

Recovery Coach Program

PROGRAM DESCRIPTION

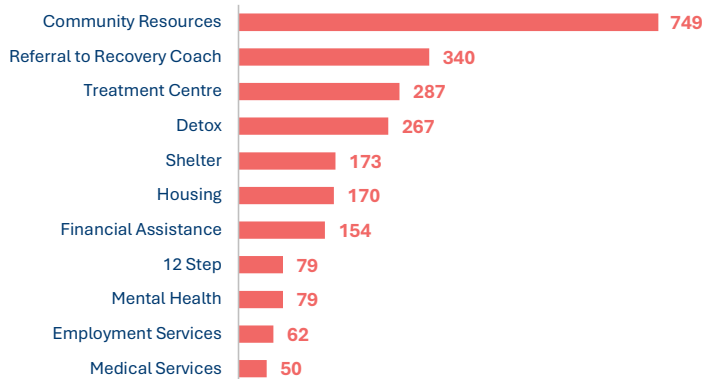
Recovery Coaches support individuals in their recovery from addiction and other complex life challenges. They offer structured, professional one-on-one support, facilitate groups, engage families, and collaborate with community-based recovery supports. Recovery Coaches help participants identify goals, navigate barriers, and build sustainable plans that reflect their individualized pursuit of recovery and well-being.

KEY METRICS

In-person recovery coaching at Navigation Centres

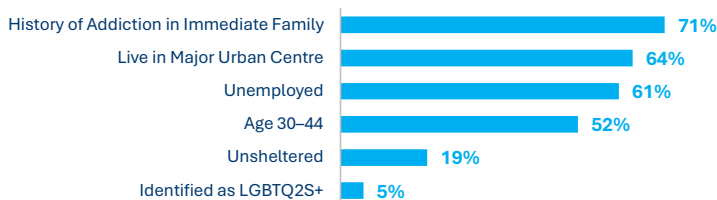
Recovery Coaches conduct intake assessments at Navigation Centres in Calgary and Edmonton. From October 2025 to March 2026, Recovery Coaches delivered more than 1,000 sessions and made over 2,000 referrals across Alberta. Examples of referrals made are shown in Figure 1 below. This highlights the program's role in sustaining engagement and supporting continued recovery.

Figure 1. Recovery Coach Outbound Referrals & Connections



Reporting Period: Oct 1, 2025-Mar 31, 2026

Figure 2. Virtual Participant Demographics (n=493)

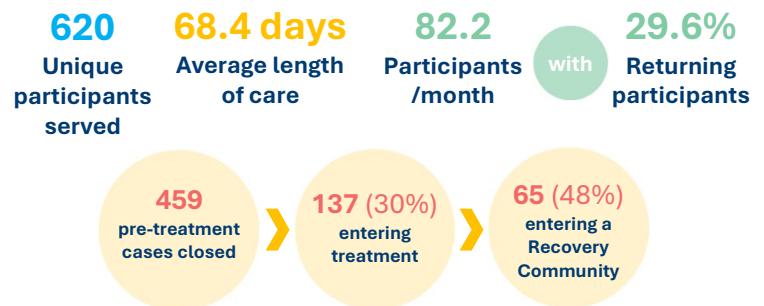


NOTABLE TAKEAWAYS

- Recovery Coaches help Albertans move from addiction to recovery by providing practical, peer-led support that improves engagement with care and strengthens connections to recovery services.
- The program's flexible virtual and in-person services ensure Albertans can access recovery support wherever they are.
- During the six-month reporting period, the in-person and virtual programs delivered more than 3,500 recovery coaching sessions, made over 4,000 outbound referrals to recovery supports, and referred over 550 individuals to treatment centres and Recovery Communities.
- Evidence shows that peer recovery support services improve treatment engagement and retention, while the program's individualized coaching, system navigation, and ongoing accountability help people access the right support at the right time.

VIRTUAL RECOVERY COACHING

Recovery Coaches provide sessions virtually, allowing Albertans across the province to access recovery support. The statistics for sessions delivered virtually during the six-month reporting period from October 2025 to March 2026 are shown below, with participant demographics provided in Figure 2.



RAPID LITERATURE REVIEW

Recent evidence supports recovery coaching and peer recovery support services (PRSS) as strategies to improve engagement and continuity of care for individuals living with addiction. In a systematic review of 28 studies involving 12,601 participants, Eddie et al. (2025) found that PRSS improved treatment engagement and retention. A randomized controlled trial conducted by Byrne et al. (2020) found that peer recovery coaching significantly increased participation in recovery support services compared with standard care. Together, these findings support peer-led recovery coaching and navigation as key components of a successful recovery-oriented system of care.