



How to scale peer support in a country lacking
'mutual aid'.

Implementation of Recovery Coaching in Qatar

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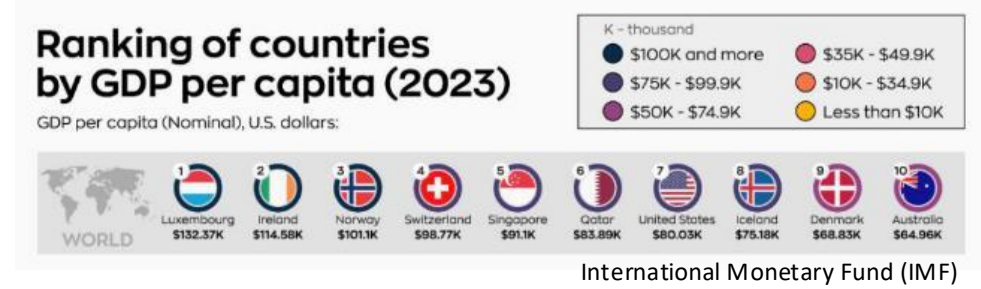
Covering

- Qatar, local view.
- Naufar- Substance Use Disorders (SUDs): Recovery Approach.
- Recovery Coaching (RC).



Qatar

- Population: 3,080,804 [April 2024].
- <20% Qatari citizens. >80% expatriates.
- High income country.
- Muslim Country.



Naufar



وزارة الصحة العامة
Ministry of Public Health
دولة قطر • State of Qatar





MISSION

Naufar helps people impacted by substance use disorders reach their full potential

Naufar helps individuals and families overcome substance use disorders by providing evidence-based, personalised treatment and recovery and an innovative precision-medicine approach

VISION

Naufar will be a globally-recognised centre of excellence on substance use disorders by 2025

VALUES

- ✓ **Confidentiality**
- ✓ **Dignity**
- ✓ **Compassion**
- ✓ **Collaboration**
- ✓ **Integrity**
- ✓ **Person-centred**

Naufar's ambition for our patients is **recovery**

Naufar enables people with substance use disorders achieve recovery

Recovery from substance dependence has 3 components

1. Gaining **voluntary control** of substance use
2. Improving **health and well-being (physical, mental, spiritual)**
3. Becoming a **participating and contributing** member of society
(family relationships, education, training employment, social integration)



This is more than treatment of an illness, we help people rebuild their lives and thrive. Naufar's recovery approach provide “**treatment**” for as long as people need it.

NAUFAR recovery interventions

Every patient receives recovery interventions in each phase in line with their treatment plan – depending on their needs and strengths.

This may include



Figure 5. Essential elements of recovery-oriented rehabilitation and social reintegration (UNODC, 2008b)



Peer-based support

- ❑ Peer support and mutual aid is recommended in international guidance (WHO/UNODC 2020).
- ❑ Research indicates peer support alongside SUD treatment can result in:
 - ❑ Reduced rates of relapse.
 - ❑ Improved relationships between patients and providers and social supports.
 - ❑ Increased treatment retention.
 - ❑ Greater treatment satisfaction.

(Eddie et al, 2019)



Why Recovery Coaching (RC)?

- ❑ It is a peer-based and allies support system.
- ❑ It is based on accredited training, give people qualifications, can be utilized with people with lived experience, family members, and community members.
- ❑ It helps individuals seeking recovery from substance use disorders to find and maintain a healthy, fulfilling and productive life.
- ❑ It helps develop recovery plans, access resources, build recovery capital, and connect to recovery networks.
- ❑ It promotes “visible recovery” and it provides non-clinical support, motivation, and guidance.
- ❑ Recovery Coach roles and functions: Motivator, Role Model, Problem Solver, Resource coordinator, Advocate, Ally and Confidant, Truth Teller, Community Organizer, Lifestyle Consultant.

Partnership in RC Training

- ❑ Partnered with the Connecticut Community for Addiction Recovery (CCAR) and Recovery Coaching Academy (RCA) UK to bring an accredited program of training for recovery coaches accessible to those with lived experience, family members, and the community
- ❑ Translated (from English to Arabic) and culturally adapted the CCAR curriculum leading to a professional designation as a Recovery Coach Professional:
 - ❑ Recovery Coaching Basics: 6 hours
 - ❑ Recovery Coach Academy (RCA): 30 hours
 - ❑ Ethical Considerations for Recovery Coaches: 16 hours
 - ❑ Recovery Coaching and Professionalism: 12 hours





Recovery coaching Implementation

- ❑ 3-step process in building capacity to deliver the curriculum:
 - ❑ 1st round: Delivery by CCAR/RCA UK.
 - ❑ 2nd round: Co-delivery with our first batch of Recovery Coach Professionals.
 - ❑ 3rd round: Independent delivery with observation and feedback from RCA UK.
- ❑ Training: To date there have been:
 - ❑ **524** seats in recovery coaching courses
 - ❑ **29** people attaining Recovery Coach Professional designation
 - ❑ **6** people becoming certified facilitators to sustain curriculum delivery
 - ❑ **6** recovery coaches were employed, full-time paid job
- ❑ Supervision:
 - ❑ Weekly group supervision, led by Recovery Coach Professional.
 - ❑ Weekly individual supervision with Recovery Coach Professional.
- ❑ Management
 - ❑ Establish patients' education, employment and volunteering department.
 - ❑ RC job descriptions and RC volunteers tasks



Recovery Coaching – scaling and ambition

RC training

- Expand RC peer support training through Recovery College curriculum.
- Build a cohort of family RC to support families in Qatar.
- Grow RC in the Qatari community – open RC training for community members.
- To extend Arabic language RC training opportunities across the region.

RC jobs and volunteers:

- 10 paid employed Recovery Coaches by end of 2024.
- 20 of trained volunteers by end of 2024.
- Growing cohort of RC with career pathways to counselling psychology and fitness instructors.

Our team



Take home message

- Increasing visibility of people in recovery instills hope, changes the culture and healthcare professionals attitudes toward SUDs.
- Working with international partners to translate and culturally adapt training can help support the growth of communities who can provide locally relevant and effective recovery support.
- Building recovery capital in a range of areas improves outcomes, prevents relapse and helps people re-integrate into society.





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thank you