The Systematic Literature Review of Recovery Coaching in Addiction Recovery

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Abstract
This review aimed to systematize empirical research from 2010 to present on the thematic analysis of recovery coach in addiction recovery. Specifically, this study explored two major themes: (1) the effectiveness of the recovery coach and (2) the role of peer support. To achieve these goals, a systematic literature review (SLR) was conducted, and a simple thematic analysis approach was utilized that was discussed by previous research on similar topics on Scopus, ProQuest, PubMed, and Google Scholar throughout August 2024 to observe current evidence. A SLR of 20 relevant studies thoroughly proved that those themes are updated in recovery coaching. Some themes and future directions are also discussed.
Keywords: Recovery Coach, Addiction, Substance Use Disorder (SUD).

Introduction
Overview of Recovery Coaching in Addiction Recovery
        Recovery coaching, a unique and growing component in the spectrum of addiction recovery services, offers personalized and peer-based support to individuals as they navigate their recovery journey (Eddie et al, 2019). Unlike clinical interventions, recovery coaching is grounded in a strengths-based approach that empowers individuals to take an active role in their recovery process (Moran et al., 2023). Recovery coaches, who are often peers with lived experience of addiction, work alongside clients to set recovery goals, develop coping strategies, and connect with resources that support long-term sobriety and well-being (Eddie et al., 2019; White, 2010).

        The role of recovery coaching has gained prominence over the past decade, driven by an increased recognition of the importance of peer support in sustaining recovery. Recovery coaches provide a non-clinical, supportive relationship that complements other forms of treatment, such as counseling or medication-assisted therapy. This peer-driven approach has been shown to enhance recovery outcomes by fostering a sense of belonging, accountability,

and motivation (Eddie et al., 2019). The flexibility and personalization offered by recovery coaching make it a valuable addition to traditional recovery programs, particularly for individuals who benefit from ongoing support beyond the formal treatment setting.

Research into recovery coaching has explored various dimensions, including its effectiveness in reducing relapse rates, improving psychosocial outcomes, and enhancing overall quality of life for those in recovery (Ashford et al., 2018). Despite its growing acceptance, the practice of recovery coaching faces challenges, such as the need for standardized training, the potential for burnout among coaches, and the necessity of establishing clear professional boundaries (Tracy & Wallace, 2016).

Importance of Systematic Reviews in Synthesizing Evidence

Systematic reviews play a crucial role in addiction recovery by synthesizing a large body of evidence into a cohesive narrative, thereby providing clarity on complex and multifaceted issues. Unlike traditional narrative reviews, systematic reviews adhere to a rigorous methodological framework that minimizes bias and ensures the comprehensive inclusion of relevant studies (Moher et al., 2015). This approach allows for a more accurate and reliable assessment of existing research, identifying not only what is known but also where gaps in knowledge remain.

In recovery coaching, a systematic review is precious as it consolidates findings across diverse studies, offering a broad understanding of the practice's effectiveness and challenges. By critically appraising and synthesizing evidence from multiple sources, systematic reviews can inform best practices, guide policy development, and highlight areas needing further research (Higgins et al., 2019). For practitioners and policymakers in addiction recovery, such reviews are instrumental in shaping evidence-based interventions and improving service delivery.

Scope of the Review (Years 2010-2024)

This systematic literature review covers research on recovery coaching in addiction recovery published between 2010 and 2024. The selected timeframe allows for an analysis of how recovery coaching has evolved over the past decade and a half, a period marked by significant advancements and increasing recognition of the role of peer support in addiction recovery. By focusing on this period, the review aims to capture the most relevant and up-to-date findings on the practice and its impact.

The review includes peer-reviewed journal articles that examine various aspects of recovery coaching, such as its efficacy, challenges, and influence on long-term recovery outcomes. Studies from different regions and cultural contexts are considered to provide a comprehensive and global perspective on the practice. The review excludes articles not meeting the inclusion criteria, such as those focusing on non-addiction contexts or lacking rigorous methodological standards.

