

**All Rise**

**Treatment  
Court Institute**

# Building Recovery Capital with Justice-Involved Individuals

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# Learner Objectives

By the end of this session, participants will be able to:

- Define the elements of recovery capital
- Understand the research related to recovery capital, substance use treatment and peer recovery support
- Understand Montana based efforts in institutionalizing recovery capital tools and procedures
- State the role of treatment court in building recovery capital
  - Assessment
  - Staffing/case management
  - Renewing your community map



# Recovery

**SAMHSA:** “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. “

**Recovery Research Institute:**

“The process of improved physical, psychological, social well-being and health after having suffered from a substance-related condition”

## SAMHSA 4 Major Dimensions



**Health**



**Home**



**Purpose**



**Community**

# Common themes?

There are common themes across these definitions

The process of recovery is not just about abstinence

Includes:

- Empowerment
- Well-being
- Quality of life
- Connectedness

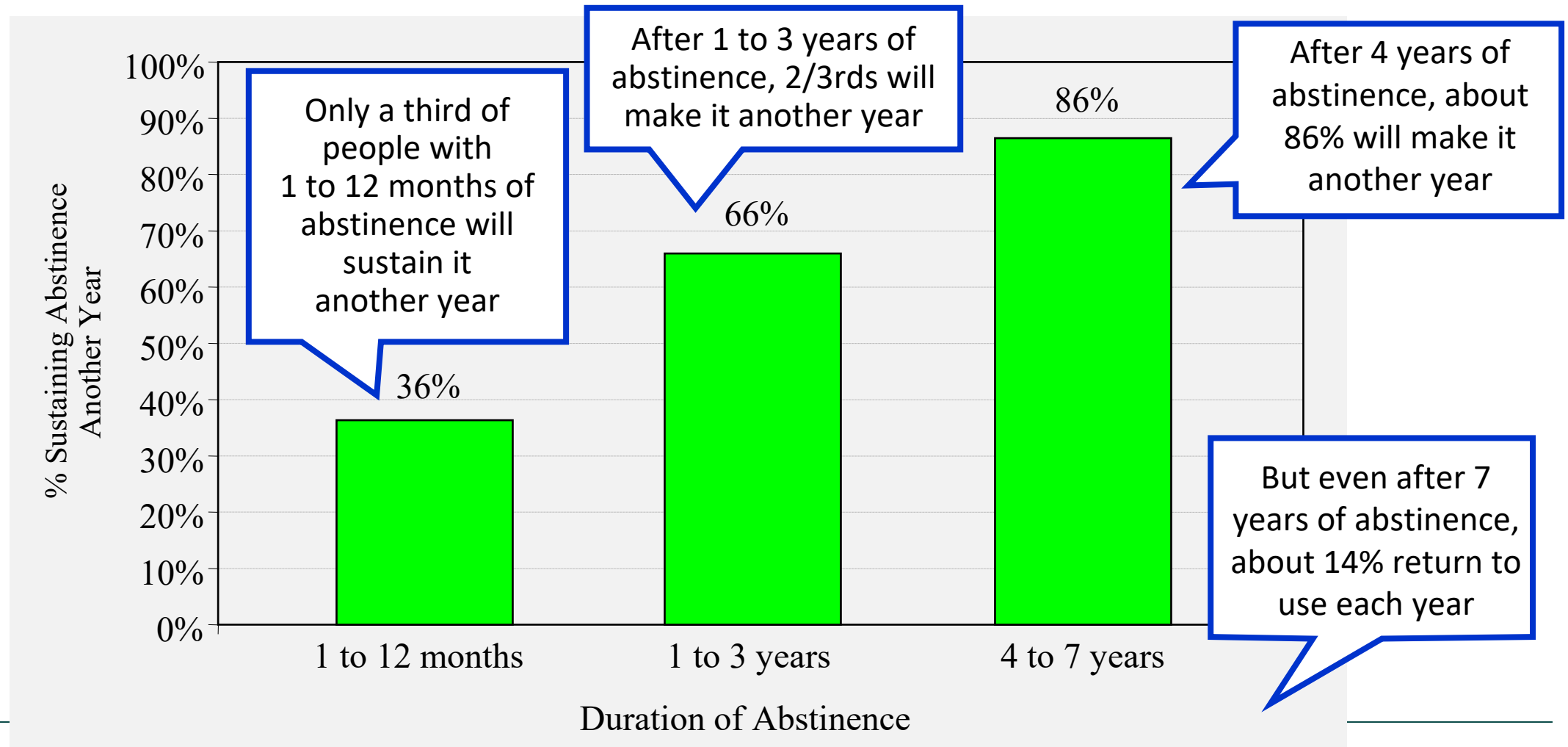




# Substance Use Disorder Research

- Causes, correlates and consequences
- Clinical interventions (best practices) and treatment course
- Use of medication
- Limitations
  - Measure days of abstinence
  - Failure to focus on long-term functioning and well-being (Kelly et al, 2019; Laudet, 2011).

