



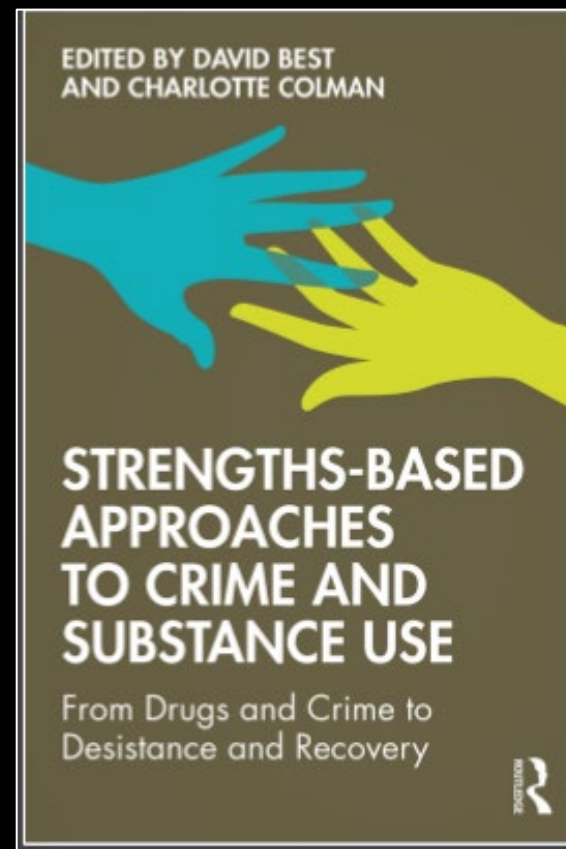
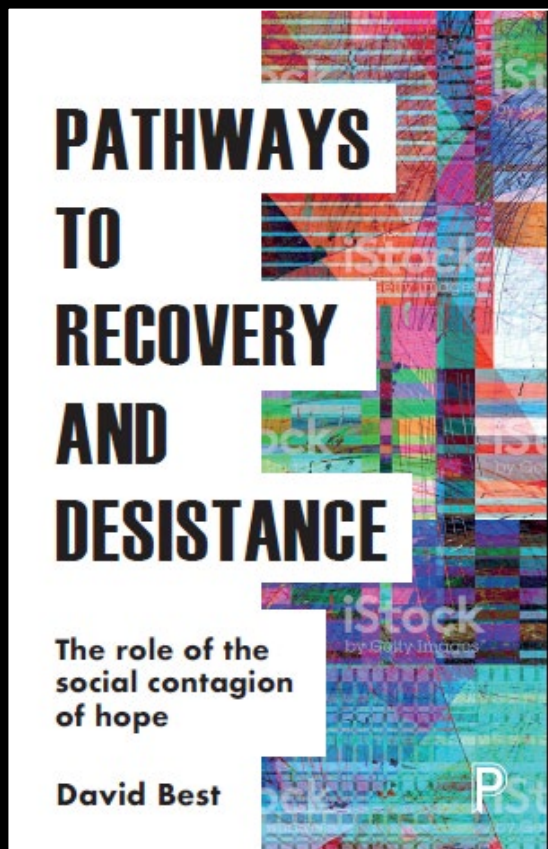
Measuring and operationalizing recovery capital

NARR PRESENTATION

Professor David Best
University of Derby
The Australian National University



What is the point of this model?





Areas to be covered

- What is recovery capital?
- How and why do we measure recovery capital?
- What do you do with the results? Planning and engagement
- Where are we up to now with development work?

Recovery Facts & Models



Recovery statistics

- 58% recovery rate
- Relapse reduces to 14% in year 5
- Addiction careers average 28 years with 4-5 episodes of treatment over 8 years
- Reasons for stopping and reasons for staying stopped not the same (Best et al, 2008)

What enables change?

Leamy et al (2011), British Journal of Psychiatry

- **CHIME**
 - Connectedness
 - Hope
 - Identity
 - Meaning
 - Empowerment

Section 1: What is Recovery Capital?



WHAT IS RECOVERY CAPITAL?

Granfield and Cloud (2008) define recovery capital as:

“The breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from AOD [alcohol and other drug] problems”.

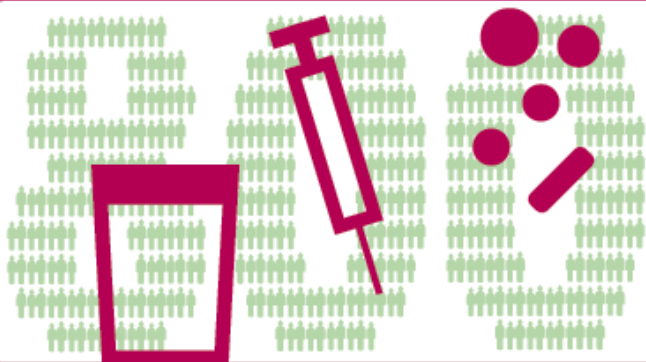
White and Cloud (2008): Stable recovery best predicted on the basis of recovery assets not pathologies

Hibbert and Best (2008)

- 50 alcoholics in Birmingham completing WHO-QOL Bref
- Four domains – physical, psychological, social environmental
- On two of these domains – social and environmental – people in long-term recovery exceeded population norms
- Around the same time, Valentine (2011) reported the same effect for cocaine users in the US
- Best (2014): Same social effect for ex-addict alcohol and drug workers in Australia and the UK

Life In Recovery Survey

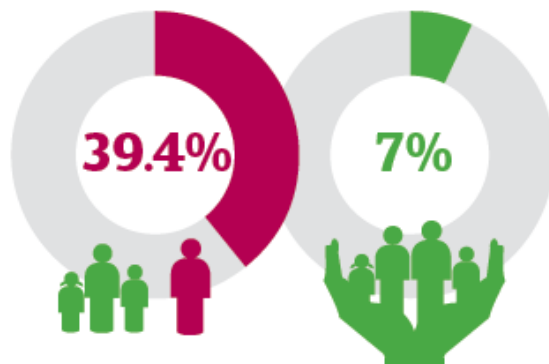
Sheffield
Hallam
University



We surveyed more than **800 people in recovery groups** in the UK.

39.4% of families

living with an active user of drugs or alcohol will suffer incidents of domestic violence. The figure drops to just **7% among those in long-term recovery**.



Women spend an average of **17.7 years addicted** to drugs or alcohol.

Men spend **22.4 years addicted**.



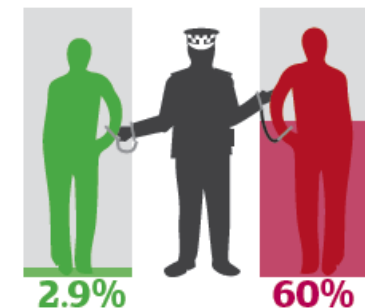
79.4% of people in long-term recovery have volunteered since beginning their recovery journey.



74% of people in long-term recovery have remained steadily employed during their recovery, compared to **40.3% in active addiction**.



60% in active addiction reported getting arrested during this time. **2.9% of those in long-term recovery** reported being arrested.



Best and Laudet
(2010)





Recovery studies in Birmingham and Glasgow

(Best et al, 2011a; Best
et al, 2011b)

- **More time spent with other people in recovery**
- **More time in the last week spent:**
 - **Childcare**
 - **Engaging in community groups**
 - **Volunteering**
 - **Education or training**
 - **Employment**

Section 1: How to measure Recovery Capital?

