

Assessing recovery capital at and individual and collective level

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CSAT (2009) Principles of recovery

- to in instigating a recovery-focused approach. These are:
- There are many pathways to recovery
- Recovery is self-directed and empowering
- Recovery involves a personal recognition of the need for change and transformation
- Recovery is holistic
- Recovery has cultural dimensions
- Recovery exists on a continuum of improved health and wellbeing
- Recovery emerges from hope and gratitude
- Recovery involves a process of healing and self-redefinition
- Recovery involves addressing discrimination and transcending shame and stigma
- Recovery is supported by peers and allies
- Recovery involves rejoining and rebuilding a life in the community
- Recovery is a reality

Why recovery capital?

- Granfield and Cloud (1999)
- White and Cloud (2008)
- Granfield and Cloud (2009)

- Long-term prediction of recovery more strongly predicated on positive strengths and resources
- Recovery capital can be measured at both individual and collective level (Best and Laudet, 2010)
- Project MATCH and socially isolated male drinkers

Five levels of recovery objectives

- Individual wellbeing and quality of life
- Positive impact on families
- Providing hope and choice in communities
 - Therapeutic
 - Vocational
 - Interest
- Giving back and challenging stigma and discrimination
- Creating community ‘tipping points’

Role of treatment in recovery

- Simpson (2004): Treatment process model – key role of engagement and motivation as foundation for psychosocial change
- Psychosocial change
- Recovery and reintegration

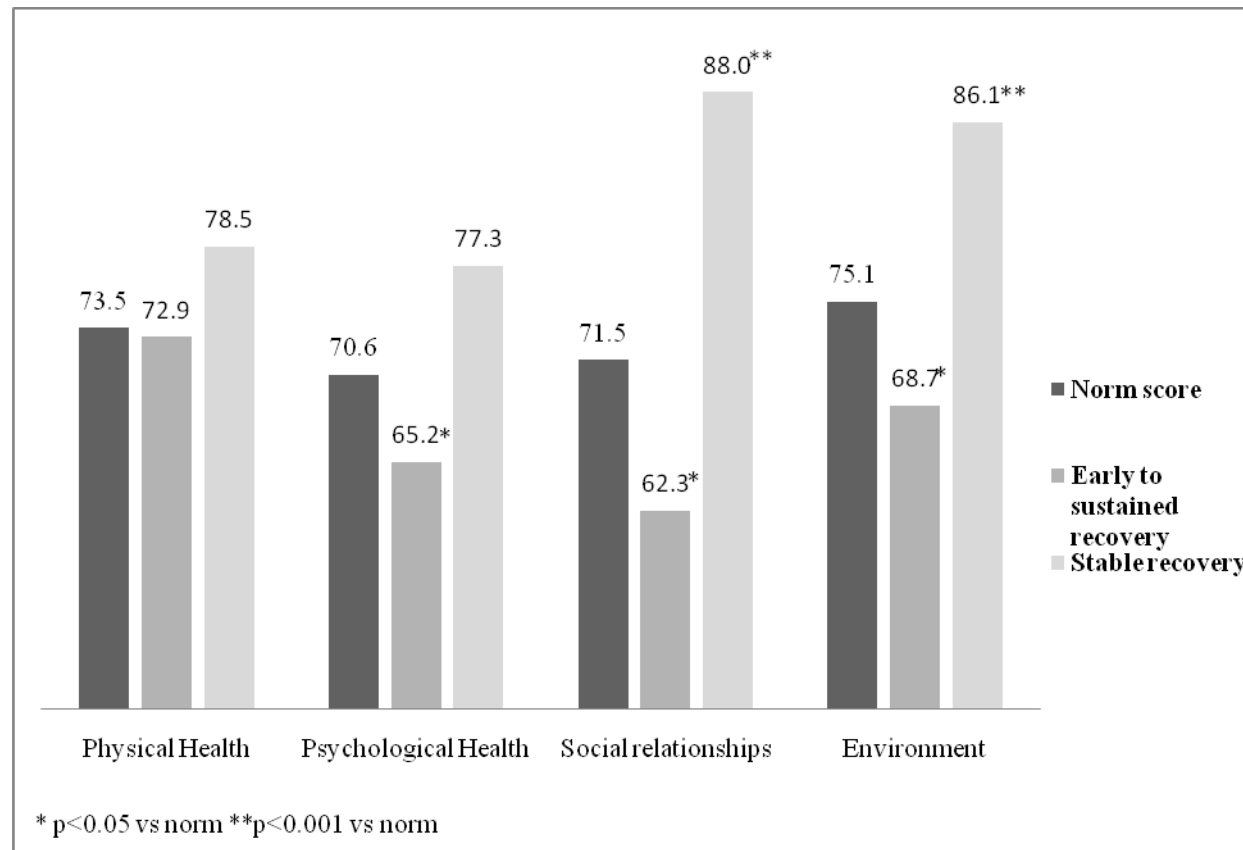
So what can a worker do in a recovery model?