# Likelihood of Sustaining Abstinence Grows Over Time



# Understanding Recovery Capital

All the personal and tangible resources a person has and needs in order to initiate and sustain recovery (Granfield & Cloud, 1999; Laudet and Best, 2010; White & White, 2008).

Research is varied, but generally three to six elements of recovery capital





# Recovery Capital



# Financial Capital

- Transportation
- Shelter
- Access to insurance



# Human Capital

- Values
- Knowledge
- Skills
- Self-esteem
- Risk management





# Social Capital

## Relationships

- Family
- Friends
- Supportive social relationships that are centered around recovery
- Relational connections



# Community and Cultural Capital

- Full continuum of treatment resources
- Accessibility of resources that are diverse
- Local recovery efforts and supports
- Culturally prescribed and supported pathways of recovery
- Recovery norms are valued in the community





# Research on Recovery Capital



# Current Research Findings

- An emerging field of study
- Those who complete treatment have higher levels of recovery capital
- Those in rural areas specifically benefit from focused efforts on building social and personal capital.
- Peer recovery support services delivered by community recovery organizations ( $n=3459$ ) resulted in statistically significant changes in recovery capital scores.
  - The number of contacts and completed goals were predictive of increases in post scores



# Current Research Findings: Treatment Court Specific

A 2016 study found that treatment court clients had “restricted recovery capital portfolios” ( $n=34$ )





# Innovation: Montana Efforts

- Culturally appropriate worksheets
- Use of Rec-Cap software
- National Learning Community