The synthesis of research from 2010 to 2024 provided a detailed understanding of the current state of recovery coaching and its role in supporting sustained recovery. Therefore, this study aims to explore emerging themes of recovery coaching that can provide insight and a way forward in the discipline.

Methodology

For this study, the authors employed descriptive review because this methodology is also known as the most common and recognizable review procedure, and it is easier to be conducted by novice researchers (Xiao & Watson, 2019). Each literature review should have its specific research question or aim, topical area and its concepts (Xiao & Watson, 2019). Therefore, the research questions for this study were derived from the following research questions. What is the effectiveness of a recovery coach in addiction treatment? Secondly, what is the role of a recovery coach in addiction treatment? Based on the research question, the following SLR steps were developed.

Table 1
Systematic Literature Review (SLR) Process Table

Step	Description	Outcome
1. Define Research Question	Formulate the research question or objective to guide the review.	Clear research focus for the SLR on recovery coaching in addiction recovery.
2. Develop Inclusion/Exclusion Criteria	Establish criteria for including or excluding studies (e.g., years 2010-2024, peer-reviewed, focus on addiction recovery).	Defined scope and boundaries for the review.
3. Conduct Literature Search	Search multiple databases (e.g., PubMed, PsycINFO, Scopus) using relevant keywords and Boolean operators.	Comprehensive list of potentially relevant studies.
4. Screen Titles and Abstracts	Review titles and abstracts of retrieved studies to determine their relevance to the research question.	Preliminary selection of studies for full-text review.
5. Full-Text Review	Read the full text of selected studies to confirm their relevance and adherence to inclusion criteria.	The final list of studies is to be included in the review.
6. Data Extraction	Extract relevant data from the included studies, such as study design, sample size, outcomes, and findings.	Dataset for analysis and synthesis.
7. Quality Assessment	Assess the methodological quality of the included studies (e.g., using tools like the Cochrane risk of bias tool).	Evaluation of the reliability and validity of the studies.
8. Data Synthesis	Synthesize the findings from the included studies, identifying common themes, trends, and gaps in the literature.	Consolidated evidence on recovery coaching.
9. Report Writing	Write the systematic review, including an introduction, methodology, results, discussion, and conclusion.	Comprehensive SLR document with APA 7th edition formatting.

Step	Description	Outcome
10. References Compilation	Compile all references cited in the review according to APA 7th edition guidelines.	Complete the reference list for the review.

