



Building Recovery Capital with Justice-Involved Individuals:

The Role of Treatment Courts

Developed by:
National Drug Court Institute

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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.
- 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



Understanding differences

- **Recovery Capital** – the resources (social, physical, human, and cultural), which are necessary to begin and maintain recovery.
- **Recovery Management:** services that provide formal support that promote recovery and well-being.






Common themes?

There are common themes across these definitions

The process of recovery is not just about abstinence

Includes:

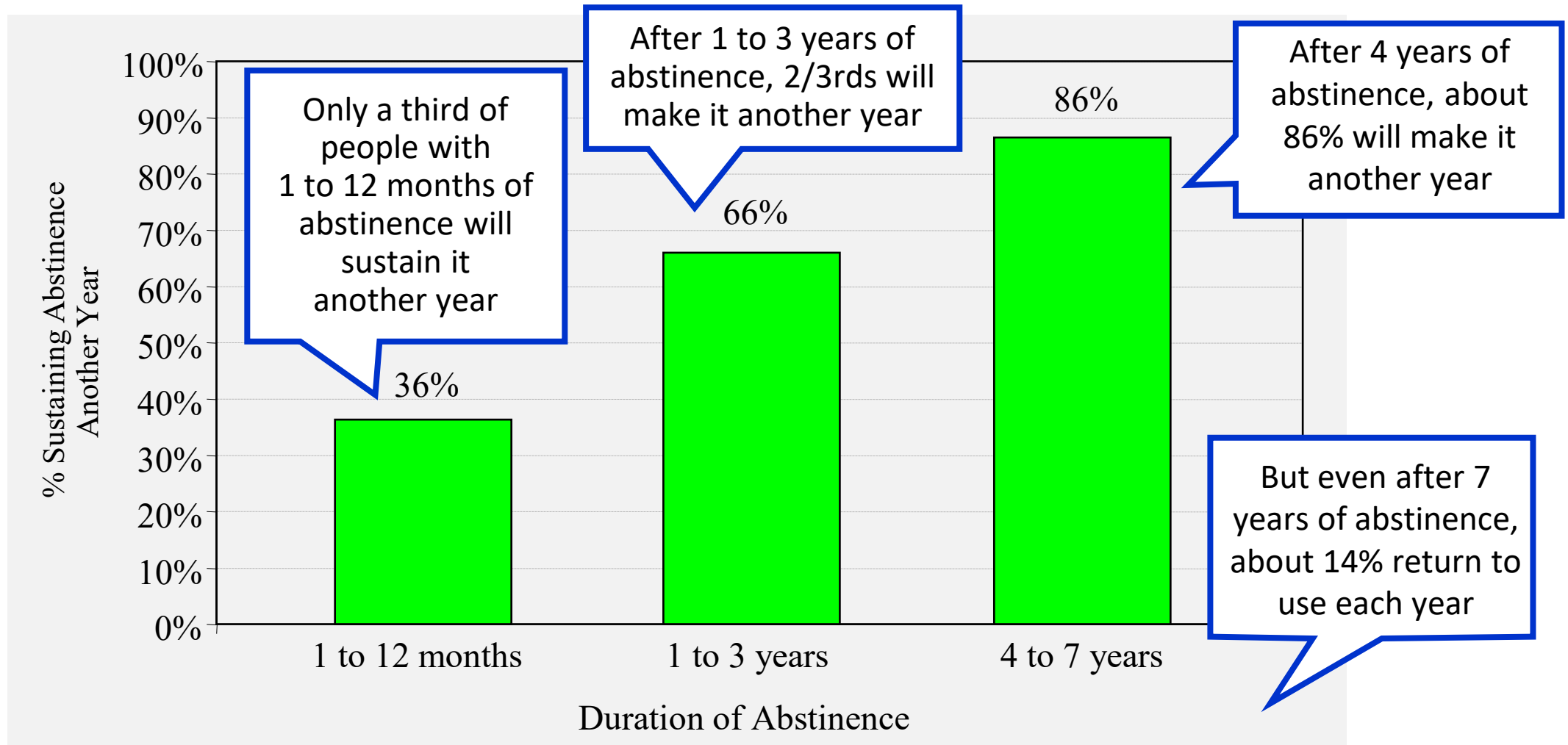
- Empowerment
 - Well-being
 - Quality of life
 - Connectedness
- 
- 
- 



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)