# RECCAP Software



1. Quality of Life & Satisfaction

2. Barriers to Recovery

3. Service Involvement & Needs

4. Personal Recovery Readiness

5. Social Recovery Capital

6. Recovery Group Participation

7. Other Support

8. Commitment to Recovery



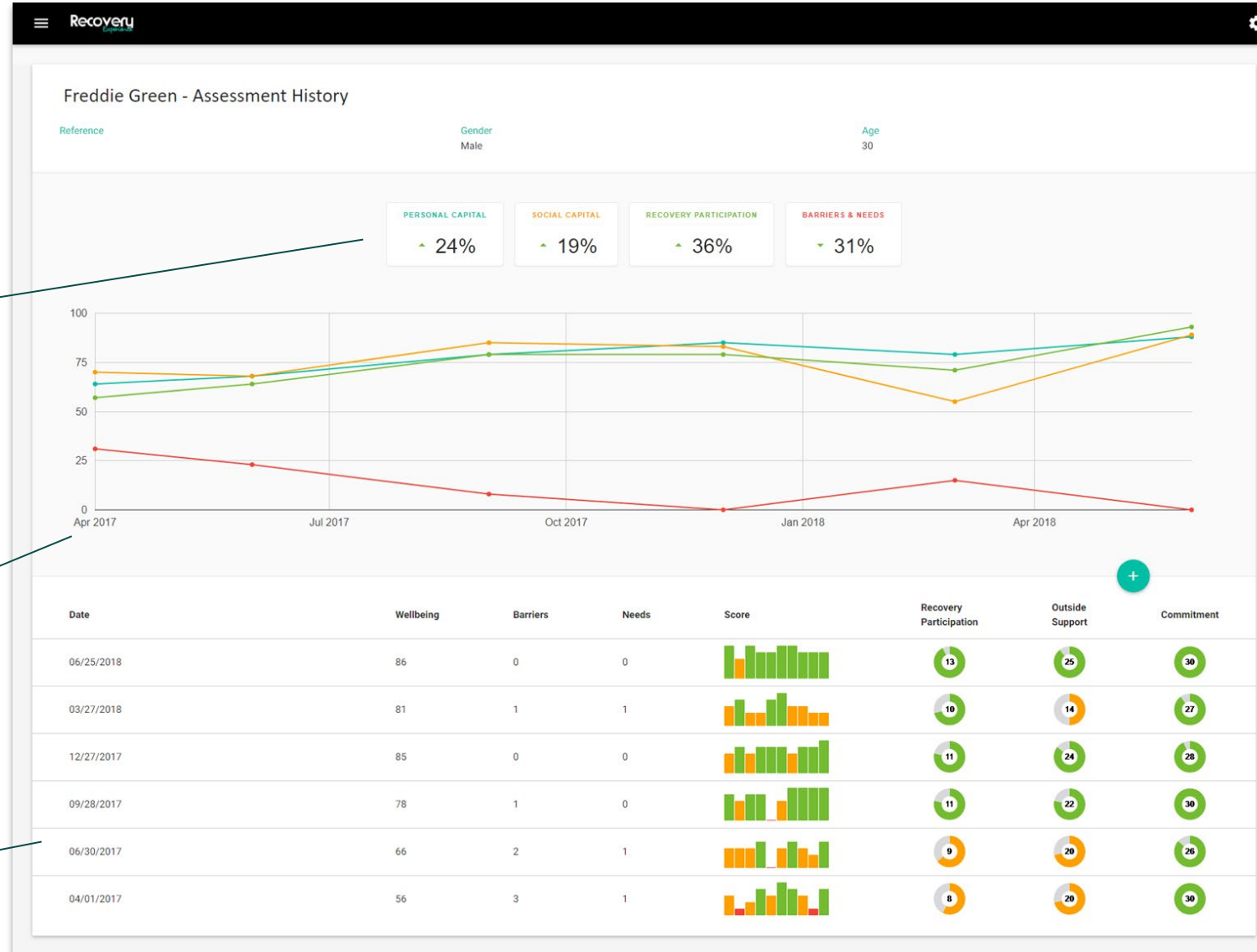
# Longitudinal Scoring

## Progress Summary

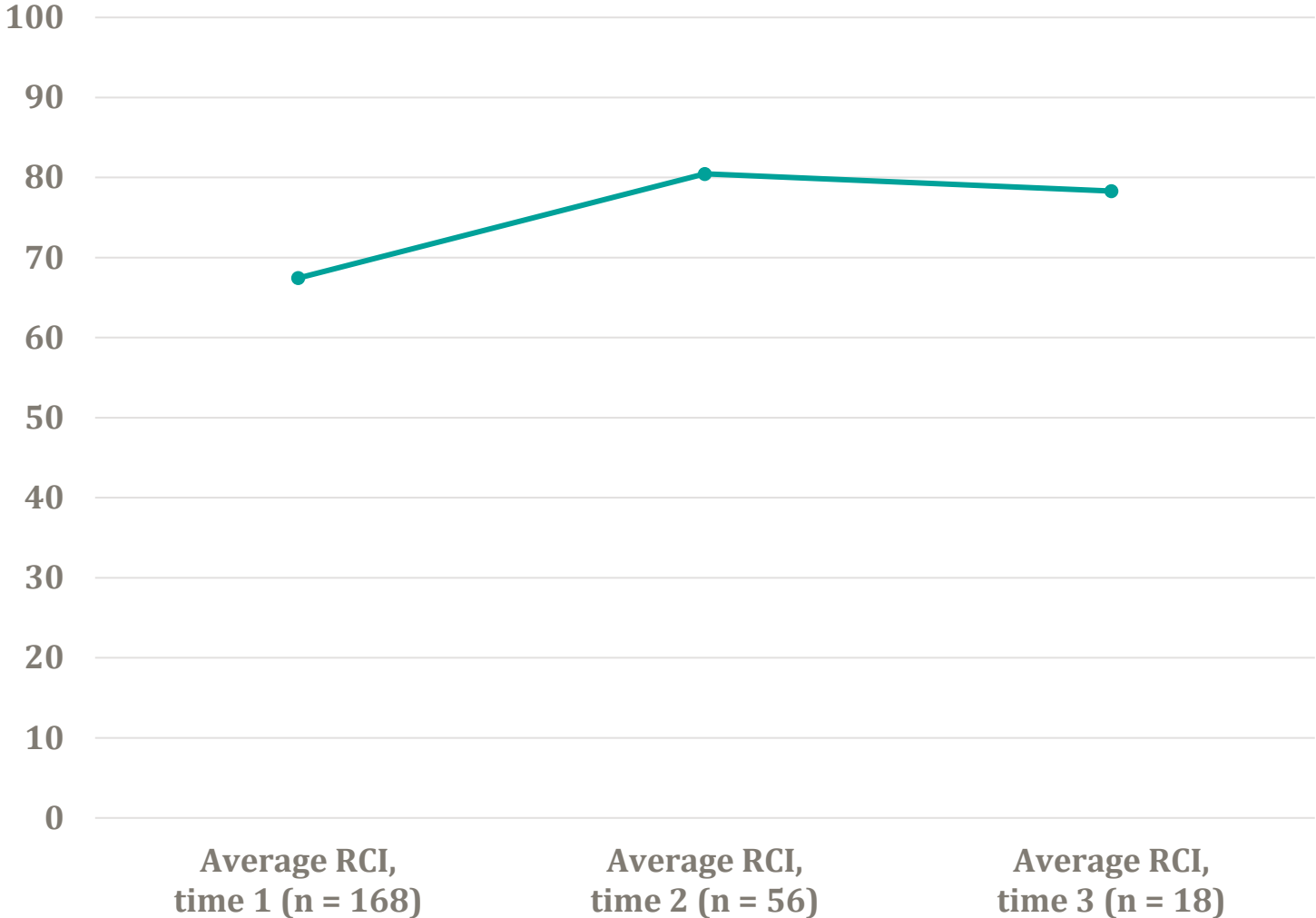
- Personal
  - Wellbeing
  - Personal ARC
  - Commitment
- Social
  - Social ARC
  - Outside Support
- Recovery Participation
- Barriers & Needs
  - Barriers to Recovery
  - Unmet Service Needs

