

Biography & Photos



Ruth Riddick is a Certified Addiction Recovery Coach (NYCB) and a Recovery Coach Professional (CCAR). An authorized Recovery Coach Academy© trainer (CART), she has also worked extensively with experiential education modalities such as sociodrama and sociometry, which she studied under long-term mentor, Tian Dayton, PhD. She brings 25 years expertise as an educator, together with long-term recovery experience, to her practice as a coach, trainer and mentor at Sobriety Together™. She also serves as ASAP-NYCB Community Outreach, advising peers, providers and the public on the peer recovery profession in New York State. She has been honored for her work by Caron Treatment Centers, where she serves on the NYC Community Awards Committee (from 2011); Crossroads of Maine, where she served on the Board of Directors (2010-2015); and Irish America Media, where she has published on recovery-related issues.

Ruth Riddick founded Sobriety Together™ in 2004 to offer custom designed and needs-based training programs utilizing mixed-media activities (artwork, meditation, small group discussion, role play, written exercises, brainstorming, plenary processing, etc.) to explore a range of recovery education issues. Sobriety Together™ offers standard and custom programs for health & wellness professionals, addiction treatment agencies, coaches, community groups, mutual support programs, educators and education institutes, non-profit organizations, and other interested individuals and initiatives.