

Recovery Capital and Treatment Courts: A New Approach to Improve Client Outcomes

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What will we cover today?

- Definitions
- Recovery capital elements
- The role of treatment court in building recovery capital
- Assessment
- Staffing/case management
- Renewing your community map

Recovery

Betty Ford Institute Consensus Panel (2007, p. 222) recovery is “a voluntarily maintained lifestyle characterized by sobriety, personal health and citizenship”

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. “

Common themes?

There are common themes across these definitions

The process of recovery is not just about abstinence

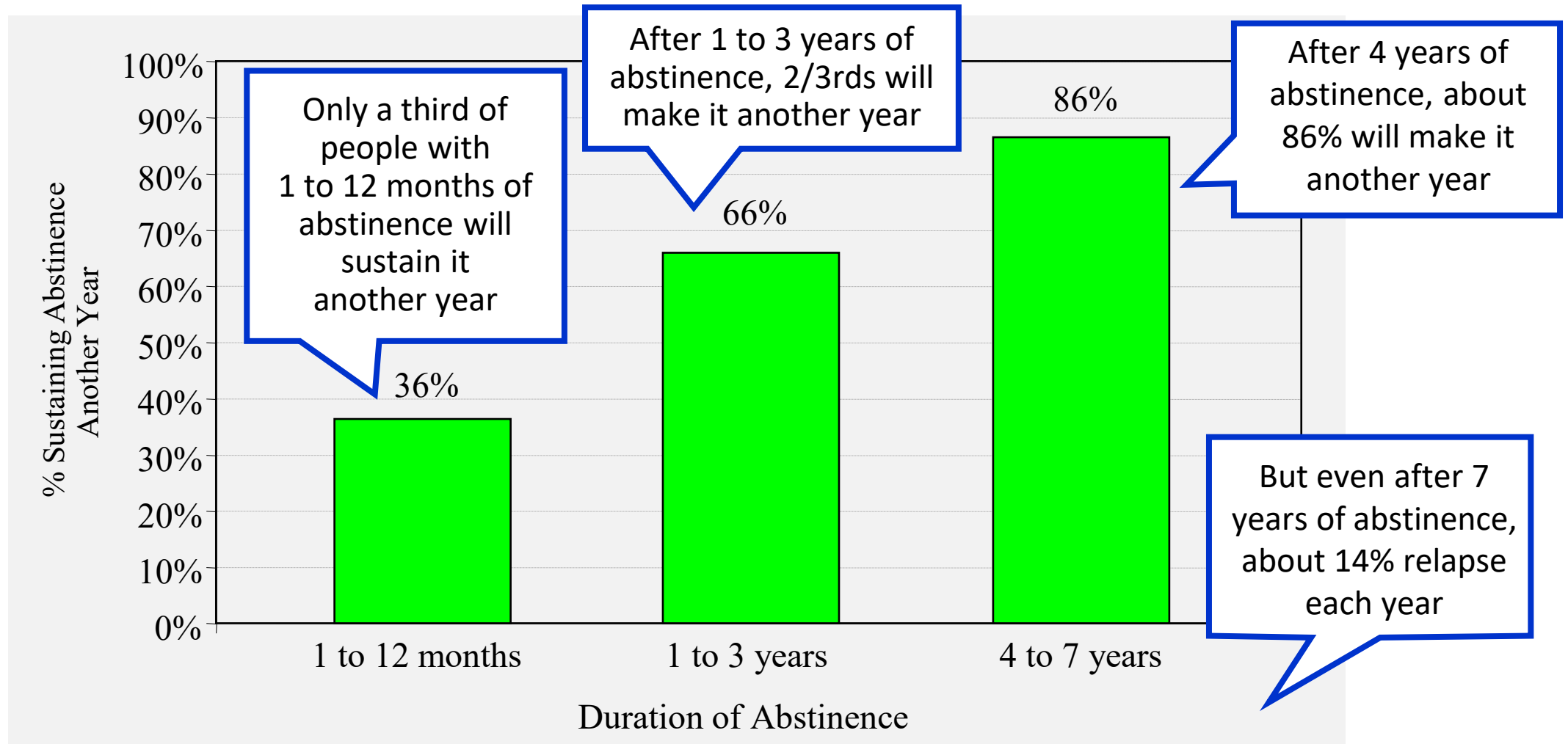
Includes:

- 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



Source: Dennis, Foss & Scott (2007)