Recovery Capital Measures Background

William White monographs and the checklists for recovery

Led to...

- **Recovery Group Participation Scale (2011) – 14 items about engagement in community recovery groups**
- **Assessment of Recovery Capital (2012)**
- **Assessment of Recovery Capital (Groshkova, Best and White, 2012)**
 - 50 items (although the original version was 100 items....)
 - Endorsed or not
 - PRC = 25 items
 - SRC = 25 items
 - Each containing 5 sub-scales
- **BARC (Vilsaint et al)**

Challenges to the ARC

Too slow to get the results

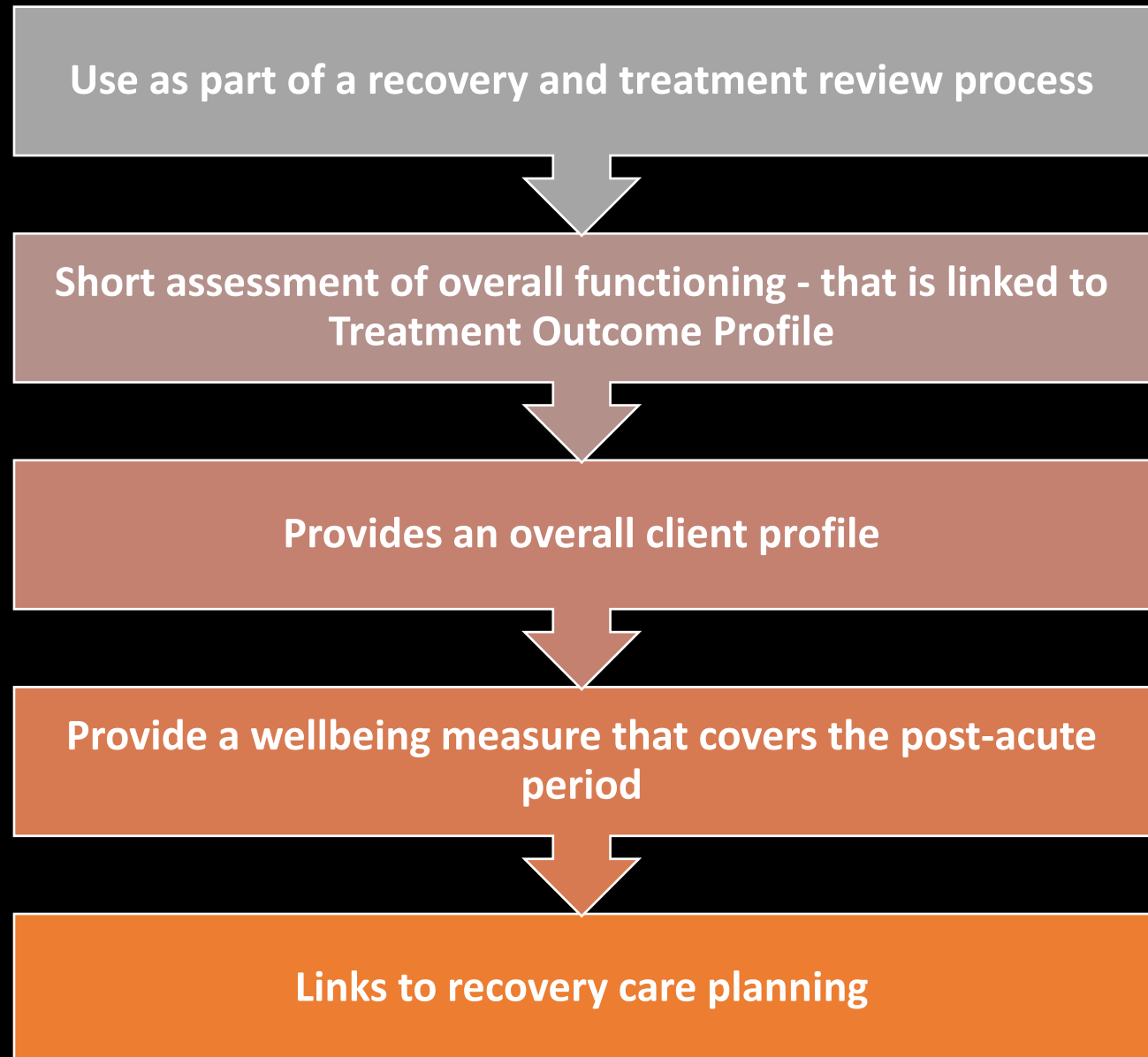
Not sure what to do with the findings

How do we use the strengths identified?

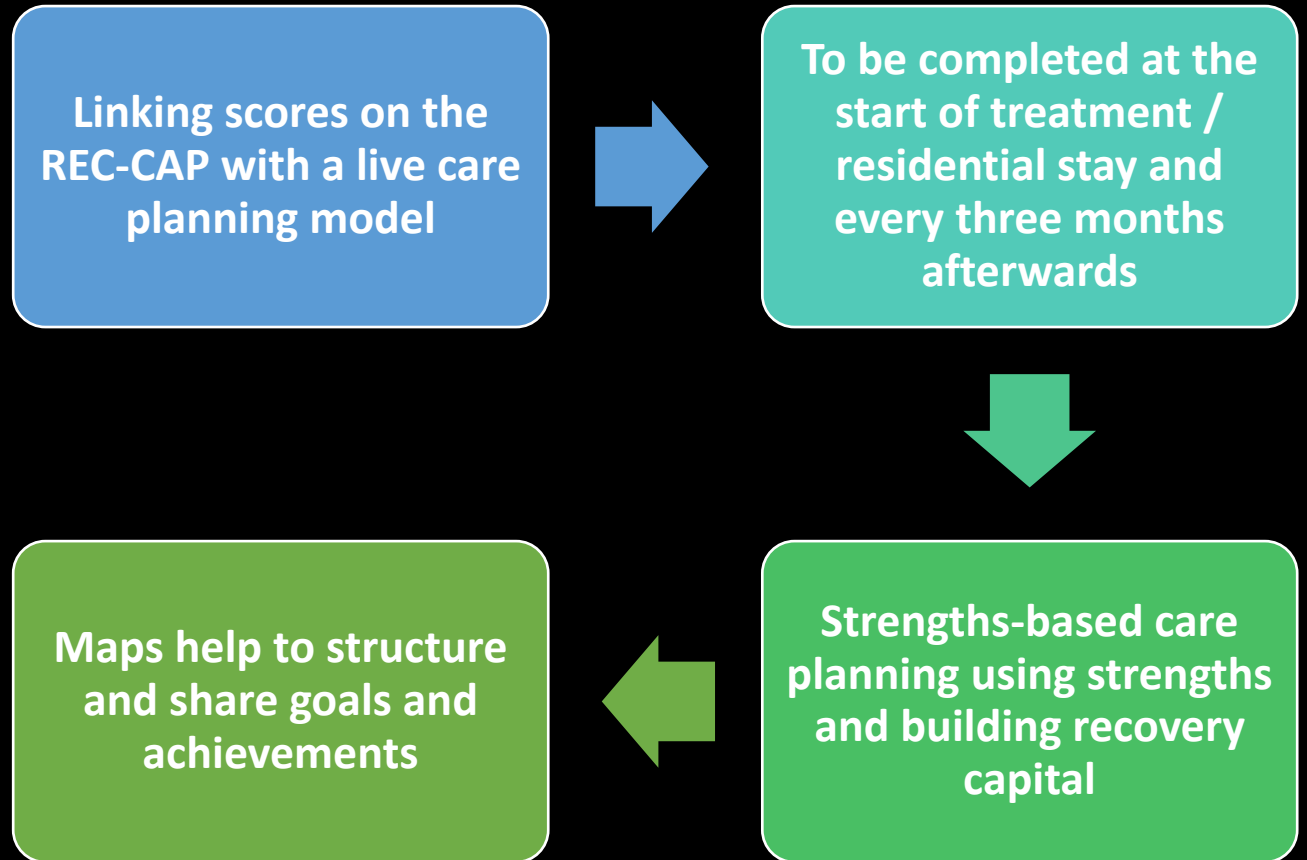
Feels like a research tool

Does not adequately cover community capital

REC-CAP Rationale



The purpose of the 'pivot'