1. Generate motivation to change
2. Create a 'spark' of therapeutic hope
3. Provide skills and supports – esteem, resilience, coping
4. Linkage to ETE, housing, etc
5. Linkage to communities of recovery
6. Be a champion

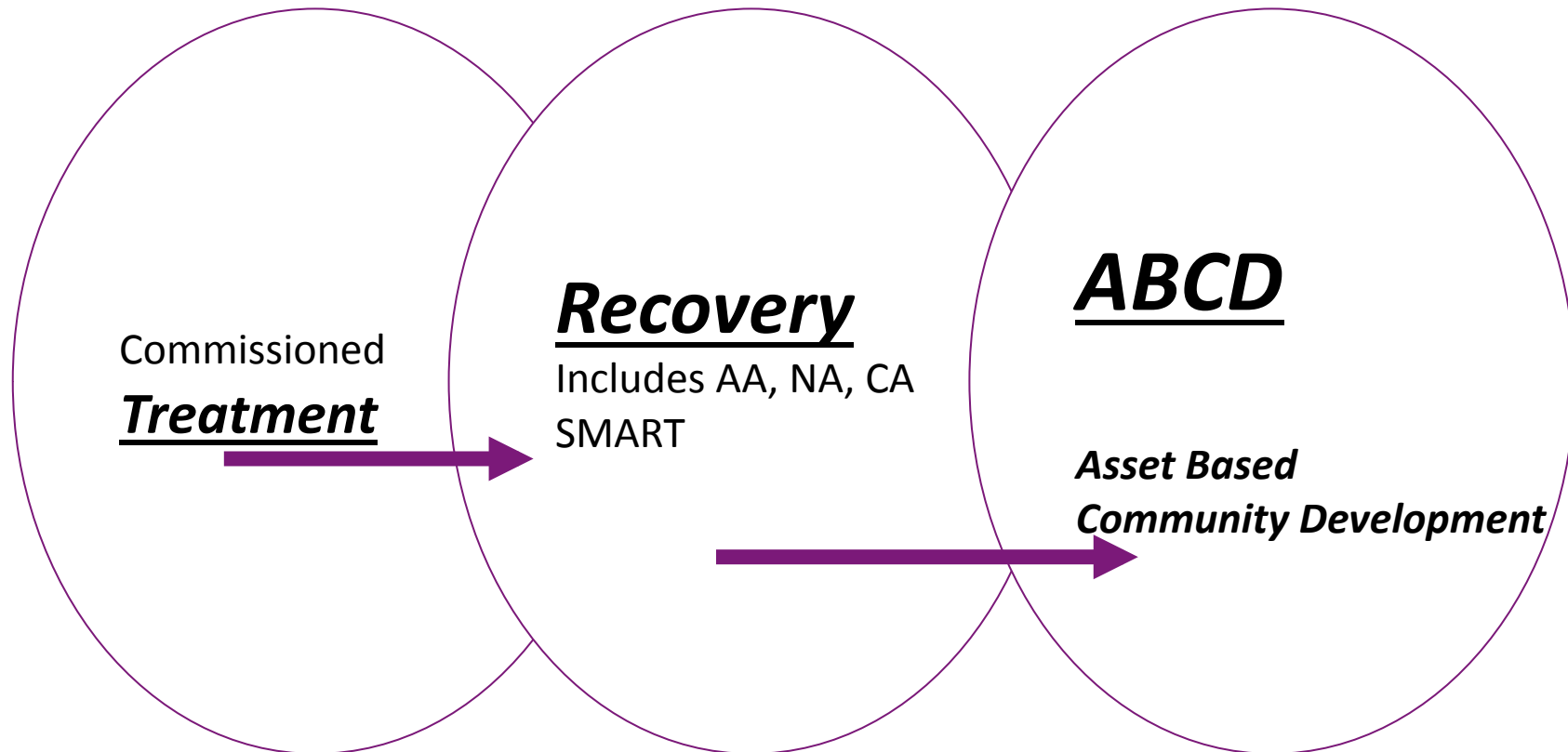
Champions

- Required not only at the visible icons of recovery possibility