Average Progression of Recovery

Duration of Abstinence

1–12 Months

- ✓ More clean and sober friends
- ✓ Less illegal activity and incarceration
- ✓ Less homelessness, violence, and victimization
- ✓ Less use by others at home, work, and by social peers

1–3 Years

- ✓ Virtual elimination of illegal activity and illegal income
- ✓ Better housing and living situations
- ✓ Increasing employment and income

4–7 Years

- ✓ More social and spiritual support
- ✓ Better mental health
- ✓ Housing and living situations continue to improve
- ✓ Dramatic rise in employment and income
- ✓ Dramatic drop in people living below the poverty line

Dennis, M.L., Foss, M.A., & Scott, C.K (2007). An eight-year perspective on the relationship between the duration of abstinence and other aspects of recovery. *Evaluation Review*, 31(6), 585-612.

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:

- Human
- Financial
- Social
- Community
- Cultural

Recovery Capital

Personal Capital

Divided into both physical and human capital

Human capital includes:

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

Financial includes:

- Transportation
- Shelter
- Access to insurance

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

The Role of Treatment Court in Recovery Capital

*Q: How can we, as a
treatment court team,
support our clients in
building up their
recovery capital?*

**Assessment of incoming individual
recovery capital**

Assessment of community supports

Case Planning and Staffing

**Assessment of growth in recovery
capital; identify ongoing barriers**

1) Assessment

- **REC-CAP:**

<https://www.counselormagazine.com/en/article/strengths-planning-for-building-recovery-capital>

- **Brief screeners**

- Recovery capital scale:

<http://www.williamwhitepapers.com/pr/Recovery%20Capital%20Scale.pdf>

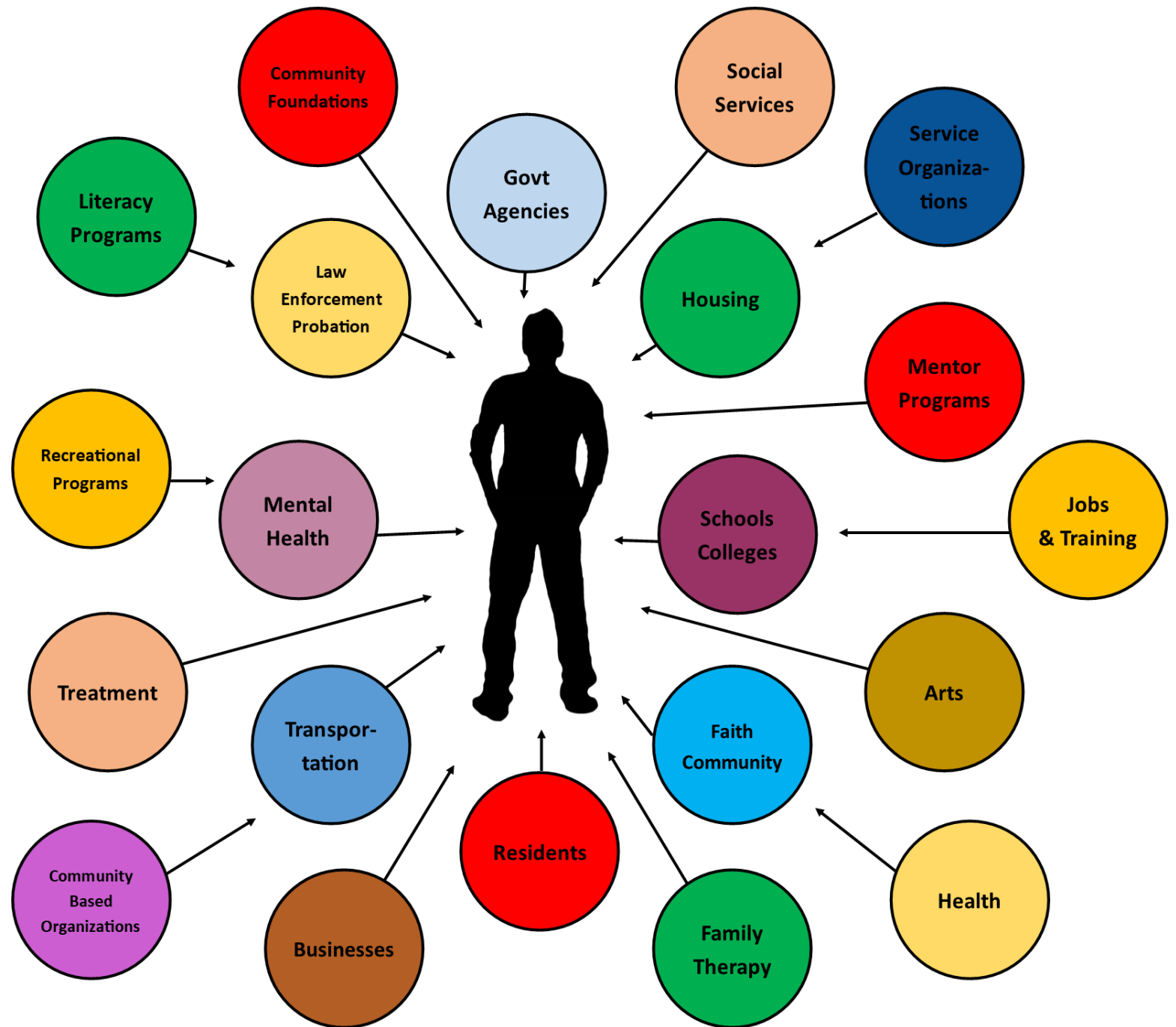
- Brief Assessment of Recovery Capital (BARC-10)

