

Recovery Capital Panel

Social Workers on the Front Line
of the Opioid Epidemic

Today's Panelists



Aaron Williams, MA
*Senior Director,
Training and TA for Substance Use*
National Council for Behavioral Health



Shelly Wiechelt, PhD, MSW
*Chair and Associate Dean
Associate Professor*
Baccalaureate Social Work Program
University of Maryland, Baltimore County



POLL: What best describes recovery?

- What best describes recovery?
(Select one)
 - Abstaining from substances
 - Connectedness to community and family
 - Spiritual awakening
 - Positive coping with day-to-day challenges
 - Rational thinking
 - All of the above



If you have other descriptions, add to the chat

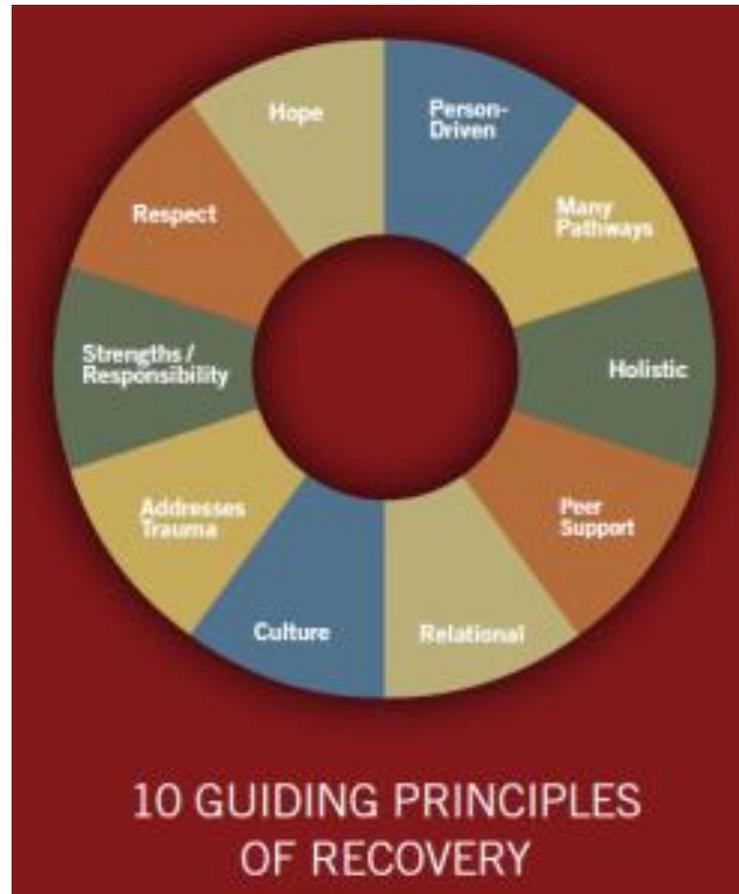
SAMHSA's 8 Dimensions of Wellness



NATIONAL
COUNCIL
for Mental
Wellbeing



SAMHSA's Working Definition of Recovery



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

(SAMHSA, 2011)

NATIONAL
COUNCIL
for Mental
Wellbeing



Recovery

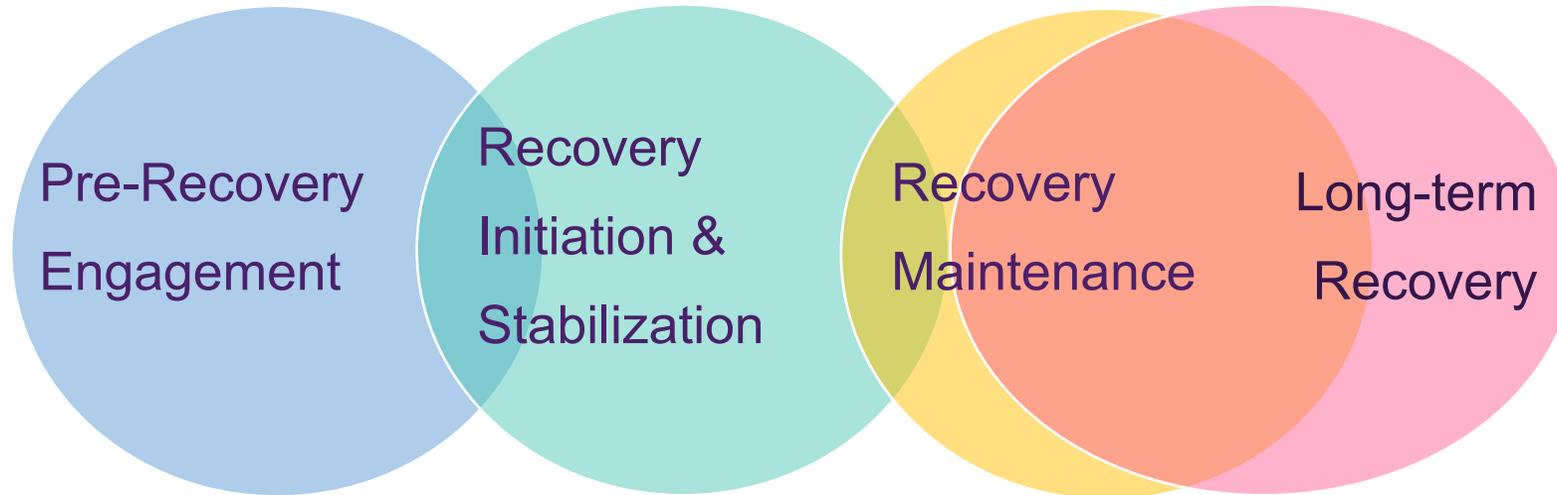
- **Health** – managing one’s disease and supporting physical and emotional wellness
- **Home** – having a stable and safe place to live
- **Purpose** – conducting meaningful life activities
- **Community** – having social relationships and social networks



