



Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
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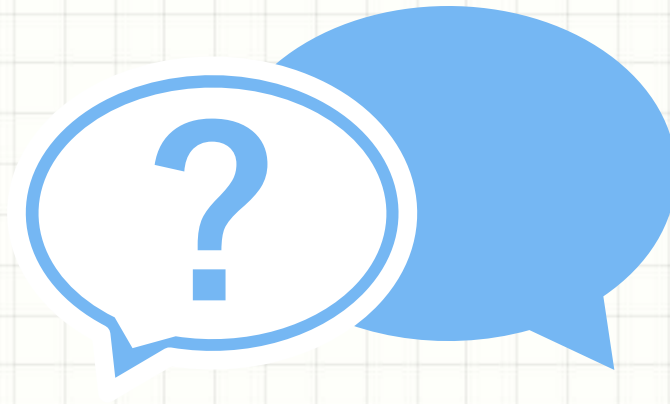
Northwest ATTC presents:
Recovery Capital and Resilience: Head and Tail of the Same Coin

**Thank you for joining us!
The webinar will begin shortly.**

- **Participants are automatically muted during this presentation**
- **Got questions?** Type them into the chat box at any time and they will be answered at the end of the presentation.
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Q&A

Questions? Please type them in the chat box!



Surveys

Look for our surveys in your inbox!

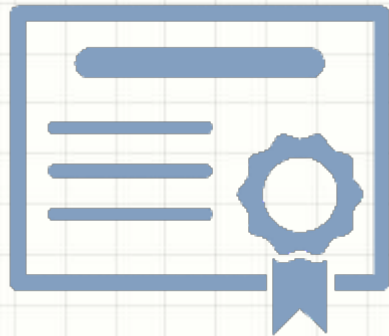
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RECOVERY CAPITAL AND RESILIENCE: HEAD AND TAIL OF THE SAME COIN

*Norma Jaeger, Ph.D. (ABD)
Northwest ATTC Webinar
September 20, 2023*

A bit about me

- I come a bit late, but *enthusiastically*, to the world of *recovery*.
- 6 years in mental health in Idaho
- 23 years SUD prevention and treatment Idaho, Portland and Seattle.
- 2001 - criminal justice programming, Idaho Department of Correction
- 2002 - Oversight of Idaho's 70 treatment courts
- And THEN. . .

My Journey in the Recovery World

- 2006 - Peer support with mental health courts
- 2016 - Endorsement trainings for Peer Support Specialists
- 2016 - Idaho Recovery Coach curriculum
- 2016 - Executive Director ***Recovery Idaho – a statewide recovery community organization***
- 2022 – Field Reviewer TIP 64: Incorporating Peer Support into Substance Use Disorder Treatment Services
- 2022 – Expert panel on trauma and peer support in treatment courts
- 2023 – Co-Chair Idaho Governor’s Office of Drug Policy Recovery Subcommittee

Let's talk about recovery

Recovery Defined:

A process of change through which individuals improve their health and wellness, live a self-directed [prosocial] life, and strive to reach their full potential.

*Substance Abuse & Mental Health Services Administration
U.S. Department of Health and Human Services*

Recovery goes Mainstream

Once recovery was synonymous with AA / NA

- Recovery movement is not new! CCAR, (Connecticut Community for Addiction Recovery) was established in 1998. (25 years)
- Faces and Voices of Recovery 2001
(www.facesandvoicesofrecovery.org)
- Recovery Bill of Rights 2008
- The Anonymous People film 2013 (google for information)
- Recovery Idaho (and nine recovery community centers) 2015-2017
- Peer Washington (Peerwa.org)
- Oregonrecovers.org and Oregonrecoverynetwork.org
- Recoveralaska.org
- The Idaho Behavioral Health Council incorporated **Recovery** as a priority element of the behavioral health continuum (2023)
- Governor's Office of Drug Policy has established a Recovery Strategic Plan Sub-committee 2023

Dimensions of Recovery

- **Health:** overcoming or managing one's disease(s) and making informed, healthy choices that support physical and emotional wellbeing.
- **Home:** a stable and safe place to live;
- **Purpose:** meaningful [*prosocial*] daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, **and** the independence, income and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love, and hope.

Recovery Principles

- **Self-direction**
- **Individualized and person-centered**
- **Empowerment**
- **Holistic**
- **Non-linear**
- **Culturally-based**
- **Strengths-based**
- **Peer support**
- **Relationships**
- **Family & Community**
- **Respect**
- **Responsibility**
- **Hope**

Focus on Recovery a Game Changer!

What can we do?

