

Recovery is Not Random - What We Measure Drives Change

JULY 13, 2022 | THE REV. JAN M. BROWN, MSC, RCP, CPRS



WHAT IS RECOVERY?

There are Multiple Definitions of Recovery

Multiple definitions of individual recovery have been offered nationally and internationally.

Although they differ in some respects, all of these recovery definitions describe personal changes that are well beyond simply stopping substance use.

They are conceptually broader than “abstinence” or “remission.”



WHAT IS RECOVERY?

Substance Abuse and Mental Health Services Administration

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



WHAT IS RECOVERY?

Betty Ford Institute Consensus Panel

A voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship.



WHAT IS RECOVERY?

Connecticut Community for Addiction Recovery

People are in recovery if/when they say they are.



WHAT IS RECOVERY?

Recovery Research Institute

The process of improved physical, psychological, and social well-being and health after having suffered from a substance use disorder (substance related problem).



WHAT IS RECOVERY?

American Society of Addiction Medicine (ASAM)

An active process of continual growth that addresses the biological, psychological, social and spiritual disturbances inherent in addiction, and includes the following factors:

Improved quality of life and enhanced wellness as defined by the individual

An individual's consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed or which could pose a risk for pathological pursuit in the future

Relief of an individual's symptoms including substance craving

Improvement of an individual's own behavioral control and emotional self-regulation

Enrichment of an individual's relationships, social connectedness, and interpersonal skills



WHAT IS RECOVERY?

Across Cultures and Communities

The specific meaning of recovery can also vary across cultures and communities.

Among some American Indians, recovery is inherently understood to involve the entire family and to draw upon cultural and community resources (see, for example, the organization White Bison) – Wellbriety

European Americans tend to define recovery in more individual terms.

Blacks or African Americans are more likely than individuals of other racial backgrounds to see recovery as requiring complete abstinence from alcohol and drugs.

Within some communities, recovery is seen as being aligned with a particular religion, yet in other communities such as the AA fellowship, recovery is explicitly not religious but is instead considered spiritual. Still other communities, such as LifeRing Secular Recovery, SMART Recovery, and Secular Organization for Sobriety, view recovery as an entirely secular process.



WHAT IS RECOVERY?– Definitional Complexity

Abstinence. Remission. Recovery

Most clinical outcome studies and community studies of substance use disorders over the years have not included “recovery” as an outcome measure.

Abstinence or remission are usually the outcomes that are considered to indicate recovery.



RECOVERY CAPITAL

The depth and breadth of internal and external resources that are brought to bear by someone to begin and sustain **wellness from addiction.**

— Granfield & Cloud, 1999

Recovery Capital		
Social Capital	Personal Capital	Cultural Capital
Family Support Significant Other Social Support Social Mobility Healthy Lifestyle Access to Healthcare Safety	General Health Mental Wellbeing Nutrition Employment Education Housing Situation Transportation Clothing	Beliefs Spirituality Sense of Purpose Cultural Relevance Sense of Community Values



RECOVERY CAPITAL – SHIFT HAPPENS

Recovery Capital is a concept that SHIFTS the focus from the reasons why someone has addiction to the aspects and components that promote recovery. Instead of pathology it emphasizes resiliency.

Recovery Capital isn't ambiguous.

- It can be broken into parts that direct plans and processes for individual change and self-discovery.
- It can also aid in supporting focused clinical engagement, organizational performance, community impact, and changes in policy.



MEASUREMENT

What we measure drives change...

Recovery Capital Index

Recovery Data Platform

Recovery Link



ULTIMATE GOAL IS STABLE RECOVERY

“Stable recovery rests not only on overcoming acute dependence, but subsequently on developing supportive social networks, a safe place to live, meaningful activities and a sense of purpose and hope.”

- David Best