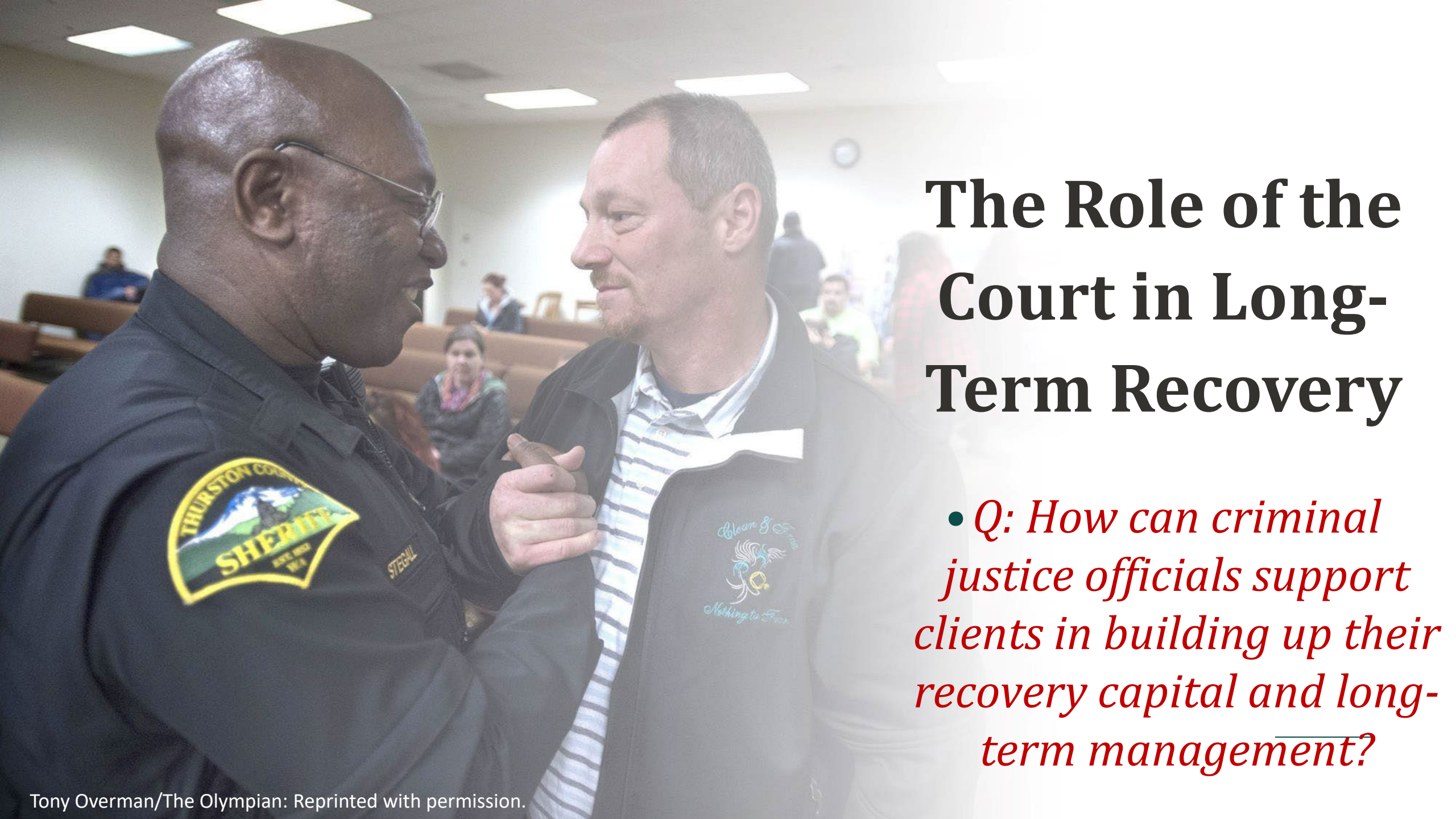
Change Over Time

Assessment History



# Summary of Average Recovery Capital Index Score across all Sites, over time





# The Role of the Court in Long-Term Recovery

- *Q: How can criminal justice officials support clients in building up their recovery capital and long-term management?*



Steps...