Measure

The aim is to use a systematic evaluation of recovery resources (as well as barriers and unmet needs) to create an evidence-based profile of recovery capital to guide future actions and the next steps of the recovery



Plan

At this stage we 'translate' the recovery resources into an action planning model that is based on the principles of node link mapping

This will be a 90-day cycle of reviewing achievements and planning actions to support the recovery journey



Summary

1 Evaluation

2 Results

3 Discovery

4 Plan Goals

5 Recovery Plan

6 Navigation

Power

ADD CUSTOM GOAL

ADD GLOBAL TEMPLATE

ADD PROVIDER TEMPLATE

VIEW CLIENT NEEDS

Barriers to Recovery & Unmet Needs

GOAL SUGGESTION	REC-CAP DOMAIN	GOAL CATEGORY	ADD TO RECOVERY PLAN
Tobacco Cessation	Barrier	Substance Use	☐
Criminal Justice Involvement	Barrier	Criminal Justice	☐
Volunteerism & Higher Education	Barrier	WTV	☐

Grow Recovery Strengths

GOAL SUGGESTION	REC-CAP DOMAIN	GOAL CATEGORY	ADD TO RECOVERY PLAN
Get active in community service	Social Capital	Citizenship	☐
Complete a Personal Values Evaluation	Social Capital	Citizenship	☐
Build Experience, Strength & Hope	Social Capital	Citizenship	☐
Who do I most admire and why?	Social Capital	Citizenship	☐
Draft my personal recovery story	Social Capital	Citizenship	☐
Recovery group engagement	Community Capital	Recovery Group Participation	☐
Service to Recovery Groups	Community Capital	Recovery Group Participation	☐

PREVIOUS

NEXT

Engage

We know that recovery cannot be done alone

This is the stage where we draw on community resources to support the recovery journey based on our local knowledge and the interests and passions of the person in recovery

TOP 30
GUARDIAN
UNIVERSITY GUIDE 2019

[Summary](#) [1 Evaluation](#) [2 Results](#) [3 Discovery](#) [4 Plan Goals](#) [5 Recovery Plan](#) [6 Navigation](#)

INTERNAL RESOURCES

Personal Capital

- Coping & Life Functioning
- Physical Health
- Psychological Health
- Recovery Experience
- Risk Taking

Social Capital

- Citizenship
- Housing & Safety
- Meaningful Activities
- Social Support
- Substance Use & Sobriety

Community Capital

- Participation
- Day

Commitment

- Importance
- Committed
- Willing
- Adverse
- Finished

Quality of Life

- Psychological Health
- Accommodation
- Support Network

RECOVERY PLAN

GOAL NAME	DOMAIN	GOAL CATEGORY	PROGRESS TO DATE
Tobacco Cessation	Barrier	Substance Use	100%
Criminal Justice Involvement	Barrier	Criminal Justice	56%
Volunteerism & Higher Education	Barrier	WTV	56%
Get active in community service	Social Capital	Citizenship	33%
Complete a Personal Values Evaluation	Social Capital	Citizenship	100%
Draft my personal recovery story	Social Capital	Citizenship	33%
Recovery group engagement	Community Capital	Recovery Group Participation	67%

EXTERNAL RESOURCES

Barrier

- Lions Heart - Volunteering & Community Service Opportunities ★
- Volunteer Match - Volunteer & Service Opportunities ★
- Smokefree ★
- U.S. Dept. of Education - Research Grants & Student Loan Programs ★
- Just Serve - Volunteer Opportunities ★

Service Need

Personal Capital

Social Capital

- Personal Value Assessment ★
- Volunteer Match - Volunteer & Service Opportunities ★

Community Capital

Commitment

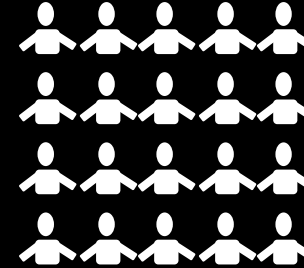
Quality of Life

[PREVIOUS](#) [PRINT](#) [NEXT](#)

“We do that already!”

Normal referral processes are ineffective...

Alcoholic outpatients
(n=20)

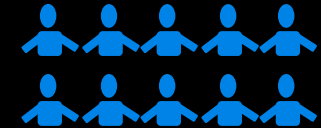


Standard 12 Step referral (list of meetings & clinician encouragement to attend)



0% attendance rate
Sisson & Mallams (1981)

Intensive referral
(in-session phone call to active 12-step group member)



100% attendance rate

Manning et al (2012)

- **Acute Assessment Unit at the Maudsley Hospital**
- **Low rates of meeting attendance while on ward**
- **RCT with three conditions:**
 - Information only
 - Doctor referral
 - Peer support
- **Those in the assertive linkage condition:**
 - More meeting attendance (AA, NA, CA) on ward
 - More meeting attendance in the 3 months after departure
 - Reduced substance use in the three months after departure

What to link to:

Asset Based Community Development Domains

- **MUTUAL AID GROUPS**
- **VOLUNTEERING, EDUCATION AND EMPLOYMENT (VEE)**
- **RECREATION AND SPORT (R&S)**
- **PEER AND RECOVERY COMMUNITY GROUPS (PRCG)**