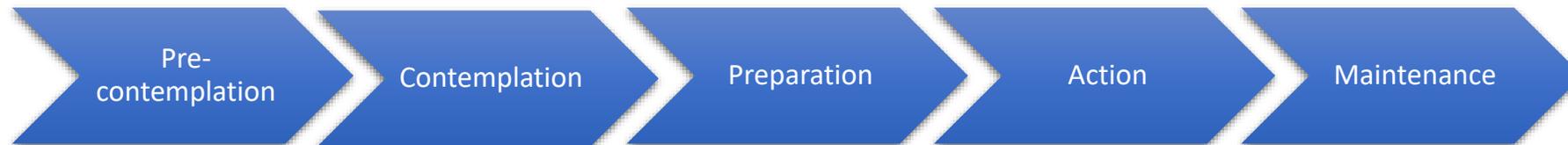
NATIONAL
COUNCIL
for Mental
Wellbeing



Continuum of Addiction Recovery



Adapted from William White



Stages of Change/ Prochaska & DiClemente

NATIONAL
COUNCIL
for Mental
Wellbeing

Recovery Capital



Recovery Capital is the sum of the strengths and supports – both internal and external – that are available to a person to help them initiate and sustain long-term recovery from addiction.



Consequences of Addiction Deplete Recovery Capital



- Limited education
- Minimal or spotty work history
- Poor rental history
- Low or no income
- Criminal background
- Bad credit; accrued debt; back taxes
- Unstable family history
- Inadequate health care
- Child custody issues

NATIONAL
COUNCIL
for Mental
Wellbeing



Creating and Reinforcing Recovery Capital



Essential Ingredients for Sustained Recovery:

- Safe and affordable housing
- Employment and job readiness
- Education and vocational skills
- Life and recovery skills
- Parenting and family skills
- Health and wellness
- Recovery support networks
- Community and civic engagement



Recovery Capital Problem Severity Matrix

(White & Cloud, 2008)

High Recovery Capital

High Problem Severity/
Complexity

Low Problem Severity/
Complexity

Low Recovery Capital

NATIONAL
COUNCIL
for Mental
Wellbeing



Recovery Capital Domains

(Best & Laudet, 2010)

Domains	Key Questions	Examples
Social	What kinds of support are available from family, social networks, and community affiliations? What are the participant's obligations to these entities?	<ul style="list-style-type: none">▪ Family and kinship networks▪ Friendships▪ Support groups▪ Community affiliations
Physical	What tangible assets (e.g., property, money, job, etc.) are available to expand the participant's recovery options?	<ul style="list-style-type: none">▪ Money▪ Personal property▪ Job▪ Home
Human	What intangible assets (skills, aspirations, personal resources, etc.) will enable the participant to flourish in recovery?	<ul style="list-style-type: none">▪ Skills and talents▪ Education▪ Dreams and aspirations▪ Personal resources
Cultural	What network of values, principles, beliefs, and attitudes will serve to support the participant's recovery?	<ul style="list-style-type: none">▪ Access to cultural activities▪ Connection to cultural institutions▪ Belief systems and rituals



Assessing Recovery Capital

Ten Domains	
1	Substance use and abstinence
2	Mental wellness and spirituality
3	Physical and medical health
4	Citizenship and community involvement
5	Meaningful activities: job/career, education, recreation, support
6	Relationships and social networks
7	Housing and safety
8	Risk taking and independence from legal responsibilities and institutions
9	Coping and life functioning
10	Recovery experience