Source: Data Analysis

In this systematic literature review (SLR), the number of articles screened and those finally selected depended on the scope of the review and the specific inclusion/exclusion criteria. The following steps were conducted in this study for an SLR on recovery coaching in addiction recovery:
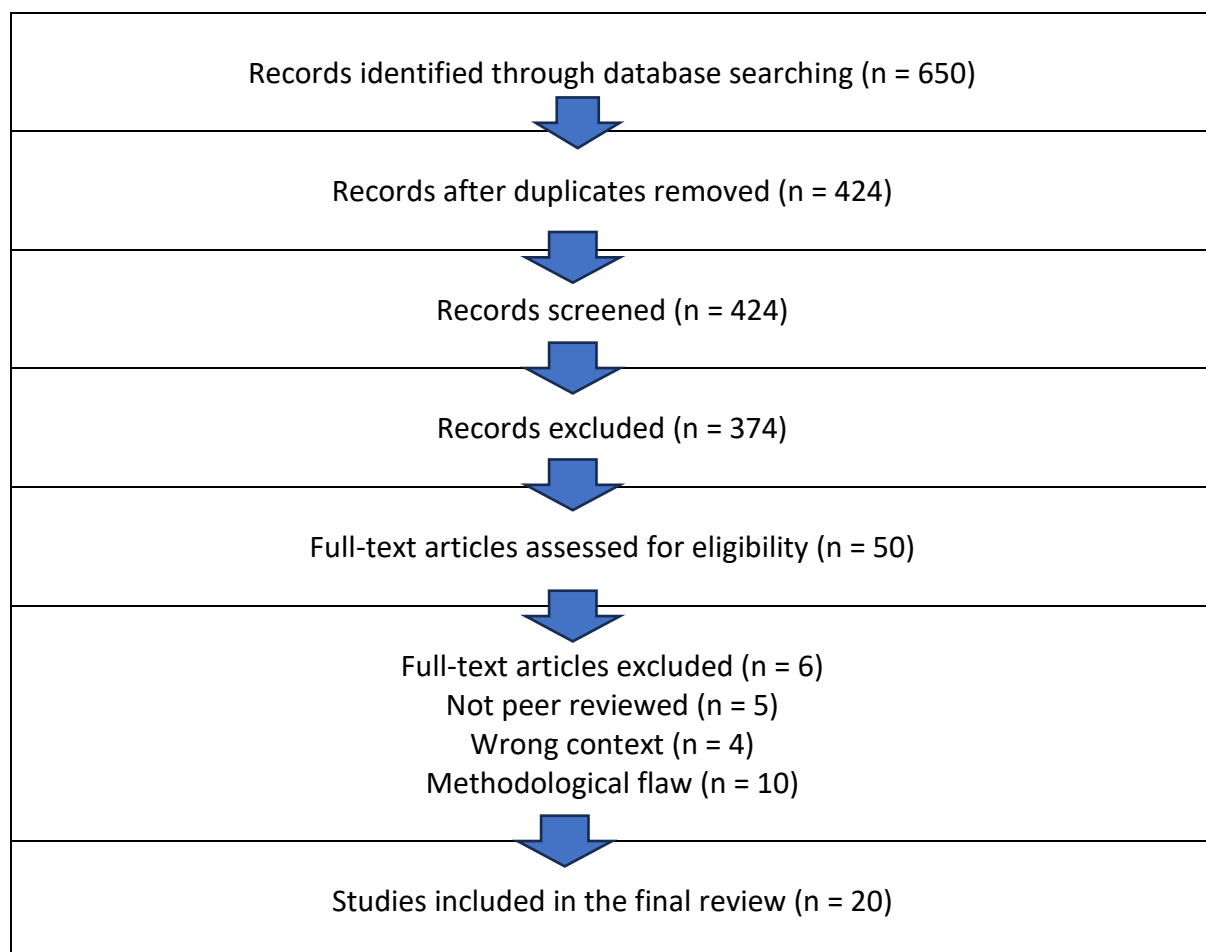

Records identified through database searching (n = 650)

Records after duplicates removed (n = 424)

Records screened (n = 424)

Records excluded (n = 374)

Full-text articles assessed for eligibility (n = 50)

Full-text articles excluded (n = 6)
Not peer reviewed (n = 5)
Wrong context (n = 4)
Methodological flaw (n = 10)

Studies included in the final review (n = 20)

Diagram 1: Steps in SLR

Result

The systematic literature review aimed to synthesize the findings of studies conducted between 2010 and 2024 on recovery coaching in addiction recovery. The analysis of peer-reviewed articles has provided valuable insights into the effectiveness and the roles of recovery coaching.

Effectiveness of Recovery Coaching

Recovery coaches have emerged as a promising approach to supporting individuals with substance use disorders in their recovery journey (Suzuki et al., 2023; Jason et al., 2021;

Bassuk et al., 2016; Satinsky et al., 2020). Research indicates that recovery coaches provide essential social support and practical assistance, which can significantly enhance treatment engagement and overall recovery outcomes for affected individuals (Suzuki et al., 2023; Hansen et al., 2020). Moreover, the integration of recovery coaches into various healthcare settings has been shown to reduce acute care utilization while also encouraging increased engagement in outpatient treatment programs, suggesting their role is pivotal in bridging the gap between emergency care and ongoing recovery efforts (Magidson et al., 2021; Cupp et al., 2022). In addition to fostering treatment engagement, these peer-led initiatives have demonstrated a consistent ability to instill hope and build trust among patients, which may be particularly beneficial in addressing the challenges associated with treatment adherence and long-term recovery success (Jack et al., 2018; Magidson et al., 2021; Simske et al., 2019). Furthermore, the presence of trained recovery coaches has been linked to a more accessible pathway for individuals seeking help, as they navigate complex treatment systems and provide essential encouragement and resources, thus promoting a holistic approach to recovery that transcends traditional medical boundaries (Suzuki et al., 2023; Davidson, 2021).