**Assessment of individual  
recovery capital**

**Mapping of community supports**

**Case Planning and Staffing**

**Phase Realignment**





# Assessment



# Recovery Capital Assessments

## Assessment of Recovery Capital

(Groshkova et al., 2013)

**Instructions for participants.** Please tick if you agree with any of the following statements.

1. Having a sense of purpose in life is important to my recovery journey
2. I am able to concentrate when I need to
3. I am actively involved in leisure and sport activities
4. I am coping with the stresses in my life
5. I am currently completely sober
6. I am free from worries about money
7. I am actively engaged in efforts to improve myself (training, education and/or self-awareness)
8. I am happy dealing with a range of professional people
9. I am happy with my personal life
10. I am making good progress on my recovery journey
11. I am proud of my home
12. I am proud of the community I live in and feel a part of it
13. I am satisfied with my involvement with my family
14. I cope well with everyday tasks
15. I do not let other people down
16. I am free of threat or harm when I am at home
17. I am happy with my appearance
18. I engage in activities and events that support my recovery
19. I eat regularly and have a balanced diet
20. I engage in activities that I find enjoyable and fulfilling
21. I feel physically well enough to work
22. I feel safe and protected where I live
23. I feel that I am in control of my substance use
24. I feel that I am free to shape my own destiny
25. I get lots of support from friends
26. I get the emotional help and support I need from my family
27. I have a special person that I can share my joys and sorrows with
28. I have access to opportunities for career development (job opportunities, volunteering or apprenticeships)
29. I have enough energy to complete the tasks I set myself
30. I have had no 'near things' about relapsing

## Recovery Capital Scale

Place a number by each statement that best summarizes your situation.

5. Strongly Agree  
 4. Agree  
 3. Sometimes  
 2. Disagree  
 1. Strongly Disagree

- I have the financial resources to provide for myself and my family.  
 I have personal transportation or access to public transportation.  
 I live in a home and neighborhood that is safe and secure.  
 I live in an environment free from alcohol and other drugs.  
 I have an intimate partner supportive of my recovery process.  
 I have family members who are supportive of my recovery process.  
 I have friends who are supportive of my recovery process.  
 I have people close to me (intimate partner, family members, or friends) who are also in recovery.  
 I have a stable job that I enjoy and that provides for my basic necessities.  
 I have an education or work environment that is conducive to my long-term recovery.  
 I continue to participate in a continuing care program of an addiction treatment program, (e.g., groups, alumni association meetings, etc.)  
 I have a professional assistance program that is monitoring and supporting my recovery process.  
 I have a primary care physician who attends to my health problems.  
 I am now in reasonably good health.  
 I have an active plan to manage any lingering or potential health problems.  
 I am on prescribed medication that minimizes my cravings for alcohol and other drugs.  
 I have insurance that will allow me to receive help for major health problems.

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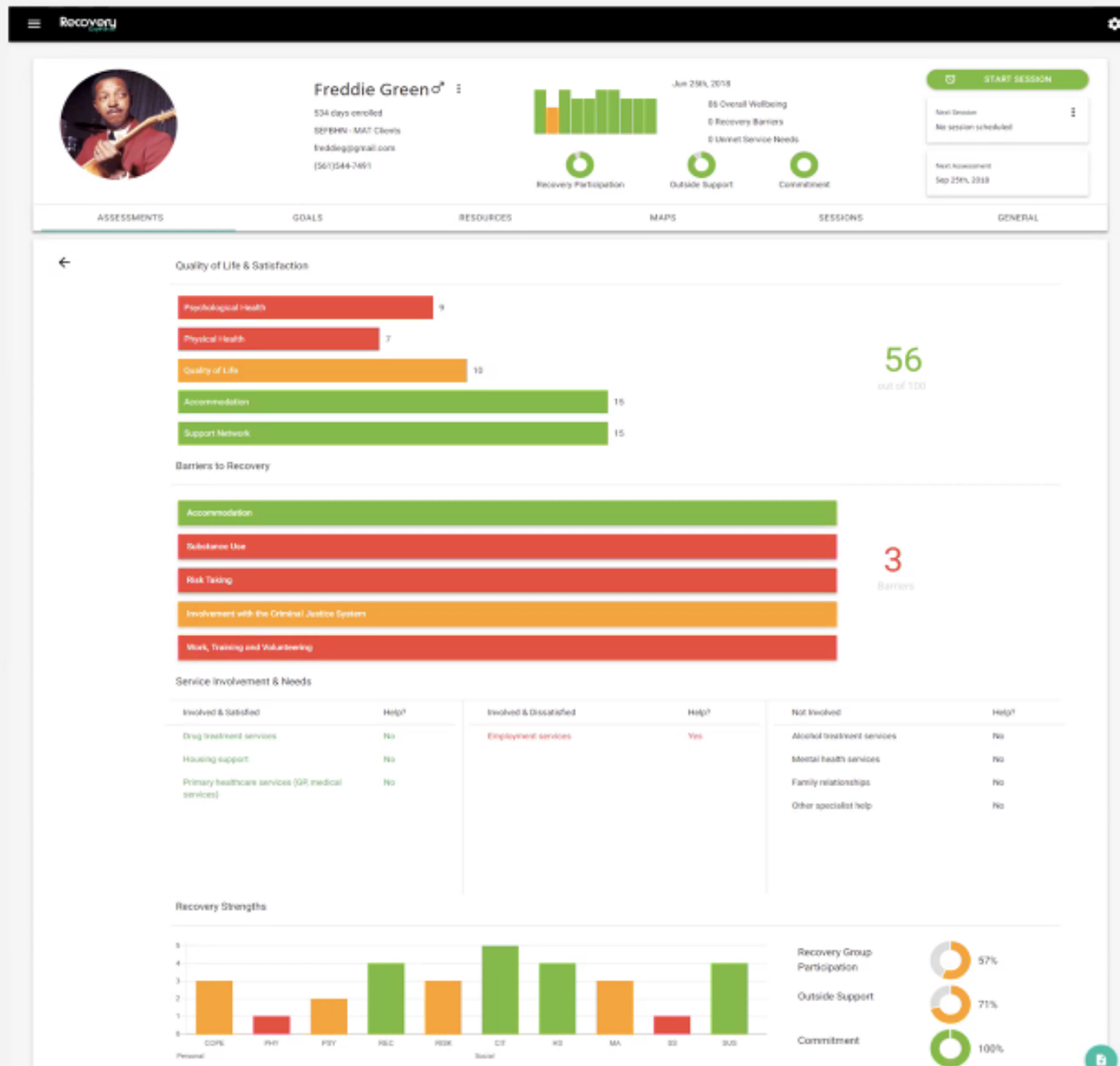
## BARC-10

