

Get Started

The recovery journey becomes more achievable and sustainable when a recoveree's inherent value and potential is recognized and supported. This is the primary role of a Lowell House recovery coach: to uphold the inherent value and potential of each and every recoveree—regardless of substance use, mental health issues, homelessness, criminal justice involvement or mistakes made—so that they too can recognize and actualize the value and potential within themselves.

To schedule a time to meet with a coach, call 978-459-8656 and include your name and the best number to reach you.

All of your information is confidential.

Hours of Operation


Monday-Thursday from 8:30am to 7:00pm
Fridays from 8am to 4pm


If you are experiencing a clinical emergency after hours, you may call an on-call clinician at 978-788-4545. **For emergencies, dial 9-1-1 immediately.**

Payment Options

We are here to help. We accept MassHealth plans.

Contact Us

 978-459-8656 Fax: 978-937-2559

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RECOVERY COACHING



Lowell House, Inc

"The very first use of the word 'coach' in the English language occurred in the 1500s to refer to a particular kind of carriage... hence the root meaning of the verb 'to coach': to convey a valued person from where he or she was to where he or she wanted to be."

Roger D. Evered and James C. Selman
Authors of Coaching and the Art of Management

What is Recovery?

“Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential,” (SAMHSA Working Definition of “Recovery”, 2012).

Multiple Pathways of Recovery

There are many methods, practices, rituals, programs, and belief systems that foster long-term recovery. What works for some isn't necessarily a good fit for others. Anyone seeking recovery—regardless of how it is achieved—deserves to be celebrated. The role of a recovery coach includes honoring all pathways of recovery.

What is Recovery Coaching?

Recovery Coaching is a non-clinical peer support service that is person-centered and supports the recovery potential within every individual. Recovery coaches promote positive self-identity by drawing on the strengths and resilience of individuals.

Qualities of A Recovery Coach

- Continues to be in long-term recovery Respects
- cultural differences and understands individual barriers and strengths
- Knows that recovery is different for each of us and is flexible and knowledgeable about the many options and pathways of recovery
- Understands by experience that recovery involves a process of healing and self-redefinition
- Supports you as your ally, mentor, and advocate
- Maintains strong relationships with community resources

What to Expect

Your recovery coach will join you to identify short and long-term goals and create a personalized wellness plan that may include:

- Connecting to the recovery community
- Improving relationship with self
- Restoring relationships with family and friends and cultivating new relationships
- Improving physical, emotional and spiritual health
- Addressing legal issues
- Securing housing and employment
- Furthering education
- Exploring new social opportunities and ways to have FUN!