The existing research on the effectiveness of recovery coaches highlights the diverse and multifaceted nature of their role (Wakeman et al., 2019). This includes not only emotional and social support but also practical assistance in accessing resources and maintaining engagement in treatment, which is especially crucial given the variability in individuals' pathways to recovery (Macpherson et al., 2017; Winsper et al., 2020; Suzuki et al., 2023). This multifaceted approach underscores the importance of tailoring support to meet the individual needs of those in recovery, as successful navigation of recovery resources often depends on personalized and empathetic guidance from someone with lived experience (Suzuki et al., 2023). Additionally, studies suggest that recovery coaches can play a crucial role in reducing stigma associated with substance use disorders, thereby encouraging individuals to seek help more readily, as they often relate to the experiences and challenges faced by their peers who are on similar recovery journeys (Eddie et al., 2019; Suzuki et al., 2023).

The integration of recovery coaches into primary care settings has been of particular interest, given the potential to address the addiction treatment gap and make essential services more accessible to those in need (Davidson et al., 2014; Edelman et al., 2023). Research indicates that recovery coaches within general medical settings can lead to significant reductions in acute care utilization, such as emergency department visits and hospitalizations, while promoting increased engagement in outpatient treatment programs (Magidson et al., 2021). These findings highlight the cost-effectiveness of employing recovery coaches, as their involvement supports better patient outcomes and alleviates some of the burdens on healthcare systems by reducing the need for more intensive interventions (Magidson et al., 2021). Moreover, the evidence suggests that recovery coaches are effective in fostering a supportive environment that encourages sustained recovery, as they often leverage their lived experiences to connect with patients on a deeper level, facilitating trust and rapport that are essential for successful treatment engagement (Magidson et al., 2021).

In conclusion, the available research on the effectiveness of recovery coaches in addiction recovery underscores their pivotal role in enhancing treatment engagement, reducing acute care utilization, and promoting long-term recovery success (Kibble et al., 2014). However, despite the positive outcomes associated with recovery coaching, the

literature remains limited and somewhat inconsistent in defining the role and responsibilities of recovery coaches across various settings, which complicates the ability to draw definitive conclusions about their overall effectiveness (Jack et al., 2018). The summary of this systematic review conducted in.

Table 2
Theme 1: The Effectiveness of Recovery Coach

Study	Authors	Year	Study Design	Key Findings	Outcome
1	Cupp, J. A., Byrne, K. A., Herbert, K., & Roth, P	2022	Randomized Controlled Trials	The study examined the impact of recovery coaching on acute care utilization following substance-related inpatient admissions. The results showed that patients who received recovery coaching had significantly lower rates of readmission and emergency department visits compared to those who received usual care. The study highlights the potential of recovery coaching to reduce the need for acute care services.	Recovery coaching effectively reduces acute care utilization, suggesting that integrating recovery coaches into the post-discharge process can improve outcomes and decrease healthcare costs.
2	Edelman, E. J., Oldfield, B. J., & Tetrault, J. M.	2023	Review article	The article reviews successful approaches to office-based addiction treatment in primary care	The review supports the integration of recovery coaching into primary care as a vital component of