ID/Name	Date:					
	Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
1. There are more important things to me in life than using substances	1	2	3	4	5	6
2. In general I am happy with my life	1	2	3	4	5	6
3. I have enough energy to complete the tasks I set for myself	1	2	3	4	5	6
4. I am proud of the community I live in and feel a part of it	1	2	3	4	5	6
5. I get lots of support from friends	1	2	3	4	5	6
6. I regard my life as challenging and fulfilling without the need for using drugs or alcohol	1	2	3	4	5	6
7. My living space has helped to drive my recovery journey	1	2	3	4	5	6
8. I take full responsibility for my actions	1	2	3	4	5	6
9. I am happy dealing with a range of professional people	1	2	3	4	5	6
10. I am making good progress on my recovery journey	1	2	3	4	5	6
add columns		+		+		+
<b>TOTAL</b>						

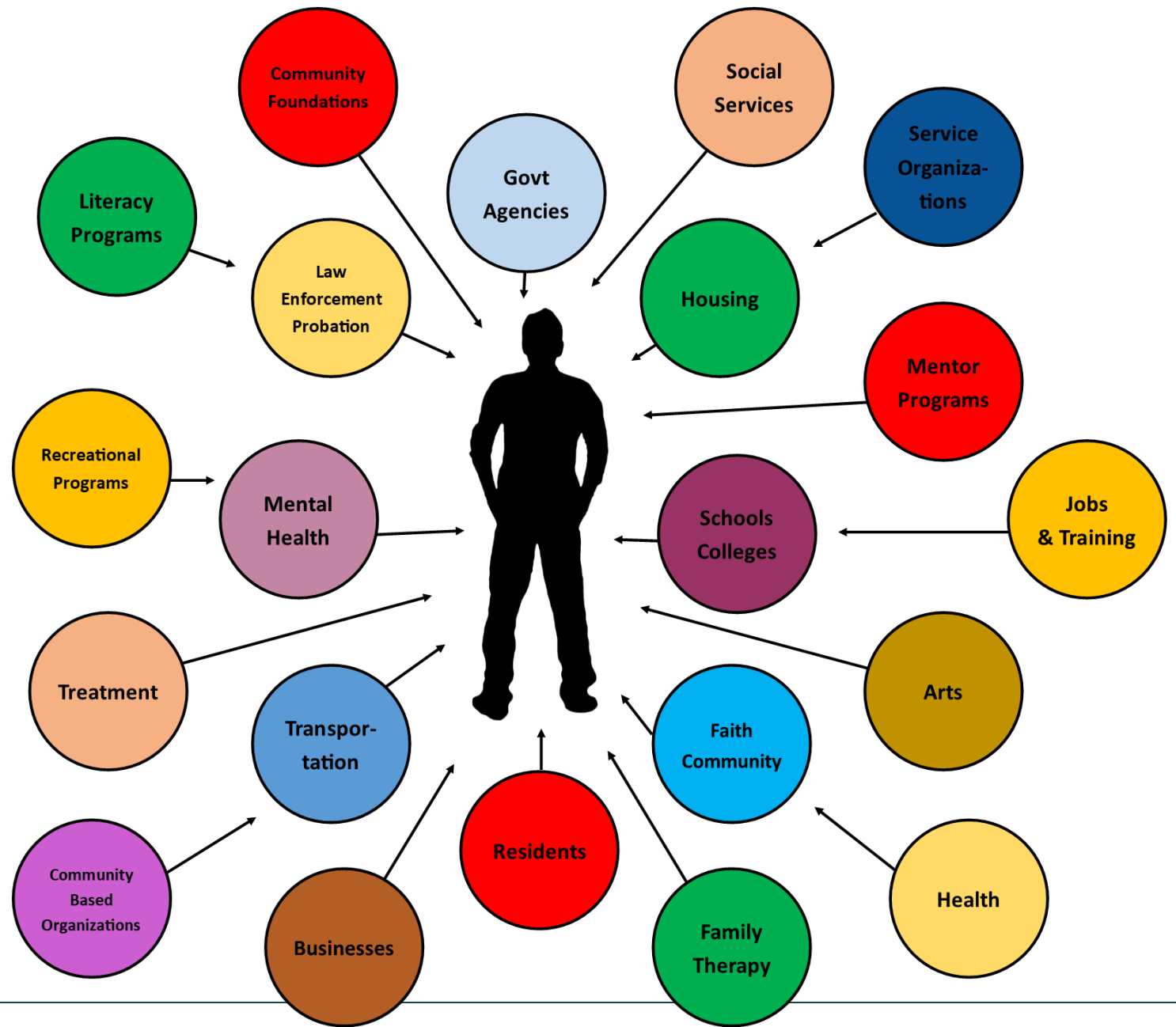
\*Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card

