needed

Support Teams

As partners in Recovery Coaching, individuals work with a Recovery Support Team.

Each team is comprised of the individual, 3-4 Recovery Coaches, and a Team Leader. While each person works with a primary Recovery Coach, the other Recovery Coaches on the team are available to help when needed.

In addition to the support of the Team Leader, Recovery Coaches regularly meet with a prescriber and therapist. The purpose of these meetings is to help Recovery Coaches continually improve their skills in partnering with people on their recovery journey.



Benefits

The most important feature of Recovery Coaching is the relationship between individuals and their Recovery Coaches. Change happens because their relationship is equal and work is shared.

The individual directs the focus of the team’s work with them and what supports and resources are pursued.

Individuals can continue working with the same primary Recovery Coach even when their support needs increase or decrease.

Utilization of a team provides individuals with the opportunity of increased access to back-up Recovery Coach support.

Utilization of a team provides an opportunity for increased flexibility and capability of providing support beyond a regular work day when it is needed to achieve goals.

Recovery Coaching offers 24/7 on-call coverage to support individuals in crisis.