				settings. It highlights the importance of integrating recovery coaching into primary care to enhance patient outcomes. The authors discuss how recovery coaches can support patients through continuous engagement, education, and connection to community resources, ultimately improving treatment retention and reducing substance use.	effective office-based addiction treatment. It emphasizes the role of recovery coaches in enhancing patient engagement and continuity of care, which are critical for successful addiction treatment outcomes.
3	Hansen, M. A., Modak, S., MacMaster, S. A., Zoorob, R., & González, S.	2020	Implementation Study	The study examined the implementation of peer recovery coaching programs in underserved communities. It found that peer recovery coaching significantly improved engagement in treatment, reduced substance use, and enhanced overall recovery outcomes. The study highlighted	Peer recovery coaching is effective in improving outcomes for individuals with substance use disorders, especially in underserved communities. The study supports the broader implementation of recovery coaching programs, with attention to overcoming barriers such as

				the challenges of implementation, including funding and training, but noted the substantial positive impact on community health.	resource constraints.
4	Jack, H. E., Oller, D., Kelly, J. F., Magidson, J. F., & Wakeman, S. E.	2018	Review/Commentary	The article discusses the integration of recovery coaches into primary care settings to address substance use disorders (SUDs). It highlights the potential benefits of recovery coaches, including improved patient engagement, enhanced continuity of care, and reduced substance use. The authors emphasize the need for primary care practices to adapt to better support recovery-oriented approaches.	Recovery coaches play a crucial role in primary care by improving the management of SUDs. The article advocates for integrating recovery coaching into primary care as a strategy to enhance treatment outcomes and provide holistic care for individuals with SUDs.
5	Jason, L. A., Salomon-Amend, M., Guerrero, M., Bobak, T. J., O'Brien, J., & Soto-Nevarez, A.	2021	Review Article	The article examines the development, role, and impact of Recovery Support Services (RSS) in substance use disorder	Recovery Support Services, including recovery coaching, are effective in supporting long-term

				treatment. It highlights the effectiveness of RSS, including recovery coaching, in promoting long-term recovery, reducing relapse rates, and enhancing quality of life. The article also discusses the integration of RSS into traditional treatment systems and the challenges associated with widespread implementation.	recovery and improving overall outcomes. The article advocates for integrating RSS into mainstream treatment frameworks to maximize their impact on recovery processes.
6	Magidson, J. F., Regan, S., Powell, E. E., Jack, H. E., Herman, G. E., Zaro, C., Kane, M., & Wakeman, S. E.	2021	Observational Studies	This study examined how embedding peer recovery coaches in general medical settings affects patient outcomes. Findings indicated that patients who engaged with peer recovery coaches showed increased treatment engagement, reduced opioid use, and a higher likelihood of remaining in treatment compared to those who did not interact with coaches.	Embedding peer recovery coaches in general medical settings improves treatment engagement and reduces opioid use among patients, highlighting the effectiveness of integrating recovery coaching into broader medical care for individuals with substance use disorders.

7	Satinsky, E. N., Doran, K., Felton, J. W., Kleinman, M. B., Dean, D., & Magidson, J. F.	2020	Pilot Study	This pilot study adopted a peer recovery coach-delivered behavioral activation intervention for individuals with problematic substance use in a medically underserved community in Baltimore City. The intervention was found to be feasible and acceptable, with participants reporting reductions in substance use and improvements in mental health outcomes.	The study demonstrates the feasibility and potential effectiveness of peer recovery coaching in delivering behavioral activation interventions in underserved communities. It supports adapting recovery coaching to specific community needs to improve substance use and mental health outcomes.
8	Simske, N. M., Breslin, M. A., Hendrickson, S., York, K. P., & Vallier, H. A.	2019	Implementation Study	The study explored the impact of implementing recovery resources, including peer recovery coaching, in a trauma care setting. It found that integrating recovery resources within trauma care improved patient engagement in treatment, reduced substance use post-trauma, and	Recovery coaching and other recovery resources effectively support patients through the trauma recovery process, leading to better engagement and outcomes. The study suggests that trauma care settings can benefit from integrating recovery