<http://shura.shu.ac.uk/15835/2/Best%20Development%20and%20validation%20of%20a%20Brief%20Assessment%20of%20Recovery%20Capital%20%28BARC-10%29%20%28Scale%29.pdf>

- **Conducted by treatment provider, probation or case manager**

- **Pre and post**

2) Community Mapping



Personal Capital

Defined by:

- Self-confidence
- Physical health
- Motivation
- Cognitive health
- Mental health
- Education

Community Resource Examples:

- SUD Treatment
- Core correctional practices
- Cognitive Behavioral Treatment
- Shelter
- Medical access
- Transportation

Social Capital

Defined by:

- Sober & supportive friends
- Supportive/ structured family
- Sober living environment
- Participation in developmentally appropriate groups

Community Resource Examples:

- AA/NA Sponsor
- Running club
- Recovery related social events

Community/ Cultural Capital

Defined by:

Drug court aware and able to link client to local opportunities:

- Developmentally/ culturally appropriate recovery groups
- Normative culture of sobriety
- Personal culture

Community Resources Examples:

- College recovery programs
- Recovery ministry
- Recovery-based social clubs


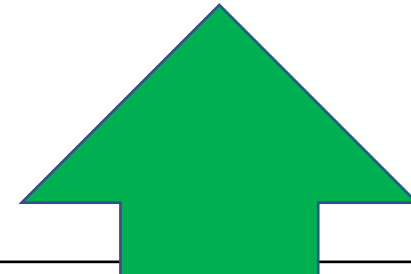
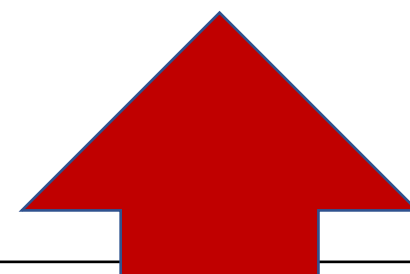
3) Case Planning and Staffing

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

Case Staffing Form Example

GOALS PHASE ____ Review in ____ Days	Treatment Objectives (include responsivity factors to address)	Probation Objectives (include responsivity factors to address)
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Area of Focus: GOAL: Recovery capital element:		
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 <p>Area of Focus:</p> <p>Goal: brief statement of condition to change. It will happen. The goal that will be achieved.</p> <p>Recovery capital element: list here whether the goal builds the personal, social or community/cultural capital for the client.</p> <p>Recovery capital element:</p>	 <p>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”.</p>	 <p>Case Management objectives: same definition as treatment objectives, but the approach for the skill building may (or may not) be different.</p>
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GOALS PHASE ____ Review in ____ Days	Treatment Objectives (include responsivity factors to address)	Probation Objectives (include responsivity factors to address)
<p>Area of Focus: <i>Peers</i></p> <p>GOAL: Spend time with sober people that are my age.</p> <p>Recovery capital element: Social & Personal</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 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>Area of Focus: <i>Substance Use</i></p> <p>GOAL: I want to make recovery work this time</p> <p>Recovery capital element: Personal</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 5 years, their likelihood of relapse is less than 15%.
- Shift from thinking about what the treatment court “managed” to what the court assisted the client in adding to their lives.



Questions?

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