# SCORING THE RECCAP

- Quality of Life & Satisfaction
- Barriers to Recovery
- Service Involvement & Needs
- Recovery Strengths
- Assessment of Recovery Capital (ARC)
- Personal - Coping & Life Functioning, Physical Health, Psychological Health, Recovery Experience, Risk Taking
  - Social - Citizenship, Housing & Safety, Meaningful Activities, Social Support, Substance Use & Sobriety
- Recovery Group Participation
- Outside Support
- Commitment to Sobriety



# 2) Community Mapping





# 3) Case Planning and Staffing

- Risk/Need/Responsivity
- Coordinate with treatment plan
- Court responses should consider elements of recovery capital & long-term recovery management





# Case Staffing Form Example

## Personal

This includes an individual's physical and human capital. **Physical capital** is the available resources to fulfill a person's basic needs. **Human capital** relates to a person's abilities, skills, and knowledge, like problem-solving, education, self-esteem, and the ability to navigate challenging situations to achieve goals.

### Resources:

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### Potential Barriers:

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### Participant Engagement:

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## Community

This includes attitudes, policies, and resources specifically related to helping individuals resolve substance use disorders.

### Resources:

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### Potential Barriers:

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### Participant Engagement:

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## Social

The resources related to intimate relationships with friends and family, relationships with people in recovery, and supportive partners. It also includes the availability of recovery-related social events.

### Resources:

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### Potential Barriers:

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### Participant Engagement:

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# Recovery Capital Staffing Questions

Which recovery capital domain is the participant working on this week?

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What is the participant's need they are addressing?

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Are there any barriers they are experiencing?


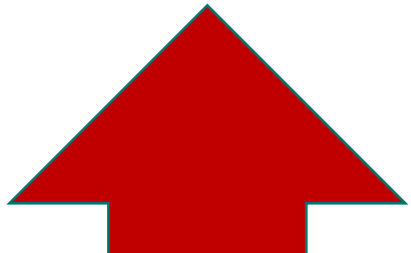
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How can the team help?

## Checklist

- What** is the need?
- Which** resource best meets the need?
- What** barriers exist to access resource?
- How** will you get the participant to engage in the resource?

<b>GOALS PHASE ____</b> <b>Review in ____ Days</b>	<b>Treatment Objectives</b> (include responsivity factors to address)	<b>Probation Objectives</b> (include responsivity factors to address)
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<b>Area of Focus:</b>  <b>GOAL:</b>  <b>Recovery capital element:</b>		
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**Area of Focus:**

**Goal:** brief statement of condition to change, happen, or behaviors during

**Recovery capital element:** list here whether the goal builds the personal, social or community/cultural capital for the client.