- Provide a concrete vision of long-term recovery
- Recognize and explore many pathways
- Understand the dimensions of recovery and develop comprehensive plans and share real resources
- Truly focus on recovery maintenance tools
- Help people make deposits to the *bank of recovery capital*

Recovery Capital defined:

- Recovery capital started as an addiction treatment concept developed and introduced by Robert Granfield and William Cloud in 1999.
- Researcher William White precisely defines the concept as: “...the breadth and depth of *internal* and *external* resources that can be drawn upon to initiate and sustain recovery.”
- Recovery applies to substance use, to mental illness, and to trauma



“Helpers” can help clients identify and build their recovery capital

- **Personal recovery capital**
physical health, financial assets, health insurance, safe/sober housing, healthy food, transportation
- **Human recovery capital**
Prosocial values, knowledge, educational/vocational skills and credentials, problem-solving capabilities, negotiation and advocacy skills, self-efficacy, hopefulness, optimism, and purpose
- **Social recovery capital**
Social supportive network, role models, emotional support, and access to information
- **Community recovery capital**
Employment and education/training opportunities, housing options, health assessment and care services, peer support groups, guidance to multiple recovery pathways

Recovery Capital Scale *(Based on work of William White)*

- I live in an environment that is free from alcohol and other drugs
- I have an intimate partner that is supportive of my recovery
- I have family members who are supportive of my recovery
- I have friends who are supportive of my recovery
- I have people close to me (intimate partner, family, friends) who are also in recovery
- I have a job or other income support that provides for my basic needs
- I have a written plan for my recovery (consider WRAP)

Recovery Capital Scale

- I am in reasonably good physical health
- I am in reasonably good mental health
- I have a plan to manage my mental health
- I am taking prescribed medication to support my mental health
- I am taking prescribed medication to help my cravings for alcohol or other drugs
- I have access to regular healthy meals
- I have clothes that are comfortable and clean and do not represent drug using or criminal behavior
- I have access to recovery support groups in my community

Recovery Capital Scale

- I am regularly involved with a local recovery support group
- I have a sponsor or other mentor for my recovery
- I have people who look to me as a mentor for their recovery
- I have completed or am complying with all legal requirements related to my past
- I have recovery rituals that are part of my daily life
- I have goals for my future
- I feel I am a part of my community
- Services to others is an important part of my life today

How can Peer Support Help Build Recovery Capital

- Peer Support focuses on helping an individual peer identify their own goals
- Peer Support models the building of recovery capital
- Peer Support shares their own journey with building up recovery capital
- Peer Support helps the individual identify their existing recovery capital and set goals to increase their recovery capital
- *Pacific Coast Trail: A hiking book and map or a guide who has hiked that trail (Engage peers)*

Recovery Capital = Resilience

- Resilience: the capacity to withstand or to recover quickly from difficulties; toughness
- Psychological resilience: the ability to cope mentally and emotionally with a crisis, or to return to pre-crisis status quickly
- Resilience: the ability to call up appropriate assets from one's recovery capital

Helping Clients Build Recovery Capital

Help clients recognize and build their recovery capital to set them up for long-term recovery

Encourage clients to build social capital through participation in support groups. Prepare them to participate. (12-step Facilitation is evidence-based)

Help clients gain human capital with tools to cope with high-risk situations

Provide information about job training and employment opportunities to build human and community capital

We often speak of clients having tools, but do we really focus on “tools”?

Finding ways to demonstrate modeling of tools is more helpful than lectures about tools.

Consider these Recovery Resources

- Active physical recreation and activity
- Sober socialization groups
- 12-step and other mutual help groups
- Faith-based recovery support
- Health and fitness management activities
- Engagement in meaningful community roles
- Volunteer work
- NAMI
- An engaging hobby or interest
- Vocational training, services or other education

Additional Recovery Resources

- Financial counseling and money management classes
- Sober housing
- Non-verbal recovery resources: Yoga, equine assisted activities and therapy
- Service and emotional support animals
- Service to others through volunteer and recovery organizations
- Learning to be an advocate and participating in advocacy organizations and activities
- Become a Peer Support Specialist or Recovery Coach

Recovery is a journey not a destination

- Recovery is a lifelong process
- Recovery evolves over time
- Recovery is not linear
- Recovery requires continued awareness
- Recovery requires both looking inward and looking outward
- Recovery emphasizes “connection” vs isolation
- *Recovery is Health / Health is Recovery*

RECOVERY HAPPENS . . .

Resources

- [TIP 64: Incorporating Peer Support Into Substance Use Disorder ... - SAMHSA](#)
- Recovery Research Institute
<https://www.recoveryanswers.org>
- SAMHSA Office of Recovery
- Faces and Voices of Recovery
<https://facesandvoicesofrecovery.org>
- Peer Recovery Center of Excellence:
<https://peerrecoverynow.org>