TOP 30
GUARDIAN
UNIVERSITY GUIDE 2019

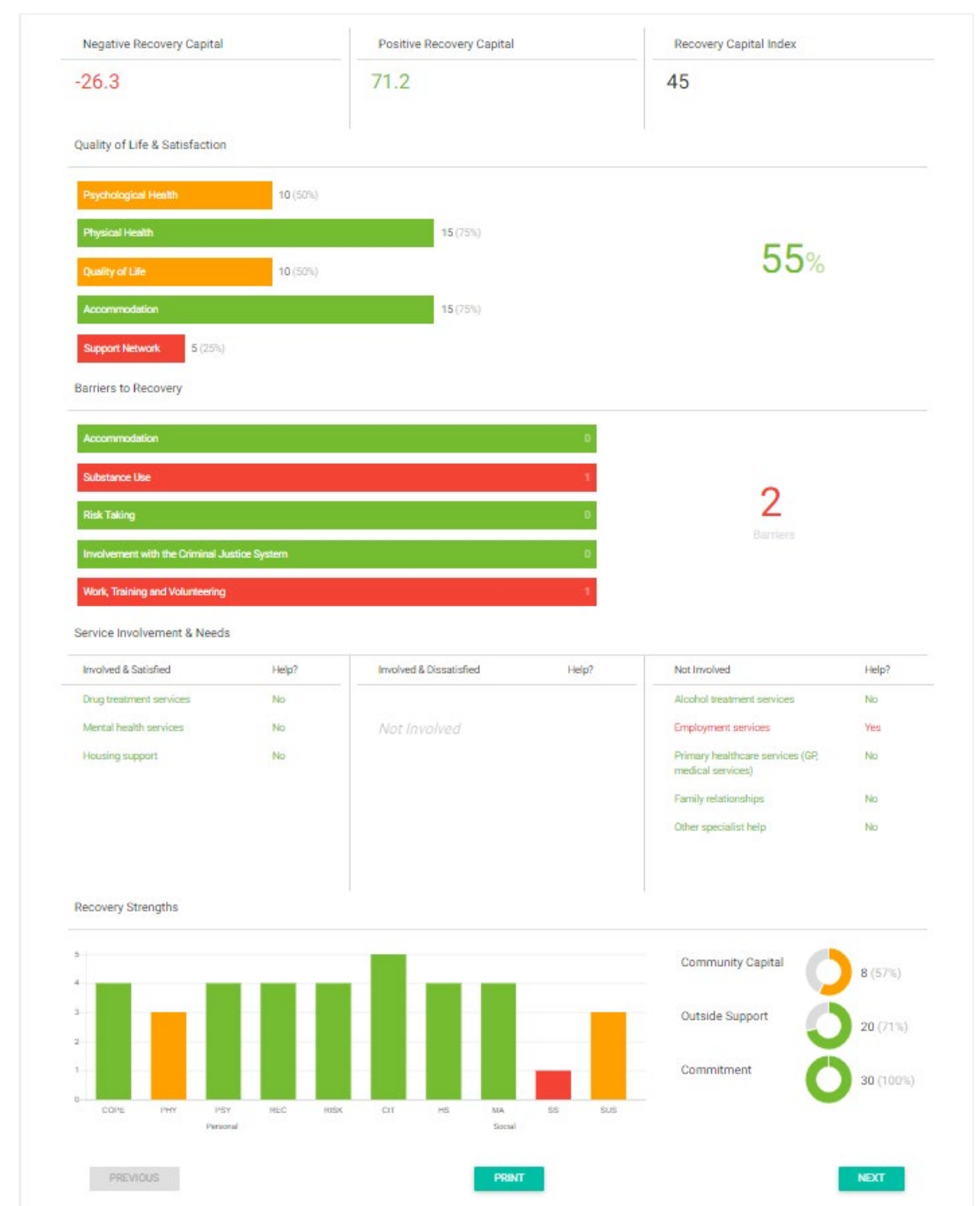


CONNECTORS RESULTS AND IMPLICATIONS

- 21 connectors in approximately three months
- 134 community assets were identified
- This was used to link people new to recovery into meaningful assets
- To build personal capital, social and community capital act as the scaffolding
- This involves effective linkage to community groups
- Using Community Connectors
- + Assertive Linkage
- + Ongoing support

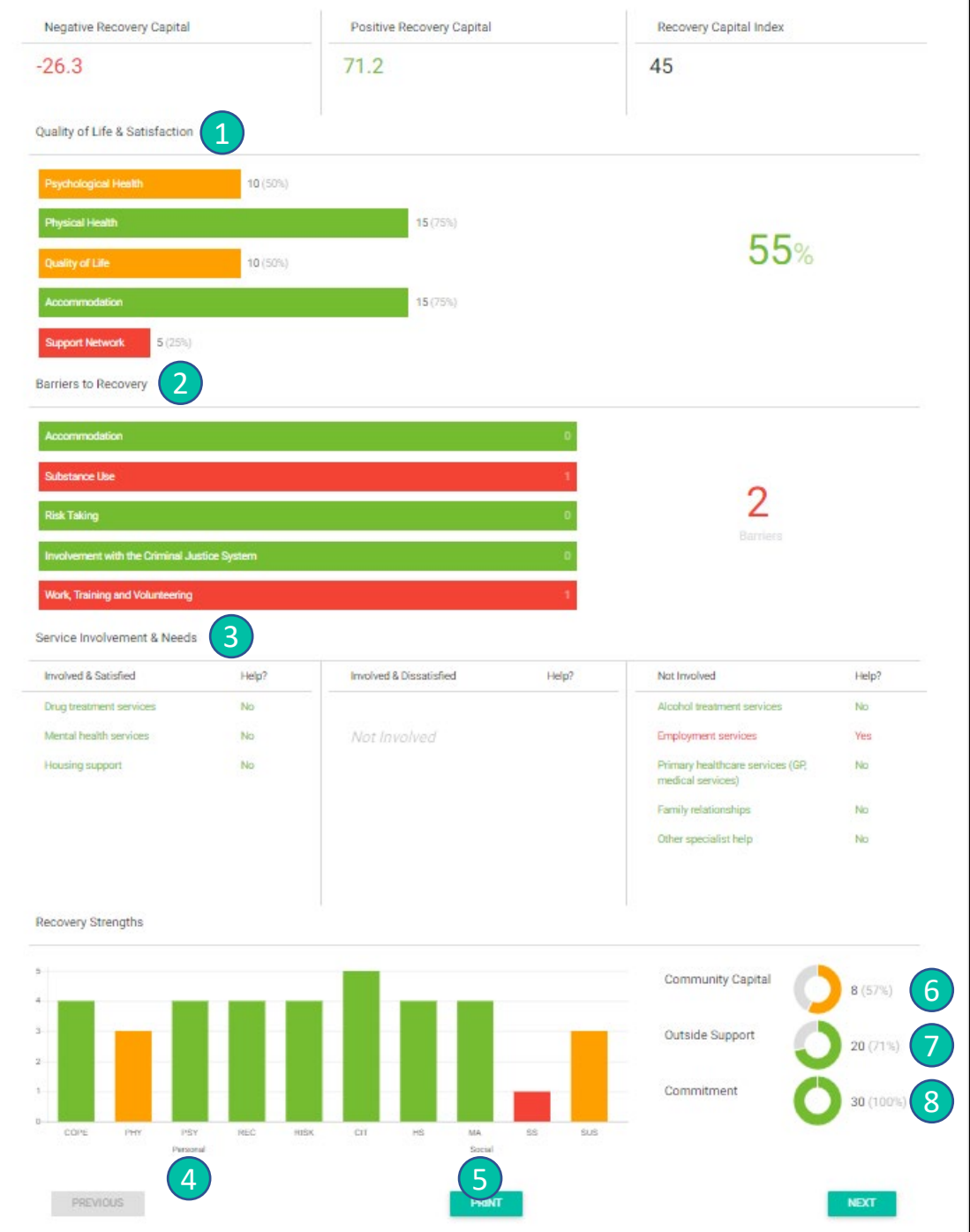
REC-CAP Evaluation

- Evaluations are strength-based and administered every ninety (90) days.
- REC-CAP Evaluation Results can be viewed by:
- Navigators (Provider Portal)
- Clients (Client Portal)
- 3rd Parties (3rd Party Portal)

