

REC-CAP ASSESSMENT & RECOVERY PLANNING

What's Capital got to do with Recovery?



In an important 2001 paper, two addiction researchers coined the term “recovery capital” to describe “the sum total of one’s resources that can be brought to bear on the initiation and maintenance of substance use cessation.” [1] Recovery capital has become an important framework for helping recovering individuals assess their individual strengths and resources to inform the development of a recovery plan that will deliver the results they hope to achieve.

This workshop introduces the REC CAP, a strengths-based assessment and participant-owned recovery planning tool for peer Recovery Navigators, including residence staff members and other professional recovery support service providers. The tool is intended to assist participants (staff and residents) in monitoring progress towards the achievement of the resident’s self-directed recovery goals. One NARR affiliate, the Florida Association of Recovery Residences, was involved in the pilot study of REC CAP, and others are considering pilot programs of their own in the near future.

The REC CAP provides process improvement to enhance residence support effectiveness from initiation to stable stages of recovery. Based on earlier work mapping recovery capital (Groshkova, Best & White, 2012), the REC CAP assesses current recovery strengths including personal, social, well-being, support, and commitment domains; support and service needs; barriers to recovery; and involvement in recovery organizations. REC-CAP gives providers a powerful, evidence-based assessment tool to inform and enhance their service delivery.

Upon completion of this training, participants will be able to:

- ✓ Identify where the person is in their recovery journey
- ✓ Recognize strengths for moving forward
- ✓ Explain “node-link mapping” for recovery planning that includes quality of life and satisfaction factors, barriers to recovery, service involvement and needs, and recovery strengths.
- ✓ Administer the REC CAP to map and track over time an individual’s recovery strengths, barriers and unmet service needs
- ✓ Generate participative recovery plans that are evidence based and that will support recovery transitions and the growth of recovery capital

Dr. Best is a leading guru in the international research and policy movement around recovery from alcohol and drug problems. David has an undergraduate degree in psychology with philosophy, a Master’s degree in criminology and a PhD in the psychology of addictions. He is an experienced addictions and crime researcher who has published 170 peer-reviewed papers, more than 50 policy and research reports and has authored three books on addiction recovery. Currently he is Professor of Criminology in the Department of Law and Criminology at Sheffield-Hallam University and visiting Associate Professor of Addiction Studies at Monash University, Melbourne. David’s primary research interests are around recovery and social justice, including issues of stigma and inclusion for offenders and substance users. His research work is primarily around social inclusion and community connectedness and involves ongoing research partnerships with Deakin and Monash Universities in Victoria, Australia, the University of Queensland, Texas Christian University and Stirling University. David currently leads a multi-site collaboration on recovery pathways with Therapeutic Communities in Australia, and is the Principal Investigator on a European project on recovery models and philosophies in the UK, Belgium and the Netherlands. He sits on the board of the Recovery Outcomes Institute.

The online REC-CAP assessment tool will be provided to NARR affiliated providers who attend the event **free of charge!** Up to 6 hours of NAADAC CEU credit available!

Register now at narronline.org/conference



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