

WHAT TO EXPECT FROM A SOBER COMPANION

Clients reach us for sober coaching through a wide variety of means: sometimes, the client doesn't approach us at all; calls can come to us from business associates, personal managers, family members, attorneys, therapists, medical doctors, treatment centers, sober living houses, assisted living facilities, etc.

Regardless of the first contact, the initial step of the Sober Coach is to meet with the client, in person or virtually, in whatever setting is most comfortable for the client. We do an initial evaluation; this includes standard sets of questions (i.e. overall medical history, medical & psychological diagnoses, drug/alcohol history, etc.). We will do a standard physical exam, as well (blood pressure, heart rate, temperature, etc.). If the client is willing, we will take a sample for drug screening. If the client not willing, we will skip this step - but it must be done sooner rather than later. We also explore areas of concern specific to the client (profession, family, religion, spirituality, etc.).

With the client's permission, the Sober Coach will contact treatment professionals who may already be providing services to the client. The more informed we are about all aspects of your case, the more efficient we become at providing the services you require to facilitate your recovery - or to simply help you stay away from drinking & drugs for a pre-determined period of time.

After the client evaluation session, we will create a treatment plan tailored to the client's needs. Typically, we meet with a client 3 times per week for one-hour sessions, (frequency & length of sessions are evaluated monthly and/or bi-monthly). Meeting locations will vary depending on where the client is in their recovery, and what the person is currently working on. In addition, the sober companion is on-call by phone 24 hours a day, 5 to 7 days a week. This service alone can help prevent relapses and supports individuals with crises that come up in between sessions.

We easily blend Sober Coaching with Sober Companionship. In this mode, the Sober Coach retains certain primary responsibilities (e.g., case management) and the Sober Companion will remain with the client for predetermined lengths of time: from an hour per session, to 4-hour periods up to many weeks in a row. Different clients have different levels of need, and a professional Sober Coach is ready to address any area, for any amount of time, in order to help a client achieve his/her goals.

If you need a Sober Escort to transport yourself or a loved one to or from a treatment facility or any other location, we will assign an Escort appropriate to the needs of the client. In some cases, you may require medically supervised transportation; in such a case, we will assign either an MD or an RN (Nurse Practitioner) to travel along with the Sober Escort. In other cases, a client will not leave willingly - for these rare situations, we arrive with Team Sober Champion, a multi-person party designed to extricate the client from an unhealthy location and deliver him or her to treatment.

When caring professionals already are involved, we can interface with them to create a truly holistic approach toward treating the client.

RECOVERY COACHING

FOR A NEW LIFE IN SOBRIETY

One on One Assistance

Pre & Post Treatment Options

24 Hour Customized Care

Abstinence Based

SOBER COACH VS. SPONSOR

A Sponsor is an individual volunteer from a 12-step program such as Alcoholics Anonymous, Narcotics Anonymous, Crystal Meth Anonymous, Gambler's Anonymous, Sex Addicts Anonymous, or Debtor's Anonymous. While some Sponsors also work as professional treatment providers, they do volunteer work (primarily, helping newcomers to take the 12 Steps) because they believe that they benefit personally from the service they give: their payoff is that they get to maintain their long-term sobriety or abstinence by helping a newcomer.

Sober Companions and Sober Coaches are trained and well-qualified treatment professionals whose jobs might include guiding you to just the right people in whatever 12-Step Fellowship is appropriate for you.

A Sober Companion will help you deal with this fact: 12-Step groups have grown explosively; in Southern California, there are over 3,000 meetings per month. Yes, you read that number correctly: over 3,000 meetings per month! How can any newly recovering person, especially clients like ours (busy professionals, artists, adolescents, and recognizable individuals of all varieties) expect to navigate these strange waters without a little help from a Sober Coach or a Sober Companion?

A sponsor might work at a coffee shop, might be a captain of industry, or might be unemployed. Their job is their job. Unlike a Sober Coach or Sober Companion, the sponsor's part-time avocation is helping their sponsees to stay clean, abstinent, or sober by working through the 12 Steps.

The Sober Coach has a full-time job: helping you stay on track with a variety of scheduling options. We can work with you for a pre-determined number of days, we can schedule office visits convenient for your schedule, and a Sober Companion can remain by your side 24 hours a day, if you need us. A Sober Companion can travel with you, we can assist with your transportation needs, and we can provide services and direction that your Sponsor simply can't. Sponsors have a singleness of purpose—they stick with the 12 Steps and 12 Traditions. Often, the focus is on cleaning up the wreckage of the alcoholic's past.

A Sober Coach or Sober Companion is there to support you in creating and living a fun, vibrant, and rich life.

A coach isn't limited to using the 12 Steps and 12 Traditions. We work with you on your dreams and plans and help you effectively find solutions to problems and concerns.

If you need the special level of attention and care that can be provided by a team of professional, agile, caring folks, you owe it to yourself to give us a call or send us an email.

TO TAKE THAT FIRST STEP, PLEASE CONTACT US.

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