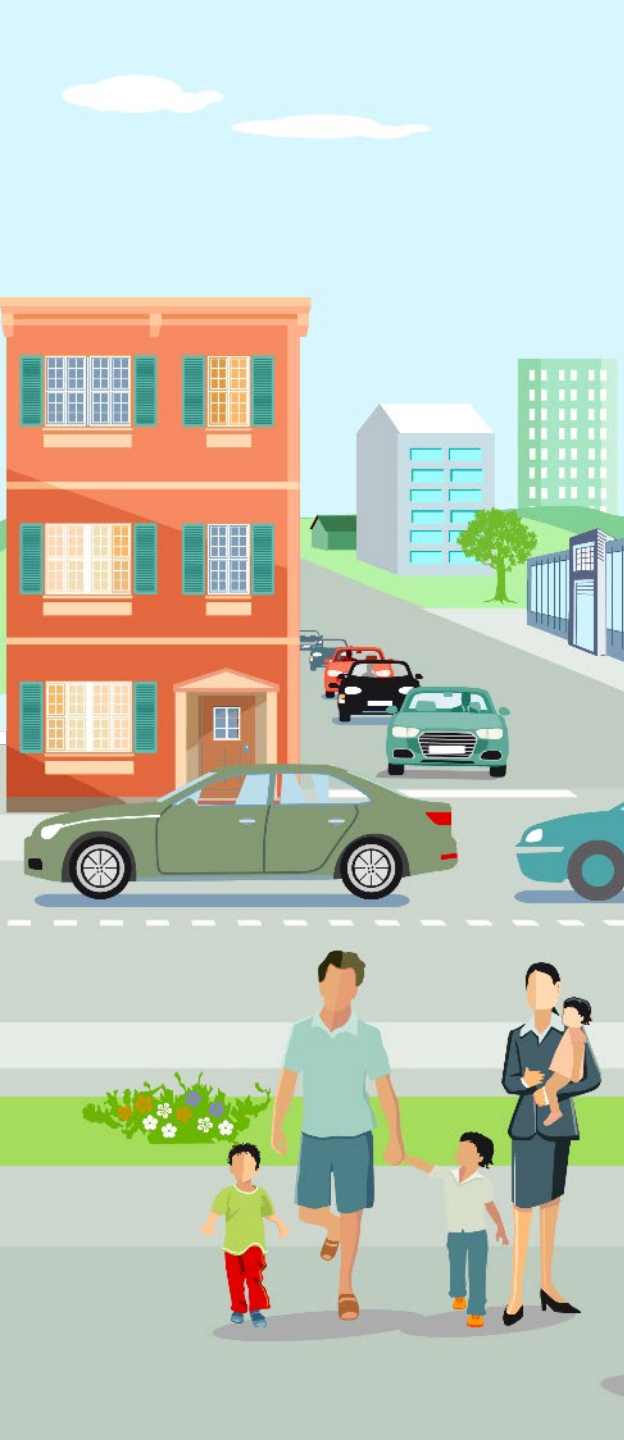
Distinction

Treatment

- In-or outpatient services
- Detox
- Group
- Individual counseling
- Medication

Recovery

- Choice
- Personal
- Value
- Thrive
- Medication



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

- Food
- Safe shelter
- Clothing
- Access to healthcare
- Access to transportation



Human Capital

- Values
- Knowledge
- Education
- Self-esteem
- Perception
- Skills
- Purpose



Social Capital

Relationships

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



Community/Cultural Community Capital

- Full continuum of treatment resources
- Accessibility of resources that are diverse
- Local recovery efforts, supports and attitudes

Cultural

- 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)



The Role of Treatment Court in Long-Term Recovery

Q: How can a treatment court team 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