- But as the drivers for change
- Coordinators of linkage
- Engagement with local communities
- Transmitters of recovery knowledge and experience
- Creators of visible collective recovery capital

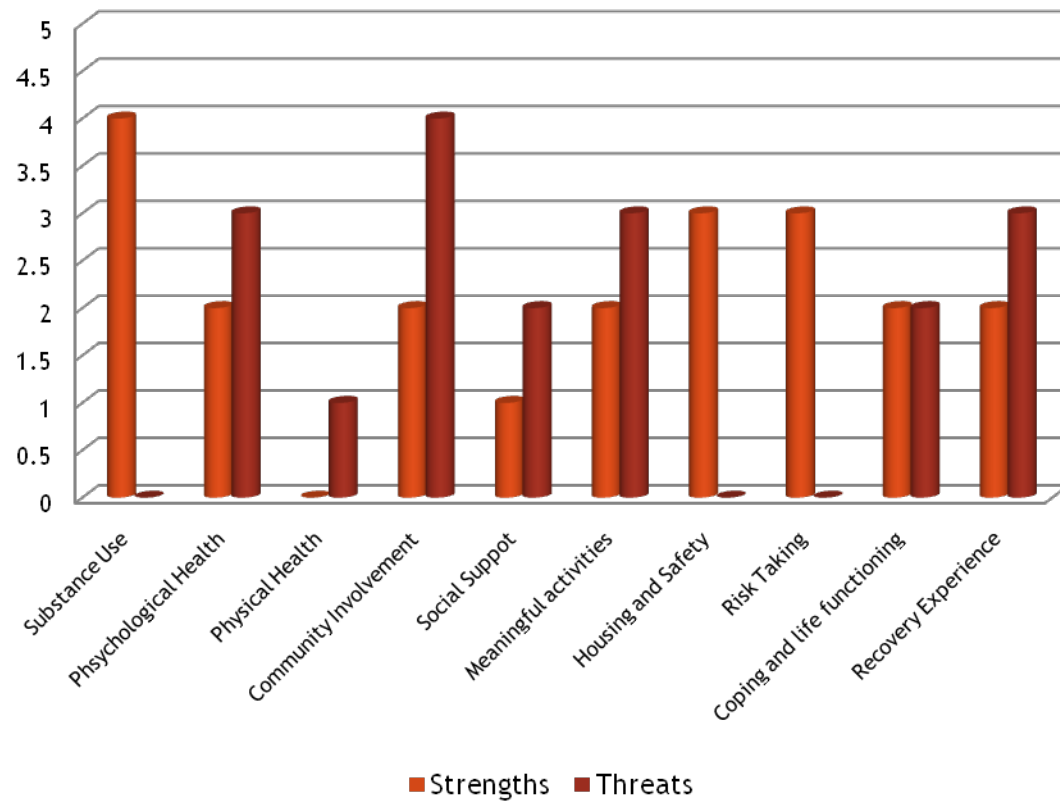
Mapping the recovery journeys of former drinkers in recovery



