



**GHENT
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PATHWAYS TO ADDICTION RECOVERY: THE ROLE OF INDIVIDUAL AND SOCIAL RECOVERY CAPITAL

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ADDICTION RECOVERY

- Personal and dynamic process of personal growth (Dennis, Scott, Funk, & Foss, 2005; Laudet & White, 2010; Laudet, 2007; Best, Gow, Taylor, Knox, & White, 2011)
- Abstinence ~ multiple life domains (Fiorentine & Hillhouse, 2001; Laudet, & White, 2010)
- Working towards a dignified and meaningful life where connectedness, hope, identity, meaning in life and empowerment matter (Leamy, Bird, Le Boutillier, Williams & Slade, 2011)
- Impact on individuals, social network and communities (Best, & Laudet, 2010)
- Recovery capital on different levels (Best et al., 2010; Laudet & White, 2008; Best & Laudet, 2010; White, 2008)

ADDICTION RECOVERY IN COMMUNITY REINFORCEMENT APPROACH (CRA) + CONTINGENCY MANAGEMENT (CM) PARTICIPANTS

AIM

- Insight in addiction recovery in CRA+CM clients
- Insight in elements of support during the recovery process in CRA+CM

RESEARCH QUESTIONS:

- How do CRA+CM clients perceive recovery?
- Which element of support can be found in the recovery process of CRA+CM clients?

METHODOLOGY

SETTING:

– CRA+CM De Kiem Ghent

- **CRA** focuses on (re)building a drug free lifestyle, where rewarding activities or contacts should outweigh the benefits of the cocaine using lifestyle (Moos, 2007)
- **CM** complements CRA with material rewards, such as vouchers which need to compensate the negative effects of reduced cocaine use directly (Moos, 2007; Higgins et al., 2008)

PARTICIPANTS:

- At least 3 months in CRA+CM program
- Finished the program at least 5 months prior to data collection
- n=30

INSTRUMENT:

- Individual semi-structured interviews with open questions
- A part of the EuropASI (Raes, Lombaert, & Keymeulen, 2004)
- Manchester Short Assessment Quality of Life (MANSA) (Priebe, Huxley, Knight & Evens, 1999)

RECRUITMENT, DATA COLLECTION AND ANALYSIS

- Clients who met inclusion criteria were contacted by professionals of De Kiem
- Interviews were audio-tape recorded, transcribed verbatim and analyzed thematically using NVivo

N=30	
Gender	Male: 24 Female: 6
Age	Between 23 and 45 Average age: 34,86
Completed the program	30
Time between end of program and interview date	5 – 47 months Average: 23 months
Cocaine use after program	No: 2 Yes: 24 Kept using during the program: 4
Cocaine use last month	N=12
Job	No: 9 Yes: 21

RESULTS

(ONGOING) PROCESS TOWARDS A 'GOOD' LIFE

“I want a normal life, that will be more than enough for me, that I can say I am happy. A wife and a child. And when it is like that you know. Yes, then the rest will come as well. And work is also important, yes indeed, and friends surrounding me” (Tuur, male, 40 yr)

PERSEVERANCE & HOPE

*“...If I want something, then I go for it. **A go-getter?** Yes, I need to make the decision, but I will not revoke my decision soon. [...] I am very strong.”* (Daisy, female, 34 yr)

SUPPORTIVE SURROUNDINGS

*“Surely I had support from certain people. From those whom I liked. [...] **In what way did those people support you?** Gee, yes, eventually there was not much they could do, but yes, that you know they are there. Or certain people who knew I was at a low point in my life, called me every day and helped me count down and so on.”* (Ruben, male, 37 yr)

CONNECTION, CONTROL AND REWARD

“...a calm way, structured, but like I said from the beginning, the moment I entered this building I felt like ‘this is someone I can tell everything’. I told more things to [my therapist] that year and a half than I did to my wife. I told her about that afterwards. But with [my therapist] I did not have any restraint at all, yes that feeling, there was a connection.” (Maarten, male, 35 yr)

THE INFLUENCE OF RECOVERY CAPITAL ON THE INITIATION AND MAINTENANCE OF ADDICTION RECOVERY AFTER A LONGTERM THERAPEUTIC TREATMENT

Masterthesis Franne Puype – Promotor: Prof. Dr. Wouter Vanderplasschen

Part of PhD Anne Dekkers: *Pathways to addiction recovery: The role of individual and social recovery capital.*

AIM AND RESEARCH QUESTIONS:

- What does recovery mean to people in addiction recovery?
- What is experienced as determinative for the initiation of recovery?
- What is experienced as determinative for the maintenance of recovery?

METHODOLOGY

- N = 14
- Therapeutic community De Kiem
- Inclusion criteria:
 - View themselves as in addiction recovery
 - Left TC De Kiem between 5-10 years ago
 - Prior addiction to illegal and/or legal substances

	Respondent	M/F	Age	Job	Marital status	Children	Substance	Period in recovery
1.	Sofie	F	40	Not employed	Divorced	2	Heroin & cocaine	10 yrs
2.	Hannah	F	31	Assistant in health care sector	Cohabiting	2	Heroin	6 yrs
3.	Jana	F	33	Nurse	Not married	0	Heroin & cocain	10 yrs
4.	Tom	M	31	Employee in warehouse	Not married	0	Heroin	4 yrs
5.	Thibault	M	36	Mechanic	Married	2	Alcohol	8 yrs
6.	Jens	M	38	Cook	Cohabiting	1	Heroin & alcohol	8 yrs
7.	Patricia	F	35	Beautician	Married	4	Cocaine	11 yrs
8.	Steven	M	36	Labourer	Cohabiting	1	Heroin	4 yrs
9.	Sarah	F	30	Clerical assistant	Cohabiting	3	Heroin	6 yrs
10.	Els	F	36	Labourer	Married	2	Alcohol, speed & cocaine	7 yrs
11.	Wim	M	33	Labourer	Cohabiting	1	Heroin	9 yrs
12.	Ann	F	39	Employee in hotel and catering industry	Divorced	1	Amfetamines	7 yrs
13.	Dries	M	37	Labourer	Cohabiting	2	Heroin	7 yrs
14.	Thomas	M	32	Temporary not employed/labourer	Not married	0	Heroin & cocaine	6-7 yrs

RESULTS

RECOVERY

- Individual process with commonalities
- Abstinence & (re)building a normal life
- A process, an endpoint or both
- Multiple recovery processes

RECOVERY CAPITAL - INITIATION

- Practitioners & addiction treatment

“A peer supporter could tell me something in that phase of my life. They were honest, they knew what they were talking about. Those were the only people I believed.” (Thibault, man, 36 yr)

- Internal motivation

“I only had to do it for myself. And in the past I was always doing it for someone else. And in 2008 I didn't have to do it for someone else, I only had to do it for myself.” (Thibault, man, 36 yr)

- Access to and absence of family and social support

RECOVERY CAPITAL – MAINTENANCE

- Family and social recovery
 - (re)building a social network
 - Essential, but difficult
 - The past?
- Evolving social recovery capital
 - Peers
 - Parents, brothers and sisters
 - Friends, partner and children
- Evolving personal recovery capital
 - Change in identity

CONCLUSIONS AND LIMITATIONS

CONCLUSIONS

- Recovery as a personal process with commonalities
- Substance use and relapse as an element but not the only one
- Support on different levels: individual – social – treatment
- Need for and dimension of support evolves over time
- Internal motivation is key

LIMITATIONS

- Perception of drop outs?
- Perception on recovery → influenced by setting?

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