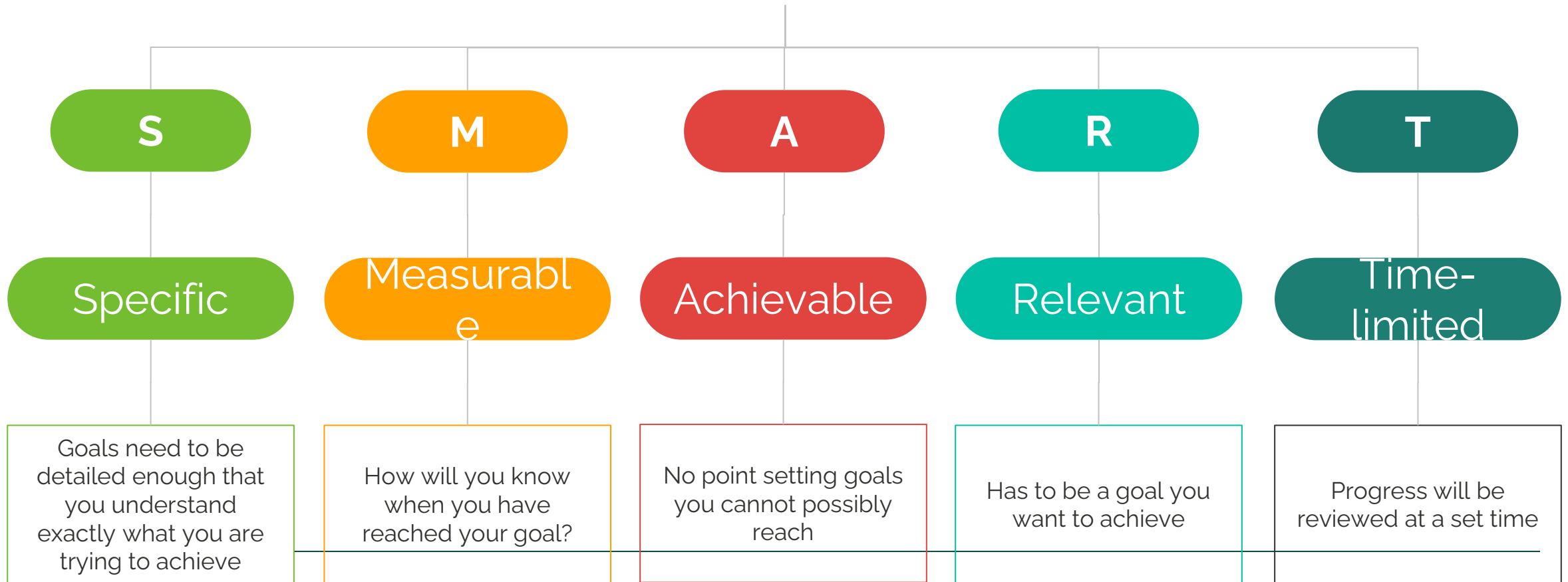
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**Treatment objectives:** all goals have objectives, which are specific skills that need to be acquired in order to reach the goal. Objectives have timelines and can be measured or “seen”

**Case Management objectives:** same definition as treatment objectives, but the approach for the skill building may (or may not) be different.



# SMART Goals



<b>GOALS PHASE ____</b> <b>Review in ____ Days</b>	<b>Treatment Objectives</b> <b>(include responsivity factors to address)</b>	<b>Probation Objectives</b> <b>(include responsivity factors to address)</b>
<p><b>Area of Focus: <i>Peers</i></b></p> <p><b>GOAL: Spend time with sober people that are my age.</b></p> <p><b>Recovery capital element: Social &amp; Personal</b></p>	<p>John will increase his involvement in the recovery community by attending 2 recovery support meetings and 2 social events at the recovery club on Main Street by October 15th.</p> <p>John will complete a decisional balance sheet on how his peers affect his life in recovery and share it with treatment. TX and John will create a plan to address the negative peers that hang out at his house. John will work with probation. Completed by 10/1.</p>	<p>John will complete a decision balance sheet on how his peers affect his life in recovery and share with this probation by 10/3.</p> <p>John will role play having a difficult conversation with his probation officer to prepare for the conversation with his peers. During this meeting, John will set a plan to when he will have this discussion with his peers. To be completed prior to the next court date on 10/15.</p>
<p><b>Area of Focus: <i>Substance Use</i></b></p> <p><b>GOAL: I want to make recovery work this time</b></p> <p><b>Recovery capital element: Personal</b></p>	<p>John will write a list of triggers and high-risk situations that have led to relapse in the past year by ____.</p> <p>Clinician to explore ambivalence using MI and CBT.</p>	<p>John will complete a Behavior Offense Chain with his probation officer when the last time he used and committed a new offense. John will identify any triggering ____ behaviors, emotions, or thoughts that led to use and criminal activity.</p>



# In summary:

- To maximize outcomes for clients, we must think beyond the “temporary” structure of the treatment court.
- The treatment court is well positioned to assist clients by creating meaningful pathways of connectedness that last long after the court team has finished their work and support.
- For those that can make it to 7 years, their likelihood of relapse is less than 14%.
- Shift from thinking about what the treatment court “managed” to what the court assisted the client in adding to their lives.



# Questions?

