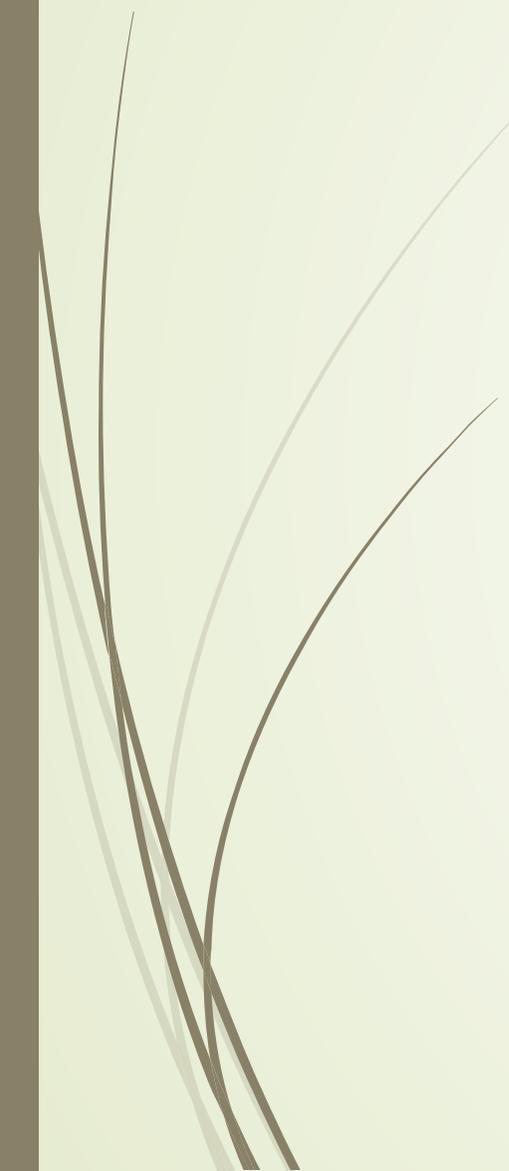




# Building Blocks of Addiction Recovery: Understanding Recovery Capital

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# Recovery Capital

Recovery capital refers to the quantity and quality of internal and external resources that one can bring to bear to initiate and sustain recovery from addiction (Granfield & Cloud, 1999 and 2001).



# Where does this concept come from?

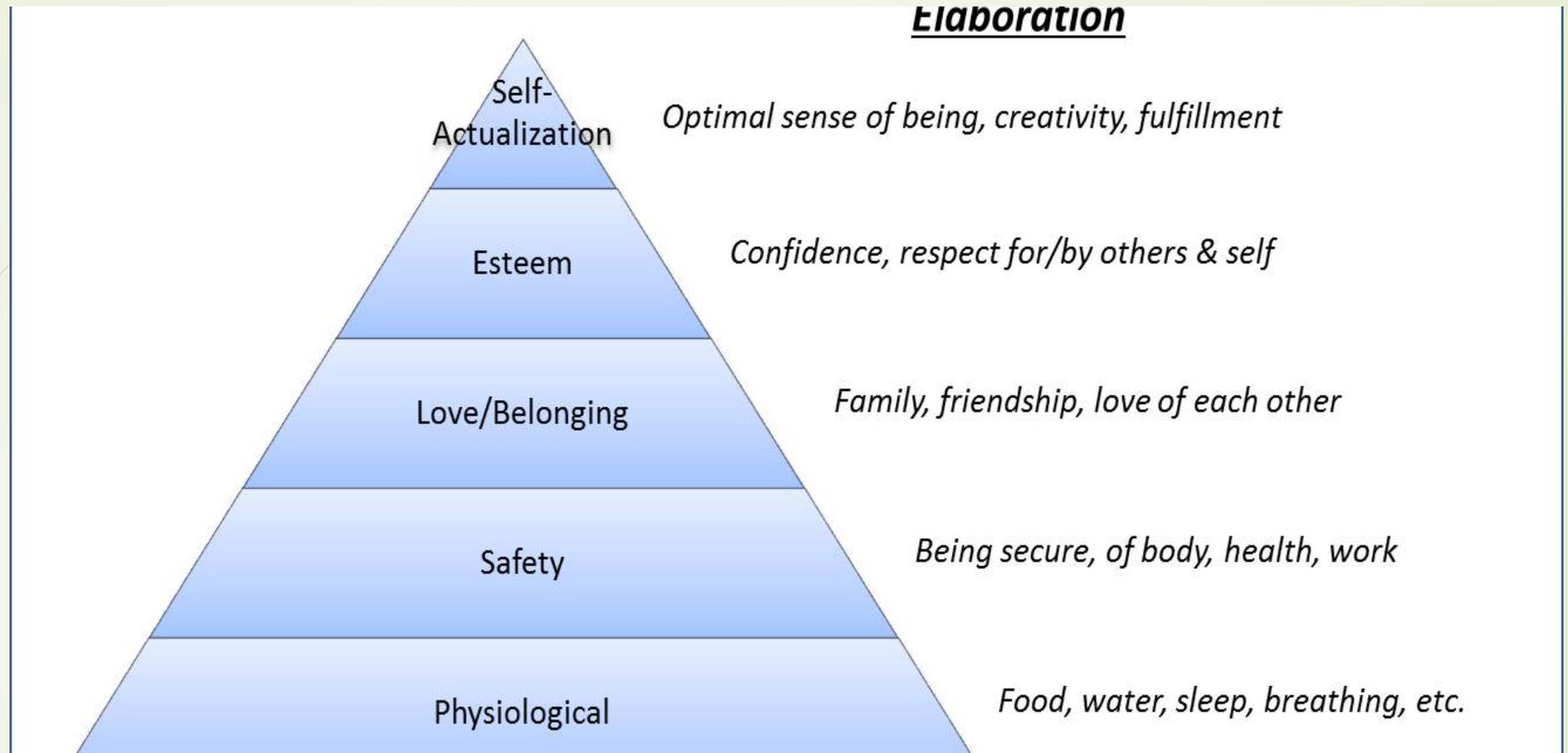
- ▶ History of Addictions treatment
    - ▶ Began with Peer Support within Institutions
    - ▶ Professionalization of Peer Support
    - ▶ Increase in Clinical Model
    - ▶ Conflict between Experientially Credentialed and Professionally Credentialed
  - ▶ Concept of Recovery Management
    - ▶ Acute Care vs Recovery Management
  - ▶ Development of Recovery Oriented Systems of Care
    - ▶ Collaboration between Experientially Credentialed and Professionally Credentialed
    - ▶ Long term care
- 