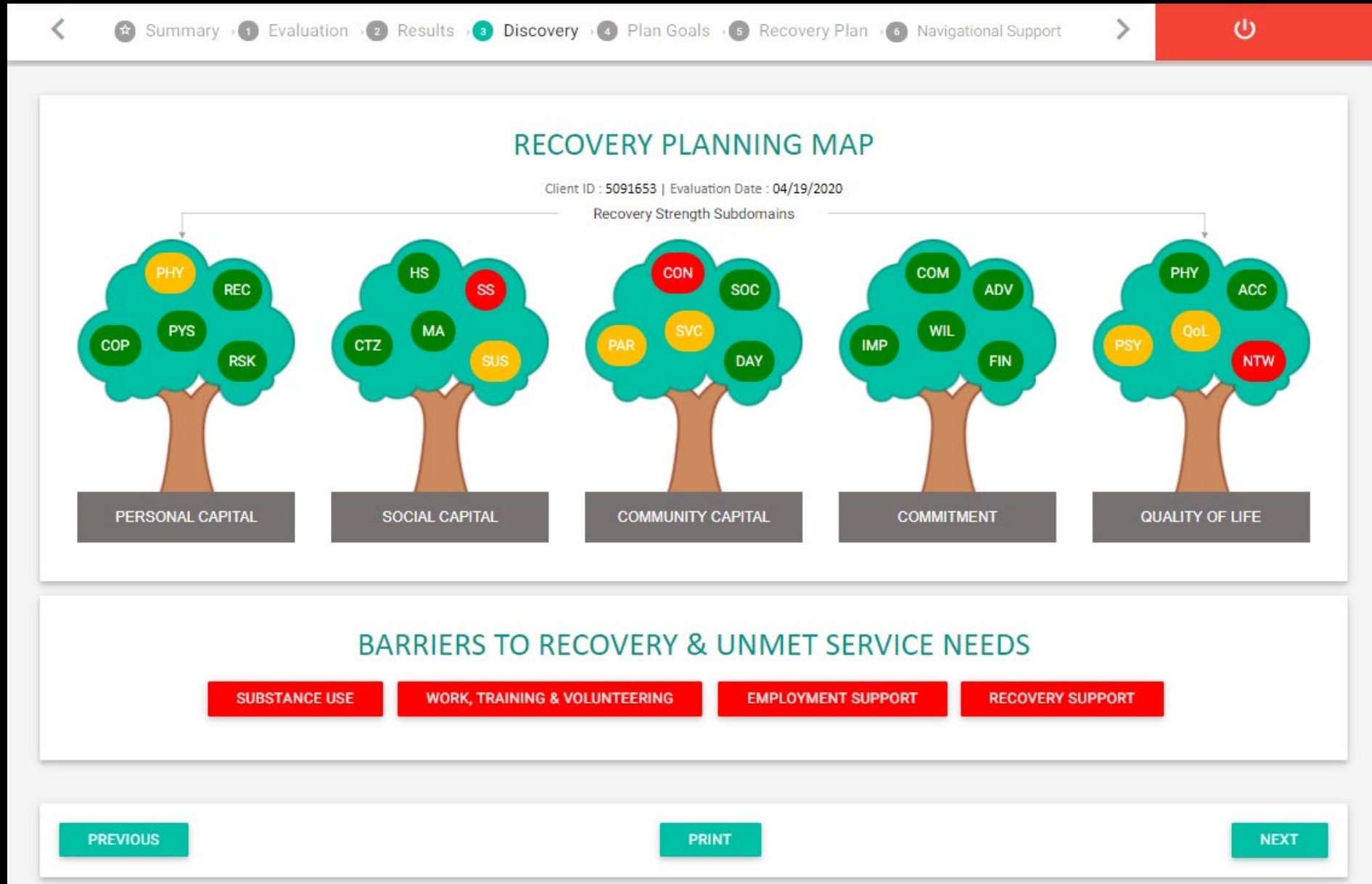


REC-CAP SCORING

1. Quality of Life & Satisfaction
2. Barriers to Recovery
3. Service Involvement & Needs
4. Personal Capital
5. Social Capital
6. Community Capital
7. Outside Support
8. Commitment to Sobriety

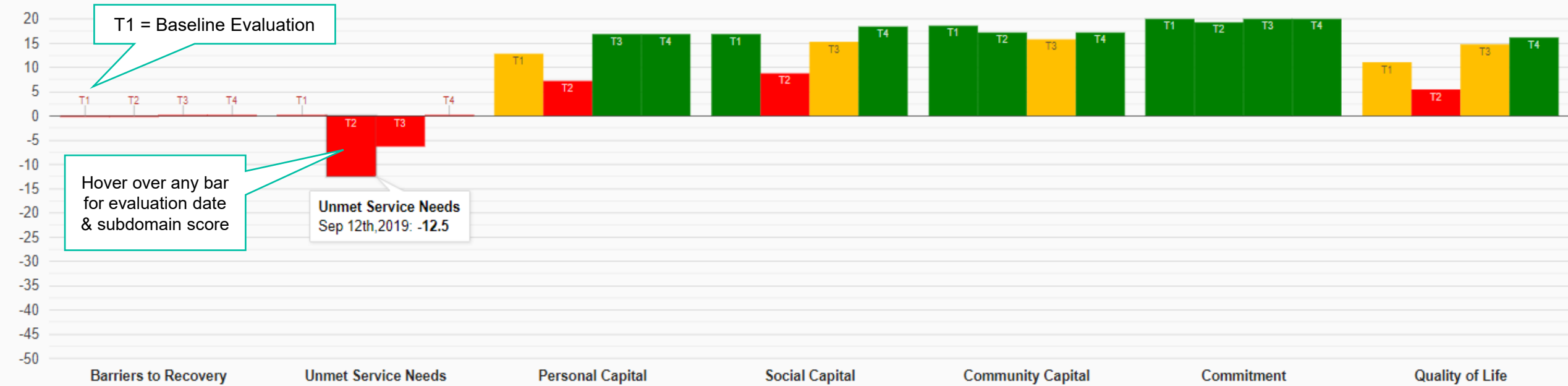


Same scored data as presented in REC-CAP Results mapped to support better Recovery Planning



Longitudinal Recovery Capital Measures

Client ID: 5087975

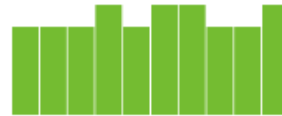


NEW EVALUATION

CONTINUE

T4
Apr 29th, 2020

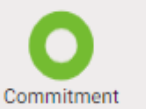
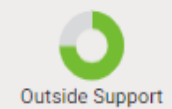
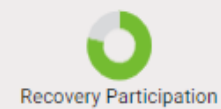
81 Overall Wellbeing
0 Recovery Barriers
0 Unmet Service Needs



REVIEW

T3
Jan 8th, 2020

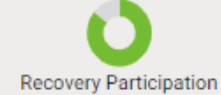
74 Overall Wellbeing
0 Recovery Barriers
1 Unmet Service Needs