				facilitated overall recovery. The study also identified challenges related to resource allocation and staff training.	support services, but careful attention must be paid to implementation challenges.
9	Suzuki, J., Loguidice, F., Prostko, S., Szpak, V., Sharma, S., Vercollone, L., Garner, C., & Ahern, D. K.	2023	Proof-of-Concept Pilot Study	The study explored the feasibility of a digitally assisted peer recovery coaching program to facilitate linkage to outpatient treatment following inpatient alcohol withdrawal treatment. Results indicated that the digital intervention was feasible and acceptable, with participants successfully linked to outpatient care and reporting high levels of satisfaction.	The study supports the feasibility and potential effectiveness of using digitally assisted peer recovery coaching to improve linkage to care after inpatient treatment. The findings suggest that digital tools can enhance the reach and impact of recovery coaching, particularly in transitional care settings.
10	Wakeman, S. E., Rigotti, N. A., Chang, Y., Herman, G. E., Erwin, A. E., Regan, S., & Metlay, J. P.	2019	Randomized Controlled Trial	The study examined the impact of integrating substance use disorder (SUD) treatment into primary care on inpatient and emergency department utilization.	Integrating SUD treatment into primary care settings leads to decreased use of inpatient and emergency services, suggesting that such integration could enhance

				Results indicated that integration significantly reduced inpatient admissions and emergency department visits among patients with SUDs.	the overall efficiency and effectiveness of healthcare for individuals with SUDs. The study supports the broader adoption of integrated care models.
11	Winsper, C., Crawford-Docherty, A., Weich, S., Fenton, S., & Singh, S. P.	2020	Systematic Review	This systematic review explored how recovery-oriented interventions contribute to personal mental health recovery. The review identified key elements of successful recovery-oriented interventions, including peer support, personal goal setting, and empowerment. The logic model developed from the review provides a framework for understanding the mechanisms through which these interventions promote recovery.	Recovery-oriented interventions, including peer support and recovery coaching, are effective in facilitating personal mental health recovery. The study emphasizes the importance of incorporating recovery-oriented practices into mental health care to enhance outcomes.

Source: Data Analysis

Role of Peer Support

Peer recovery coaches have emerged as a valuable resource in the field of addiction treatment and recovery. Their training equips them to offer various forms of support, including emotional, practical, and informational assistance, which can significantly enhance engagement with outpatient treatment and reduce the need for acute care services among individuals grappling with substance use disorders (National Guidelines for Behavioral Health Crisis Care, 2023; The N-SSATS Report, 2023; Substance Abuse: Clinical Issues in Intensive Outpatient Treatment, 2023). Recovery coaches often leverage their lived experiences to build trust and rapport with clients, fostering a supportive environment that encourages sustained recovery and connection to community resources, which is essential for successful long-term outcomes in treatment endeavors (Eddie et al., 2019; Davidson, 2021; Fallin-Bennett et al., 2023; SAMHSA's Working Definition of Recovery, 2023).

In addition to their supportive roles, the integration of recovery coaches within healthcare settings has demonstrated potential cost-effectiveness by promoting higher rates of treatment engagement and lowering the utilization of acute care services, ultimately leading to improved health outcomes for patients with substance use disorders (Doukas, 2015; Suzuki et al., 2023;Magidson et al., 2021). Moreover, the versatility of recovery coaches across different healthcare environments highlights their ability to deliver tailored support that meets the unique needs of diverse patient populations, which may involve navigating complex healthcare systems and facilitating access to a wide array of recovery resources and services available in the community (Staton et al., 2021; Satinsky et al., 2020; Ashford et al., 2019; Wagner, 2020). Consequently, the implementation of recovery coach programs in both clinical and community settings reflects an evolving strategy to address the complexities of addiction recovery, acknowledging that peer support can significantly enhance the recovery journey for individuals in various stages of treatment (Suzuki et al., 2023; Eddie et al., 2019). The expanding deployment of recovery coaches in communities of recovery has been accompanied by a growing body of research examining their efficacy and the diverse models of care in which they operate (Suzuki et al., 2023; Davidson, 2021; Jason et al., 2021).