NATIONAL
COUNCIL
for Mental
Wellbeing

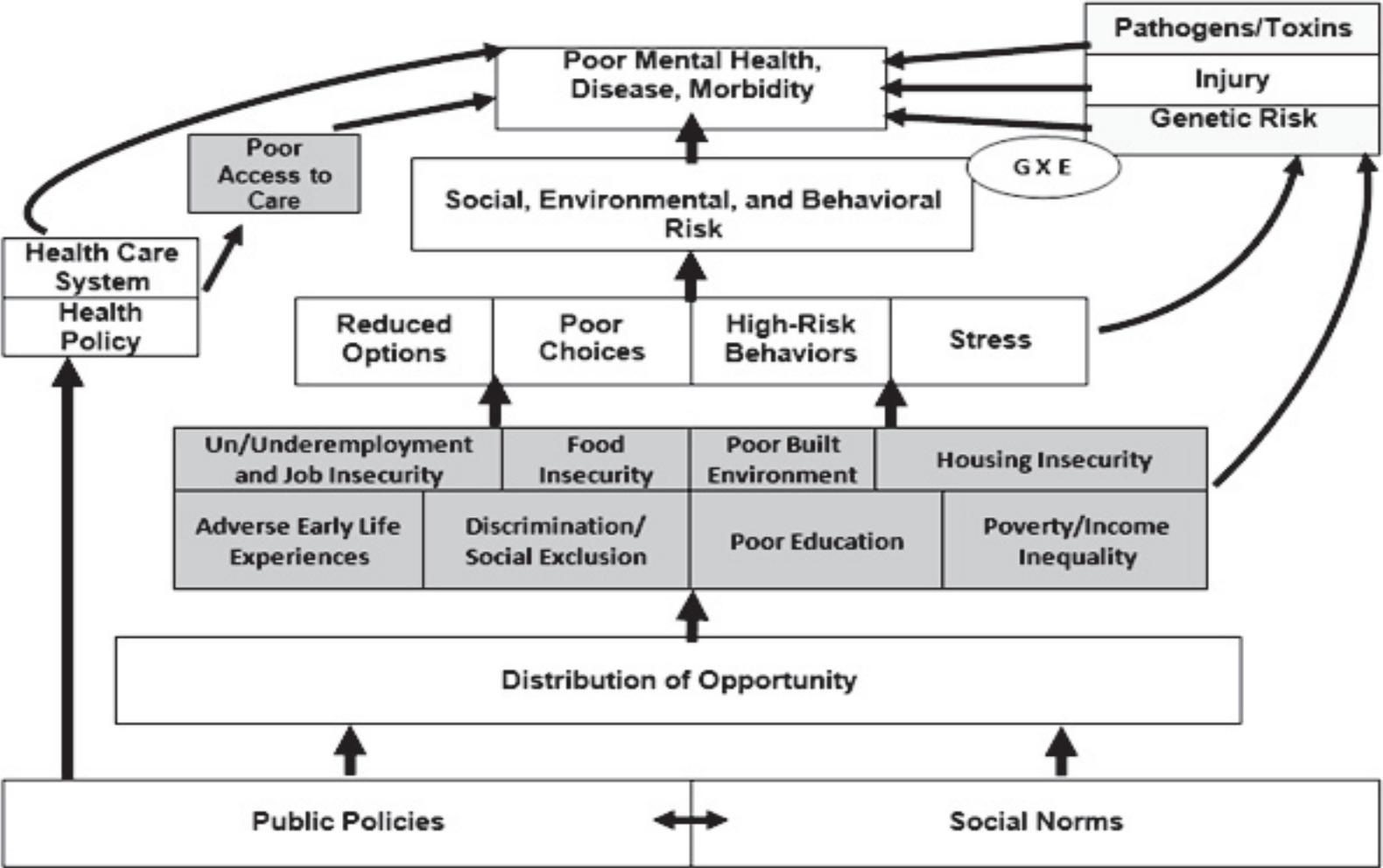
Recovery Capital and Clinical Practice

(White & Cloud, 2008)

- Support screening and brief intervention programs.
- Engage people with low recovery capital through aggressive programs and community outreach.
- Assess recovery capital on an ongoing basis.
- Use recovery capital levels to determine level of care placement decisions.
- Target all spheres of recovery capital with professionally directed treatment plans and client-directed recovery plans.
- Support recovery-linked cultural revitalization and community development movements.
- Use change levels of recovery capital to evaluate your program and your own professional performance.



Conceptualizing the Social Determinants of Mental Health



Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

Health Outcomes
Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



Discussion



NATIONAL
COUNCIL
for Mental
Wellbeing