REVIEW

T2
Sep 13th, 2019

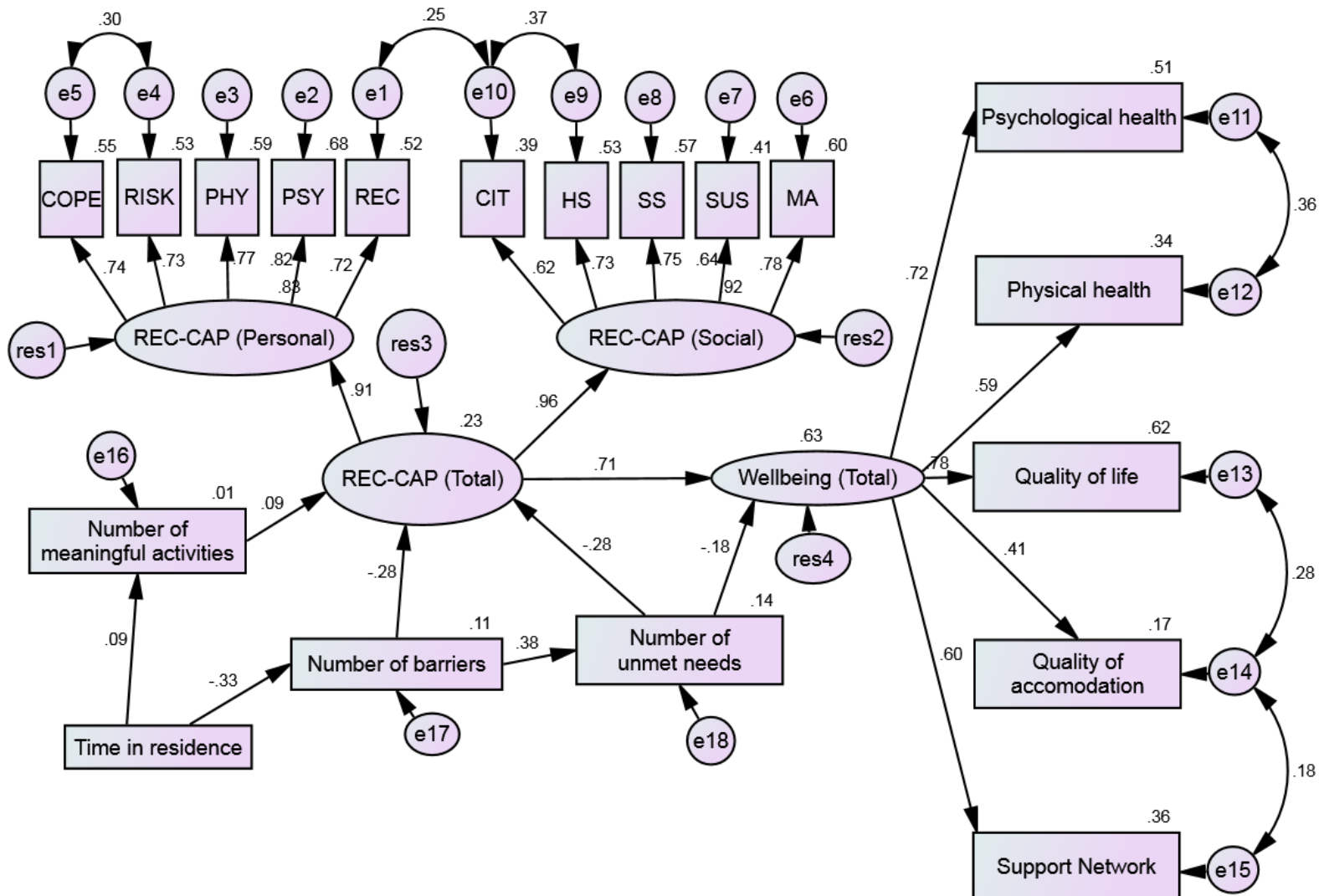
27 Overall Wellbeing
1 Recovery Barriers
2 Unmet Service Needs



Cano et al (2017)

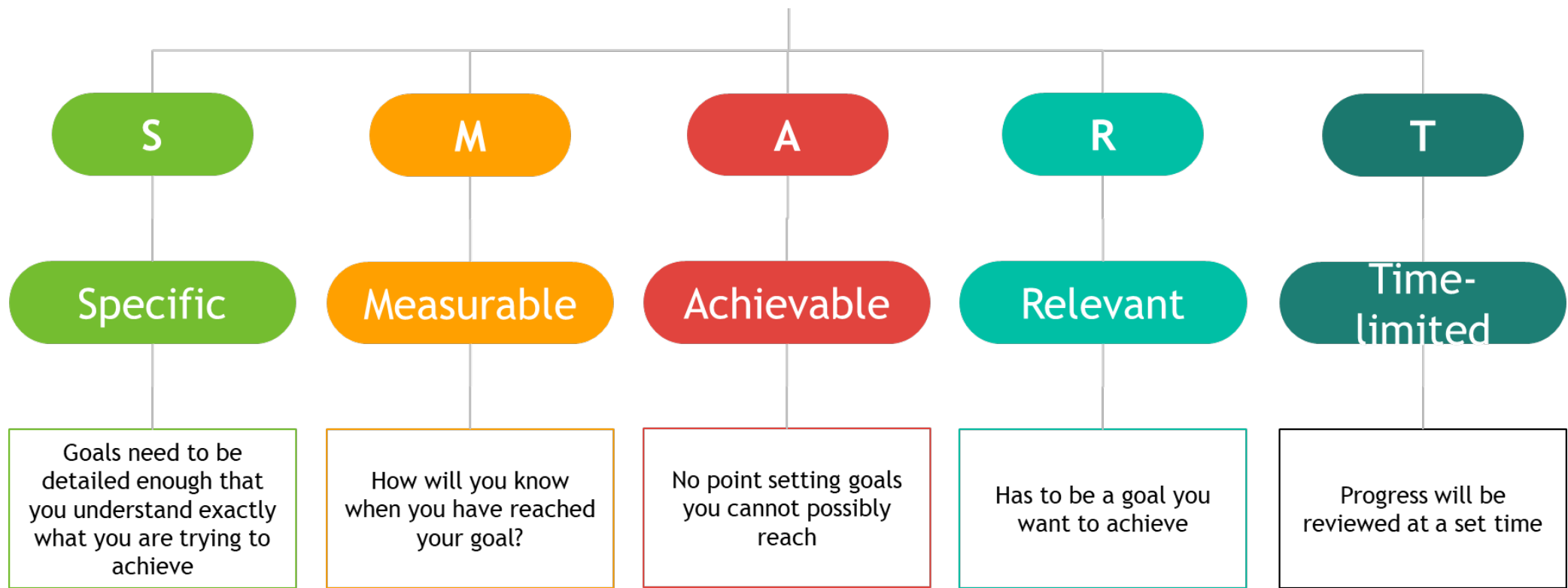


- Based on data from 546 residents in one of eight recovery residences in Florida
- The proposed model obtained an acceptable fit
- Findings indicate a pathway to recovery capital involves greater time in residence (‘retention’), linked to an increase in meaningful activities
- This in turn generates a reduction in barriers to recovery and unmet needs that, in turn, promote recovery capital and positive wellbeing. Gender differences were observed



Time in residence + meaningful activities to positive outcomes (FARR)

Section 3: What do you do with the results?