Table 3
Theme 2 SLR table for Role Recovery Coach as a Peer Support

Study	Authors	Year	Study Design	Key Findings	Outcome
1	Ashford, R. D., Brown, A., Ryding, R., & Curtis, B	2019	Conceptual Framework Development	Introduced the "Recovery Ready Ecosystem Model," emphasizing community engagement in fostering recovery-supportive environments	The framework provides a foundation for developing recovery-ready communities by integrating peer recovery support services into broader community planning.
2	Davidson, L.	2021	Review Article	Examines the history, current state, and future directions of	Highlights the critical role of recovery coaching

				Recovery-Oriented Systems of Care (ROSC). Emphasizes the importance of integrating recovery coaching into ROSC to enhance long-term recovery outcomes.	within ROSC frameworks. Suggests that recovery coaching should be a key component of comprehensive addiction recovery systems.
3	Eddie, D., Hoffman, L. A., Vilsaint, C. L., Abry, A., Bergman, B. G., Hoeppner, B. B., Weinstein, C., & Kelly, J. F.	2019	Review Article	Conducted a systematic review of peer recovery support services and recovery coaching. Found that lived experience is a critical component of effective recovery coaching. Peer recovery support services, including recovery coaching, were associated with positive outcomes in substance use disorder treatment, including improved retention and reduced substance use.	Highlights the effectiveness of recovery coaching as part of peer recovery support services, emphasizing the importance of lived experience in enhancing engagement and outcomes. Calls for more research to standardize training and implementation of recovery coaching.
4	Fallin-Bennett, A., Tillson, M., Webster, J. M., Oser, C. B., Becan, J. E., Knight, K., Byard, J., & Staton, M.	2023	Pilot Study	Developed and tested the Scales for Participant Alliance with Recovery Coach (SPARC). Found that SPARC is a reliable and valid tool for assessing the strength of the alliance between recovery coaches and participants. Strong participant-coach alliances were associated with better engagement in recovery activities.	SPARC provides a useful measure for evaluating the effectiveness of recovery coaching relationships. Strong alliances are linked to improved recovery engagement, suggesting that the quality of the coach-participant relationship is crucial for successful outcomes.

5	Jason, L. A., Salomon-Amend, M., Guerrero, M., Bobak, T. J., O'Brien, J., & Soto-Nevarez, A.	2021	Review Article	Examines the development, role, and impact of Recovery Support Services (RSS), including recovery coaching. Highlights the effectiveness of RSS in promoting sustained recovery, particularly through peer support and community-based services. Emphasizes the importance of integrating RSS into traditional treatment frameworks.	Recovery Support Services, including recovery coaching, are effective in enhancing long-term recovery outcomes. The article advocates for greater integration of RSS into standard addiction treatment protocols to leverage the benefits of peer support and community engagement.
6	Magidson, J. F., Regan, S., Powell, E. E., Jack, H. E., Herman, G. E., Zaro, C., Kane, M., & Wakeman, S. E.	2021	Observational Study	The study examined the impact of peer recovery coaches embedded in general medical settings. Findings indicate that patients who interacted with peer recovery coaches showed increased utilization of treatment services, higher engagement in treatment, and a significant reduction in opioid use over time.	Embedding peer recovery coaches in general medical settings is effective in enhancing treatment engagement and reducing opioid use among patients. The study supports the integration of peer recovery coaches into medical settings to improve outcomes for individuals with opioid use disorder.
7	Satinsky, E. N., Doran, K., Felton, J. W., Kleinman, M. B., Dean, D., & Magidson, J. F.	2020	Pilot Study/Intervention Development	Developed and pilot tested a peer recovery coach-delivered behavioral activation intervention for individuals with problematic substance use in a	The study demonstrates the potential effectiveness of peer recovery coaches delivering behavioral interventions in underserved