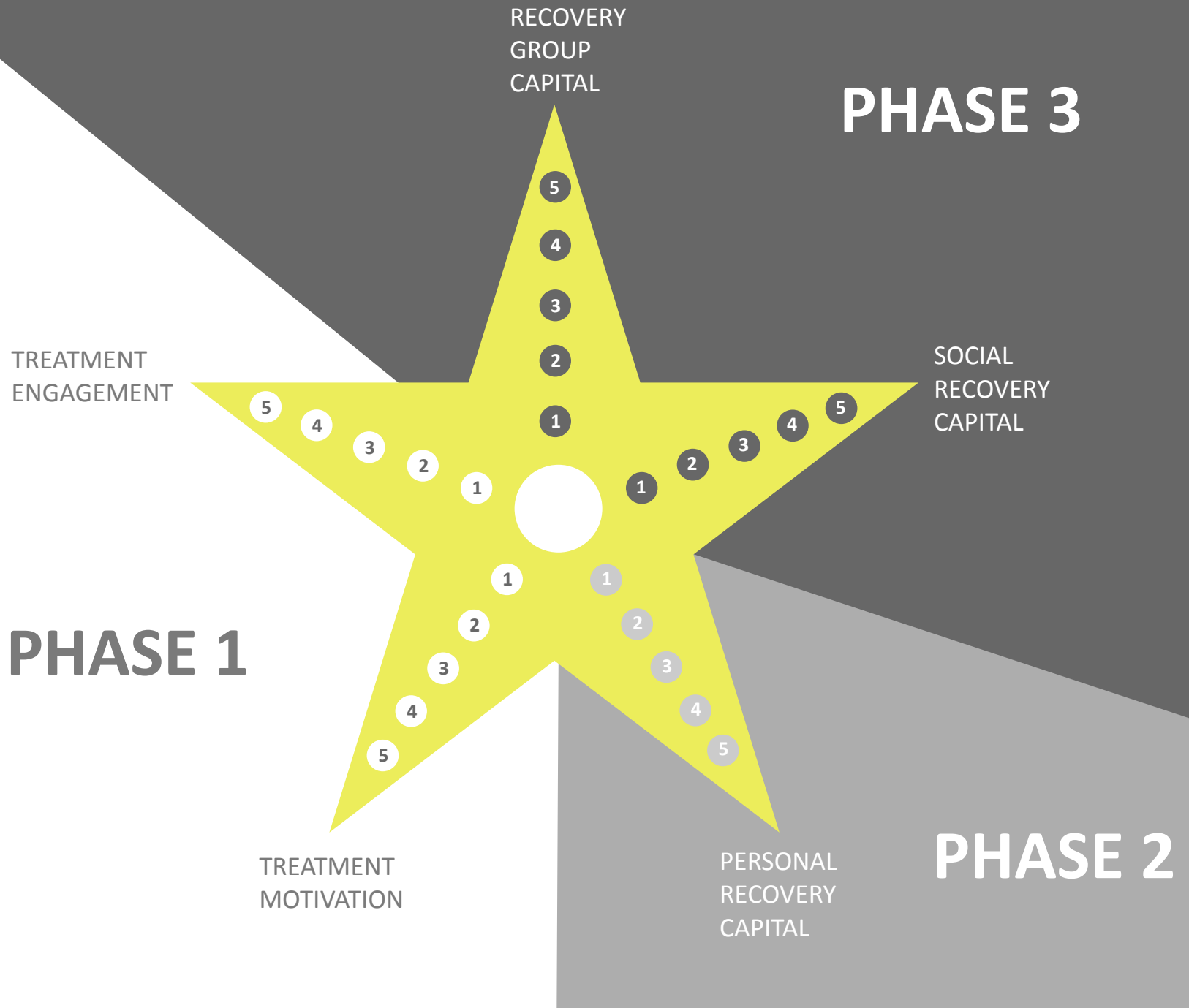
Treatment - Recovery - ABCD



Single case example of mapping of ARC domains



	Strengths	Threats
Substance use and sobriety	4	0
Psychological Health	2	3
Physical Health	0	1
Community Involvement	2	4
Social Support	1	2
Meaningful activities	2	3
Housing and Safety	3	0
Risk Taking	3	0
Coping and life functioning	2	2
Recovery Experience	2	3



Conclusion

- Recovery capital can be changed
- But little idea of how to translate this into treatment modelling
- Patient placement
- UK drug strategy
- Measurement of collective recovery capital
- Challenge of predictive validity and negative capital