SMART GOALS

SMART GOAL

Employment



Employment

WTV

Progress: _____

Start Date: 10/10/2020

Due Date: 11/09/2020

+

Job Search

☐ Add Job Interviews in Calendar	RGT	10/10/2020	10/31/2020	↶	⋮
☐ Schedule job Interviews	SGE	10/19/2020	10/24/2020	↶	⋮
+ New Action Item					

Job Preparation

☐ Complete online applications (if applicable)	SGE	10/10/2020	10/24/2020	↶	⋮
☐ Register free at Life Skills (Barclay) to build resume (CV)	SGF	10/10/2020	10/17/2020	↶	⋮
 Barclay Resume (CV) Builder ✕					
☐ Look for job opportunities	SGF	10/10/2020	10/17/2020	↶	⋮
 Indeed ✕  Zip Recruiter ✕  Glassdoor ✕					
+ New Action Item					

Secured Employment

☐ Add hire date to Calendar	SGE	10/10/2020	10/31/2020	↶	⋮
☐ Add job start date to Calendar	SGE	10/10/2020	10/31/2020	↶	⋮
☐ Add 1st Paycheck date to Calendar	SGE	10/10/2020	10/31/2020	↶	⋮
☐ Managing pressures at work (Life Skills-Barclay)	RGT	10/10/2020	01/08/2021	↶	⋮
 Managing Workplace Pressures and Stress ✕					
+ New Action Item					

SMART GOAL

Home Group



Service to Recovery Groups

Recovery Group Participation

Progress:

Start Date:

10/10/2020

Due Date:

11/09/2020

Get a Home Group

☐	Choose a 12 step Home Group	SGT	10/10/2020	11/09/2020		
☐	Attend [Group Name] Business Meetings	RGE	10/10/2020	01/08/2021		
☐	Volunteer for a service commitment	SGT	10/10/2020	11/09/2020		
	New Action Item					

SMART GOAL

Mutual Aid Groups



Mutual Aid Groups

Recovery Support

Progress:

Start Date: 10/10/2020

Due Date: 11/09/2020

Mutual Aid Groups

+

✓ Search local Intergroup website for meetings	SGT	10/10/2020	10/24/2020	⏮	⋮
📄 Alcoholics Anonymous Meetings X 📄 Narcotics Anonymous - Meeting List X					
☐ Attend Mutual Aid meetings & listen to identify	SGE	10/10/2020	10/31/2020	⏮	⋮
☐ Introduce yourself as being new to the group	SGT	10/10/2020	10/31/2020	⏮	⋮
☐ Add Mutual Aid Group(s) to Calendars	RGE	10/10/2020	01/08/2021	⏮	⋮
+ New Action Item					



Remember the Objectives

- Ultimately, we're trying to help them...
- Develop Recovery Management Skills
- Develop strong connections within a broad spectrum of pro-social communities
- Develop meaningful activities that are personally fulfilling
- ... to create resilient recovery

Building Peer Alliance

- Your experience makes you uniquely suited to the forging of a strong peer alliance with the client based on mutual understanding and shared objectives.
- Building this alliance will be critical to your success as a navigator.



Node-Link Mapping

Your experience makes you uniquely suited to the forging of a strong peer alliance with the client based on mutual understanding and shared objectives.

Building this alliance will be critical to your success as a navigator.

Summary > 1 Evaluation > 2 Results > 3 Discovery > 4 Plan Goals > 5 Recovery Plan > 6 Navigational

PROGRESS REVIEW

Update Tasks
3 out of 3 Tasks Completed
100 %

Events Check-in
No events(SGE/RGE) found for this session or previous session!

Rate Resources
0 out of 4 Resources Rated
0 %

Filter

Duration: ☒ 7 Days ☐ 15 Days ☐ 30 Days

#	ACTION ITEM	GOAL	MAPPING	COMPLETE	UNRESOLVED	ACTION	RESOURCE RATED
1	Select Primary Healthcare Provider (SGT)	Primary Healthcare	Success Update	✓	UNRESOLVED		
2	Confirm eligibility for services (SGT)	Primary Healthcare	Success Update	✓	UNRESOLVED		

MAPPING

#	ACTION ITEMS / RECOVERY GOAL	TYPE	PROGRESS	LAST UPDATED BY/ON	MAP/STATUS
1	Register free at Life Skills (Barclay) to build resume (CV)	ACTION	Success	Master Application, 10/11/2020 9:48 PM	Pending
2	Select Primary Healthcare Provider	ACTION	Decision	Master Application, 10/11/2020 9:37 PM	Pending
3	Service to Recovery Groups	GOAL	Success	Master Application, 10/11/2020 9:34 PM	Completed

NEXT SESSION

Schedule Next Session

Schedule Next Date

10/26/2020

Select Time

04:00PM

Session Title

Follow-up Evaluation

SCHEDULE

VIEW CALENDAR

Success Map

- Example

Summary • Evaluation • Results • Discovery • Plan Goals • Recovery Plan • Navigational Support

Service to Recovery Groups

Client ID: 5088571 Navigator Name: Master Application Date: 10/11/2020

What was your success?

Answer
Joined AA Lunch Bunch Group. Meets Monday - Friday at Advent Lutheran Church in Community Room

How did you make it happen?

What did you do to make it happen?

Answer
Attended several groups a couple of times each over a two week period

How did you decide what might work?

Answer
Thought I should listen to group members carefully before I made a choice

What did you learn about yourself?

Answer
While is was sort of awkward showing up at business meeting & introducing myself, I was welcomed

How can you use what you learned from this experience in the future?

Answer
Sometimes you just gotta take the plunge and hope for the best

How useful was this is map and discussion?

1 2 3 4 5 6 7 8 9 10
Not Useful Very Useful

Comment

Comment

BACK

Brick Wall Map

- Example

Summary • Evaluation • Results • Discovery • Plan Goals • Recovery Plan • Navigational Support

Family Relationships
Select Family Counseling Provider

Client ID: 5088571 Navigator Name: Master Application Date: 10/11/2020

What was the unsuccessful attempt?

Answer  Running into a Brick wall

What made it unsuccessful?

Your actions? Your thoughts? Describe how this has happened to you before

Answer Answer Answer

What can you do differently next time?

Answer

How useful was this is map and discussion?

1 2 3 4 5 6 7 8 9 10
Not Useful Very Useful

Comment

Comment

SAVE

Decision Map

- Example

Summary • Evaluation • Results • Discovery • Plan Goals • Recovery Plan • Navigational Support

Primary Healthcare
Select Primary Healthcare Provider

Client ID: 5088571 Navigator Name: Master Application Date: 10/11/2020

You have a decision to make about

Answer

Possible Choices You Can Make

A B C

Answer Answer Answer

Consequences of each choice

Positive Negative Positive Negative Positive Negative

Answer Answer Answer Answer Answer Answer

Which choice seems the best?

Answer

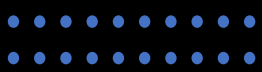
How useful was this is map and discussion?

1 2 3 4 5 6 7 8 9 10

Not Useful Very Useful

Comment

Comment



What is the point of mapping?

Create	Create a shared record of recovery support sessions
Ensure	Ensure clear communication
Improve	Improve recall and recollection
Increase	Increase motivation and commitment
Learn	Learn from successes, brick walls & challenging decisions
Provide	Provide a method of getting unstuck

Section 4: Where are we up to with the REC-CAP?

HMP HOLME HOUSE



Under the Prison Act 1952 it is an offence
for any person:

to help an inmate to escape or attempt
to escape; the maximum penalty is 10
years imprisonment (section 39 as
amended).