				medically underserved community in Baltimore. The intervention was found to be feasible and acceptable, with participants showing improvements in substance use behaviors and mental health outcomes.	communities. It supports the use of peer recovery coaching as a viable strategy to address substance use in low-resource settings.
8	Staton, M., Watson, D. P., & Thorpe, D.	2021	Implementation Study	The study examines the implementation of peer recovery coach services for opioid overdose patients in emergency departments (EDs) in Indiana. Through an informal learning collaborative, it identified key facilitators and barriers to implementing recovery coach services in ED settings. Findings suggest that effective implementation is influenced by factors such as organizational support, training, and integration with existing ED workflows.	Peer recovery coach services in EDs can be effective in addressing opioid overdose but require careful implementation strategies, including strong organizational support and integration into existing practices. The study highlights the potential for recovery coaches to play a crucial role in emergency settings, provided these factors are adequately addressed.
9	Suzuki, J., Loguidice, F., Prostko, S., Szpak, V., Sharma, S., Vercollone, L., Garner, C., & Ahern, D. K.	2023	Proof-of-Concept Pilot Study	The study explored the feasibility of a digitally assisted peer recovery coaching program to facilitate linkage to outpatient treatment following inpatient alcohol withdrawal treatment. Results	The study supports the feasibility and potential effectiveness of using digitally assisted peer recovery coaching to improve linkage to care after inpatient

				indicated that the digital intervention was feasible and acceptable, with participants successfully linked to outpatient care and reporting high levels of satisfaction.	treatment. The findings suggest that digital tools can enhance the reach and impact of recovery coaching, particularly in transitional care settings.

Source: Data Analysis

Challenges and Barriers

Despite its effectiveness, recovery coaching faces several challenges that need to be addressed to maximize its impact. One of the primary concerns highlighted in the literature is the lack of standardized training and certification for recovery coaches (Tracy & Wallace, 2016). The variability in training programs leads to inconsistencies in the quality of coaching services, which can affect client outcomes. Several studies have called for the development of national or international standards for recovery coach training to ensure that all coaches possess the necessary skills and knowledge to support clients effectively (White, 2010; Smith et al., 2017).

Another significant challenge is the potential for burnout among recovery coaches, particularly those who are early in their own recovery journey (Eddie et al., 2019). The emotional demands of supporting others in recovery can be overwhelming, and without adequate support and supervision, coaches may experience relapse or burnout. The literature suggests the need for ongoing professional development and peer supervision for recovery coaches to mitigate these risks (Brown et al., 2020; Smith et al., 2017).

Additionally, the review identified structural barriers to the widespread implementation of recovery coaching, including funding limitations and a lack of integration with other health services (Ashford et al., 2018). In many cases, recovery coaching is not covered by insurance, making it inaccessible to those who may benefit most from it. To address these issues, some studies have recommended advocating for policy changes that recognize recovery coaching as an essential component of addiction recovery services (Eddie et al., 2019).

Future Directions

The findings of this review suggest several areas for future research and practice. First, more rigorous, longitudinal studies are needed to assess the long-term impact of recovery coaching on sustained recovery outcomes (Smith et al., 2017). While the existing literature provides strong evidence for the short-term benefits of recovery coaching, there is limited data on its effectiveness over extended periods.

Second, research is needed on the specific mechanisms through which recovery coaching exerts its effects. Understanding how and why recovery coaching works will help refine the practice and enhance its efficacy (Brown et al., 2020). Studies focusing on the

coach-client relationship, the role of shared experience, and the impact of coaching on different populations (e.g., gender, age, and cultural background) would be particularly valuable.

Finally, the integration of recovery coaching into formal healthcare systems remains a critical area for development. Future research should explore models for integrating recovery coaching with clinical care and examine the outcomes of such integrated approaches (Eddie et al., 2019). This could include pilot programs that test the effectiveness of recovery coaching as part of a comprehensive recovery-oriented care system.

Conclusion

The review of 20 articles underscores the value of recovery coaching as a powerful tool in addiction recovery. It highlights the unique contributions of peer support, the challenges that must be addressed, and the potential for further research and policy development to enhance the effectiveness and accessibility of recovery coaching. As the field continues to evolve, it will be important to build on these findings to ensure that recovery coaching remains a central, evidence-based component of addiction recovery services.

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