Anchored Anywhere

Partner Overview

Recovery coaching for people living, working, studying, and recovering far from home

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The gap this work fills

People whose lives cross borders live in, or return to, countries where support that understands an international life rarely exists. Anchored Anywhere provides non-clinical, credentialed recovery coaching for the people you treat, employ, send abroad, or send home: between sessions, after discharge, on assignment, during a semester abroad, or in the long stretch after coming home. It is grounded in shared lived experience of both recovery and international displacement, and delivered by video across time zones, wherever the client lands.

Who I work with

- **Treatment centers and clinical programs:** aftercare and step-down coaching, coordinated with your team where the client consents
- **Global mobility and relocation teams:** support for employees and families in recovery through international moves
- **Volunteer, teaching, and service programs:** participants and returnees, in programs such as JET and the Peace Corps (I am a JET alum and former full-time volunteer abroad)
- **Clinicians practicing abroad:** a recovery coach alongside your own care, for clients who want one
- **Employers and EAPs:** non-clinical support for staff posted abroad or returning home, alongside existing clinical benefits
- **Study abroad programs:** university and adult students (18 and over) before, during, and after time abroad
- **Humanitarian organizations and NGOs:** staff care for people working far from home
- **Individuals and families:** people can also reach out directly; no referral is needed

All clients are adults, 18 and over. **Aftercare partner of The Beekeeper House, Chiang Mai, Thailand.**

Scope: coaching alongside clinical care, never replacing it

	Recovery Coaching (my role)	Clinical Care (treating providers)
Focus	Client-led goals, strengths, recovery capital, and practical life infrastructure. Explores "what now?"	Diagnosis and treatment of substance use and mental health conditions. Often explores "why?"
Relationship	Partnership based on shared lived experience: alongside the client, not above them.	Professional therapeutic relationship with clinical accountability.
Boundaries	No diagnosis, therapy, medical advice, or intervention services. Refers out when needs exceed scope.	Assessment, diagnosis, and therapy; medication only from licensed prescribers.

Credentials, ethics, and standards

CARC (Certified Addiction Recovery Coach), issued by the New York Certification Board: 60+ training hours, 500 supervised hours, and an examination. **CRPA** (Certified Recovery Peer Advocate), issued by the New York Certification Board and aligned with the IC&RC international standard. Also NYCPS-P and an M.Ed. in Counseling Psychology (Temple University). Practice is bound by the NYCB Code of Ethical Conduct, covering confidentiality, professional boundaries, and mandated reporting, and by a published no-intervention-services policy. Full credential and ethics details: anchored-anywhere.org/credentials.

No referral fees, in either direction. I do not pay or accept referral fees or any other compensation for referrals. Collaboration is in service of the client's whole continuum of care.

Voluntary · Mutual and reciprocal · Equally shared power · Strengths-focused · Hopeful · Open-minded · Empathic · Respectful · Transparent · Person-driven

What a referral looks like

1. Warm introduction wherever it serves the client (in the final weeks of treatment, at discharge, before or after a posting or semester abroad, or months into life back home), always with informed consent; no contact is ever made without it. **2. Free 30-minute conversation** (no commitment; fit comes first). **3. Ongoing coaching** at the client's cadence (weekly, every other week, or as needed) by video, scheduled around their time zone. **4. Coordination** with treating providers or a designated contact where the client consents, and referral back to clinical care whenever needs exceed coaching scope. A ready-to-use consent form is available at anchored-anywhere.org/for-providers.

Accessibility

Accessibility is built into the practice, an inheritance from the peer recovery movement that recovery coaching grew out of. Rates are direct-pay and sliding-scale, with suggested tiers from $30 to $150 USD per session. These are guideposts, not a fee schedule: the client chooses what fits their circumstances, is never asked to justify financial need, and no one is turned away for inability to pay. Direct pay keeps the work private, with no insurance records.

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