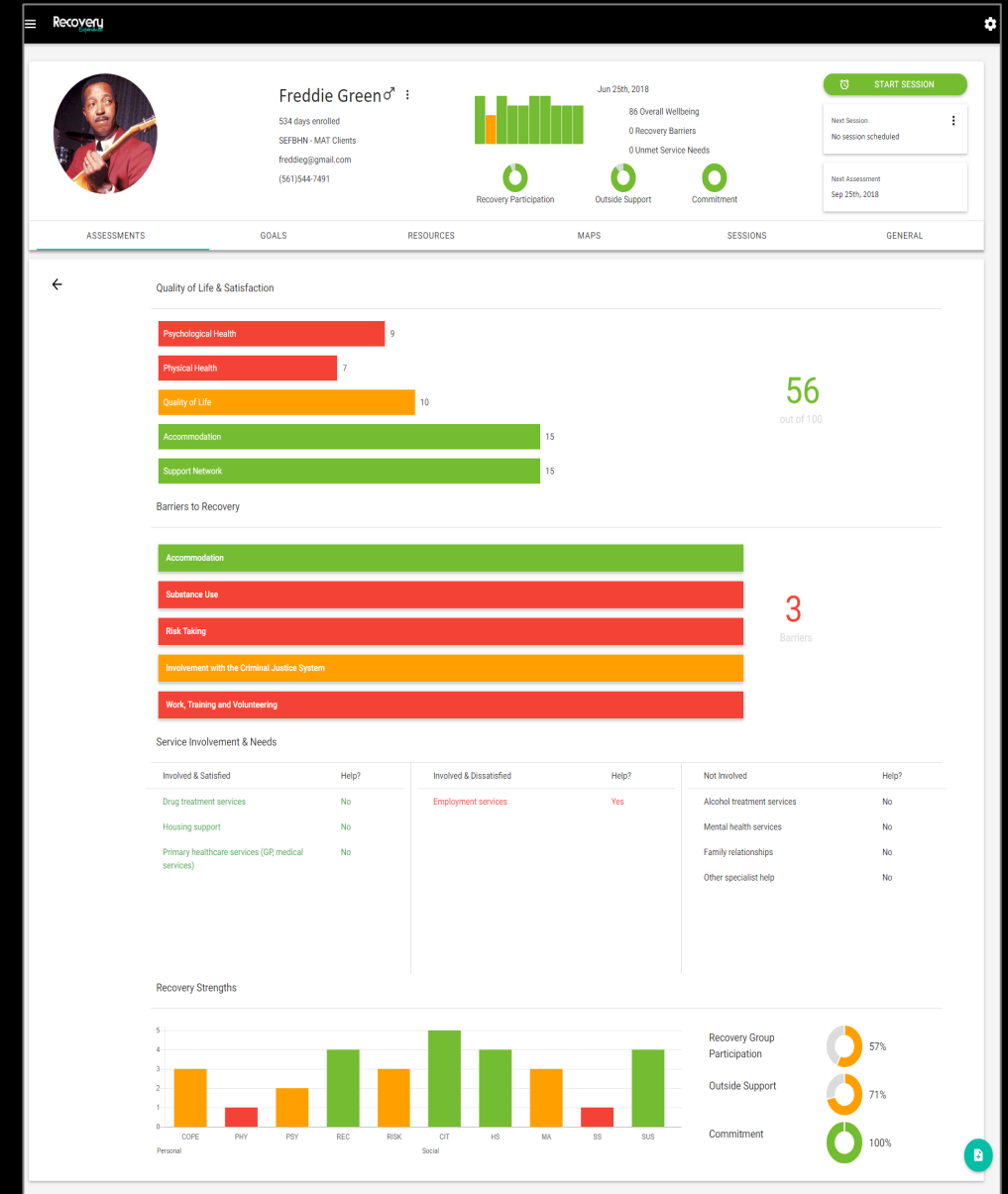


What is the “Drug Recovery Prison”?

- From the MoJ website:
- *“In 2017, HMP Holme House was chosen to pilot the concept of a drug recovery prison (DRP) programme which will run until 2020. An investment of £9 million has been provided by the Ministry of Justice (MoJ) and Department of Health and Social Care to support this pathfinder initiative.*
- *The objective of the DRP is to test a ‘whole prison approach’ that promotes recovery by tackling both the supply and demand for drugs in prison. By creating an environment where opportunities for recovery can flourish everyone benefits.*
- *Key elements of the DRP include:*
 - *Promoting safety and security*
 - *Enhancing care and wellbeing*
 - *Making the prison a more positive experience*
 - *Strengthening continuity of care after release”*

What is the recovery capital programme

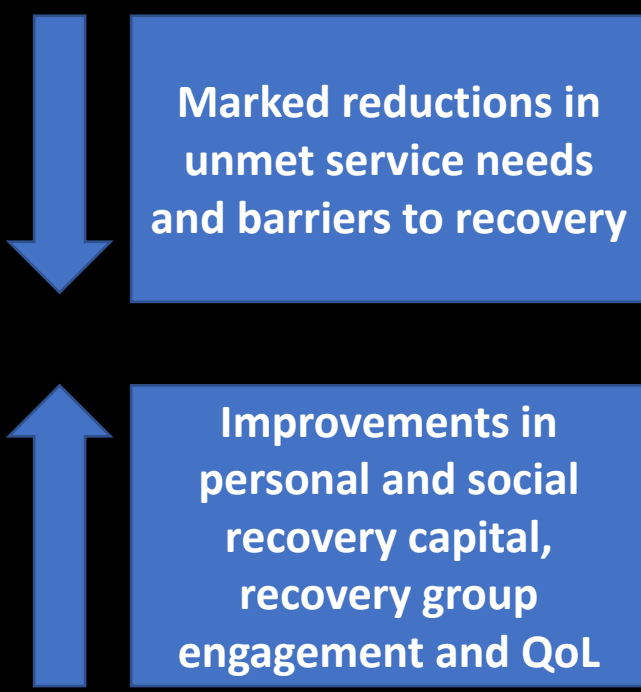
- Training peer mentors, healthcare staff and prison officers to administer recovery capital measurement and resulting recovery care planning
- Form completed online with instant provision of feedback
- Over 50 participants trained with particularly positive evaluations from the peer mentors
- In 2019, a total of 387 REC-CAP completions
- In 2020 (up to 27.1.20) a total of 40 successful completions



Evidence of positive change

HMP HOLME HOUSE

- Initial data indicate in first three months of entering a recovery prison:



Marked reductions in unmet service needs and barriers to recovery

Improvements in personal and social recovery capital, recovery group engagement and QoL

Challenges with the programme include:

- Very poor engagement from prison officers
- Around 18-24 months before evidence of genuine culture change
- Limited use of the online resources as a therapeutic tool
- BUT evidence of switching to strengths-based thinking and approaches
- Significant buy-in to rolling out in other establishments

Fellowship Living Facilities

Florida
Recovery
Residences
(Hard et al, in
preparation)

- Although overall retention is poor, clients who remain enrolled in recovery residences, significantly increase their level of recovery capital during the first six months.
- Recovery capital growth is associated with employment, greater social support and recovery group participation.
- Younger people and females are more likely to leave the residence prematurely, but when retained, this demographic shows a positive recovery trajectory with, younger residents showing more marked growth in recovery capital.

Odyssey House (New Zealand)

- *Ki te mea ka taka te kākano ki te wāhi e tika ana ka tinaku, ā, ka pihi ake he tipu hou*
- *(If a seed falls in the right place it will germinate and a new seedling will sprout)*
- Level 1: REC-CAP
- Level 2: Social Identity Mapping (SIM)
- Level 3: Asset Based Community Engagement
- Also, development of a Maori specific version of the REC-CAP Evaluation

Contact Details

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Questions & Answers