# So where does the concept of recovery capital fit?

- Development of Recovery Coaching as a field
  - Set as a Priority by SAMHSA (Substance Abuse and Mental Health Services Administration)
  - Department of Mental Health and Addiction in Indiana has developed strategies to implement Recovery Coaching
  - Focus on Long Term Recovery
  - Building of Recovery Capital
- GOAL OF RECOVERY COACHING IS TO BUILD RECOVERY CAPITAL

## Elaboration



Maslow's Hierarchy of Needs



# Types of Recovery Capital

- ▶ Personal Recovery Capital
  - ▶ Physical- Things that I tangibly have: Financial assets, health insurance, shelter, food, transportation
  - ▶ Human- Internal resources: Education, job skills, interpersonal skills, views
- ▶ Family/Social Recovery Capital
  - ▶ Encompasses intimate relationships, family, and social relationships
- ▶ Community Recovery Capital
  - ▶ Community attitudes and resources that promote recovery
- ▶ Cultural Capital
  - ▶ Pathways of recovery that resonate with the individual's beliefs

# Who benefits from recovery coaching?

## Problem Severity/ Recovery Capital Matrix

High Recovery Capital	High Problem Severity
Low Problem Severity	Low Recovery Capital





# Scientific Findings on Increasing Recovery Capital

- ▶ Increases in recovery capital can spark turning points that end addiction careers, trigger recovery initiation, elevate coping abilities, and enhance quality of life in long-term recovery (Cloud & Granfield, in press; Laudet, Morgan, & White, 2006).
- ▶ Such turning points, both as climactic transformations and incremental change processes, may require the accumulation of elements of recovery capital vary in importance within particular stages of long-term recovery (Laudet & White, in press).
- ▶ Recovery capital is not equally distributed across individuals and social groups. Members of historically disempowered groups often seek recovery from addiction lacking assets that are taken for granted by those seeking recovery from a position of privilege (Cloud & Granfield, 2001).



# Scientific Findings on Increasing Recovery Capital

- ▶ Post-treatment recovery check-ups, and, when needed, early re-intervention can help preserve the recovery capital developed through addiction treatment (Dennis, Scott, & Funk, 2003).
- ▶ Most clients with severely depleted family and community recovery capital gain little from individually-focused addiction treatment that fails to mobilize family and community resources (Moos & Moos, 2007).
- ▶ Long-term recovery outcomes for those with the most severe AOD problems may have more to do with family and community recovery capital than the attributes of individuals or a particular treatment protocol (Bromet & Moos, 1977; Humphreys, Moos, & Cohen, 1997; Mankowski, Humphreys, & Moos, 2001).

