



# W·I·S·E

Workforce Integration Support and Education

a program of NorCal MHA

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## Recovery Coaching: An Intimacy Continuum

Behavior of Recovery Coach in Recovery Support Relationship	Zone of Safety (Always Okay)	Zone of Vulnerability (Sometimes okay; Sometimes not okay)	Zone of Abuse (Never Okay)
Giving gift			
Accepting gift			
Lending money			
Borrowing or accepting money			
Giving a hug			
"You're a very special person"			
"You're a very special person to me."			
Invitation to holiday dinner			
Sexual relationship			
Sexual relationship with a mentee's family member			
Giving cell phone number			
Using profanity			
Using drug culture slang			
"I'm going through a rough divorce myself right now."			
"You're very attractive."			
Addressing person by their first name			
Attending recovery support meeting together			
Hiring person to do work at your home.			

(Adapted from White, W., the PRO-ACT Ethics Workgroup, with legal discussion by Popovits R. & Donohue, B. (2007). Ethical Guidelines for the Delivery of Peer-based Recovery Support Services. Philadelphia: Philadelphia Department of Behavioral Health and Mental Retardation Services.)

W·I·S·E is a program of NorCal MHA funded by the California Mental Health Services Act (Prop 63) and administered by the Office of Statewide Health Planning and Development (OSHPD)



WELLNESS • RECOVERY • RESILIENCE