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

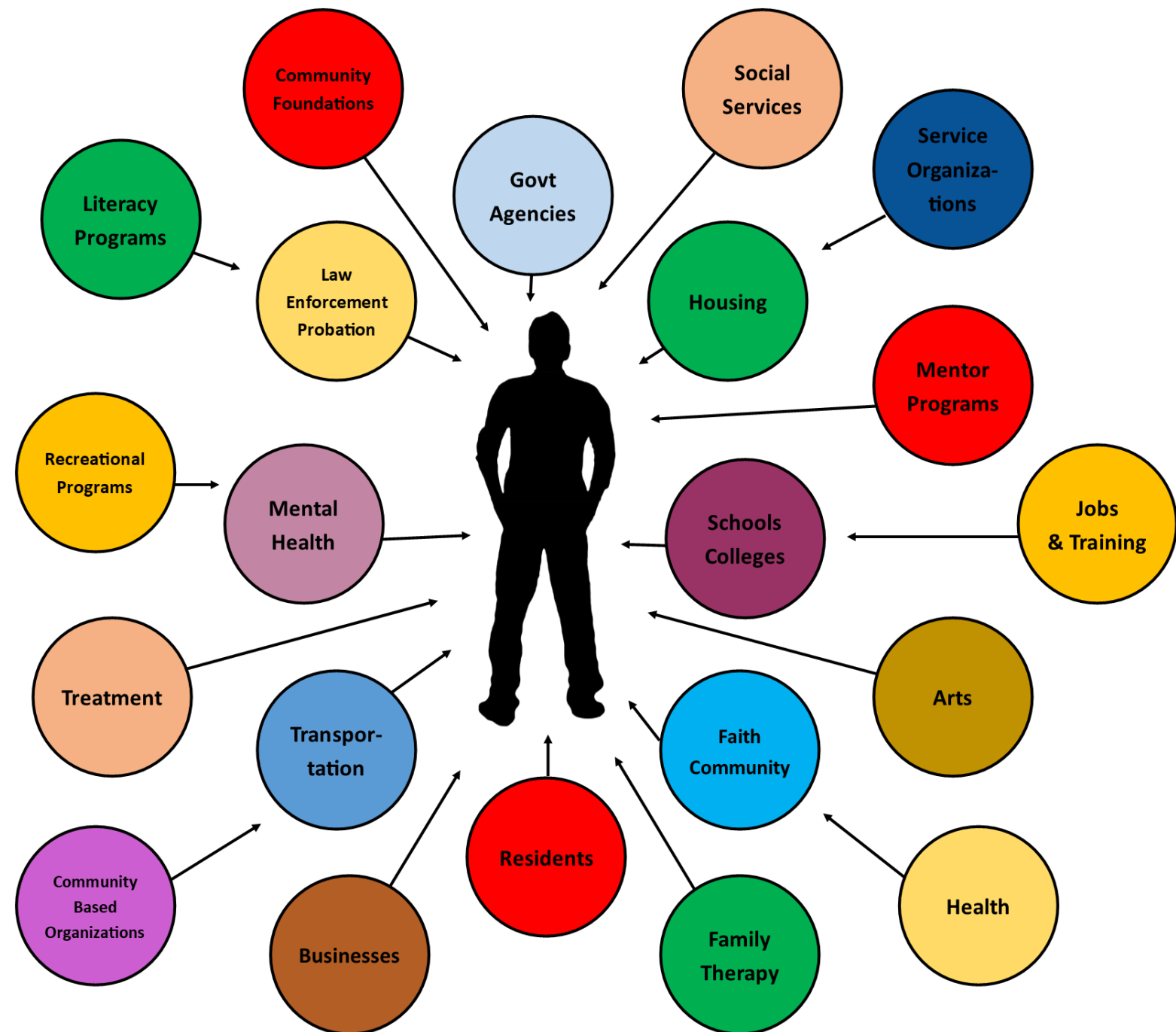
- ☐ I have the financial resources to provide for myself and my family.
- ☐ I have personal transportation or access to public transportation.
- ☐ I live in a home and neighborhood that is safe and secure.
- ☐ I live in an environment free from alcohol and other drugs.
- ☐ I have an intimate partner 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 if 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		+		+		+		+
TOTAL								

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

Community Mapping



A photograph of a meeting room with four people seated around a wooden table. A woman in a red shirt is in the foreground, facing away from the camera. Two men are seated across from her, and another woman is on the left. The room has white doors, a clock on the wall, and signs for 'Men' and 'Women'.

Case Planning and Staffing

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



Critical Questions



Critical Questions

- What is the need?
- Which resources best meet the need?
- What barriers exist to access the resources?
- How will the participant engage with the resources?

GOALS PHASE ____ Review in ____ Days	Treatment Objectives (include responsivity factors to address)	Probation Objectives (include responsivity factors to address)
<div>Area of Focus:</div> <div>GOAL:</div> <div>Recovery capital element:</div> <div>Area of Focus:</div> <div>Goal: brief statement of condition to change. Include when it will happen. The goal should be measurable.</div> <div>Recovery capital element: list here whether the goal builds the personal, social or community/cultural capital for the client.</div>	<div></div> <div>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”.</div> <div></div>	<div></div> <div>Case Management objectives: same definition as treatment objectives, but the approach for the skill building may (or may not) be different.</div> <div></div>

PHASE REALIGNMENT: HIGH RISK/NEED



Incorporating Recovery Capital Activity



Assessment of Recovery Capital

(Groshkova et al., 2013)

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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.



NADCP

National Association of
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QUESTIONS?