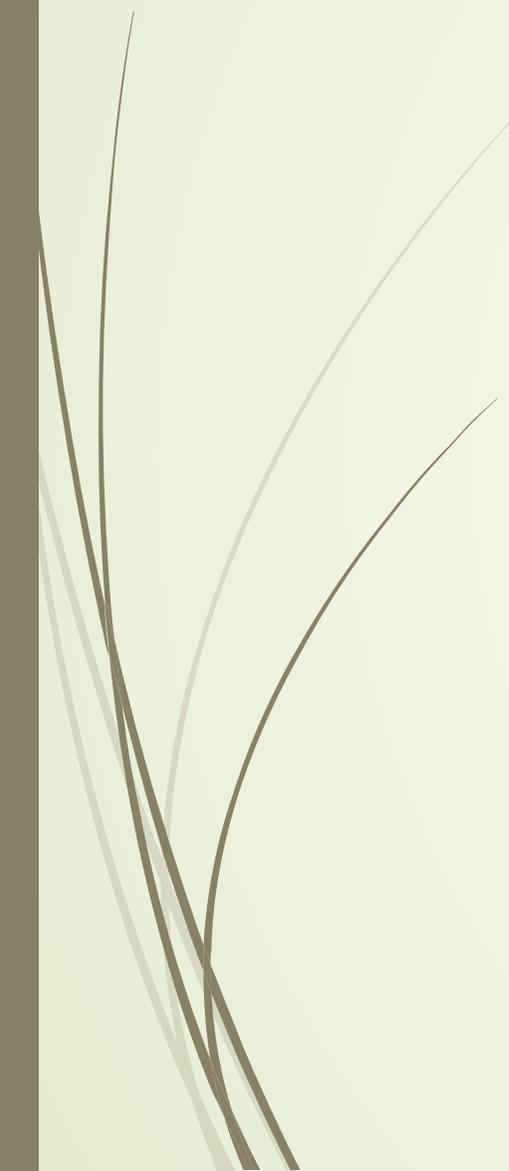


# Models for Increasing Recovery Capital through Recovery Coaching

- Integrated into Treatment Models
  - Aftercare
- Utilizing within Criminal Justice Program
  - Prison Systems
  - Community Corrections
  - Problem Solving Courts
  - Probation
- DCS
  - Community Based Work



# State Initiatives



- ▶ Certification of Peer Recovery Coaches through Indiana Credentialing Association on Alcohol and Drug Abuse
- ▶ Recovery Works
- ▶ Recovery Coaching through Medicaid
- ▶ DCS Reimbursement
- ▶ State Grants for Recovery Oriented Systems of Care



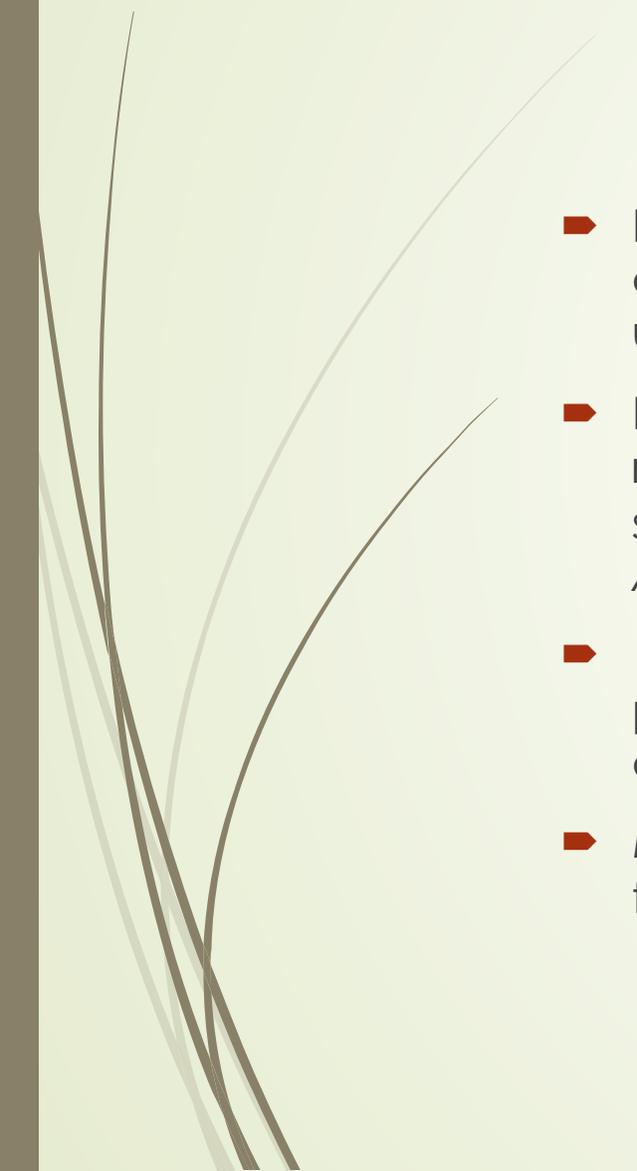
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