

What is Recovery Coaching?



Peer Recovery Coaches walk side by side with individuals seeking recovery from substance use. A recovery coach will help a peer to create their own wellness plan and develop their own recovery pathways.

Recovery Coaching may be for you if:

- You have a substance use disorder and are interested in exploring your own wellness.
- You are questioning your relationship to alcohol or other substances.
- You are sober curious.
- You have a loved one whose substance use concerns you.

What is Recovery?

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Needham Public
Health Division

Recovery Coach Services



Prevent. Promote. Protect.

Recovery Coach

Angi MacDonnell

Angi is a person in long term recovery from alcohol and substance use. She works in the Needham Public Health Division in youth substance use prevention and recovery support services. She has used many pathways to wellness from substance use in her 20+ years of recovery. Angi is available Monday-Friday to meet with members of the Needham community to support them in their own wellness journey or answer questions they may have about a loved one.



What is the difference between peer support and therapy or case management?

Unlike therapy or case management, peer support uses personal experience and stories to lend support and inspire hope. Peer Recovery Coaches share their first-hand knowledge, practical guidance, and real-life lessons learned on their own recovery journey.

Is abstinence always the goal?

Not necessarily!
Everyone sets their own goals, some may choose abstinence, others will choose harm reduction.

Will my insurance be billed?

This program is free to Needham community members over 18 years of age.

Schedule a Conversation

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