

## Funding acknowledgement:



REC-PATH is a collaborative project supported by the European Research Area Network on Illicit Drugs (ERANID). This presentation is based on independent research commissioned and funded in England by the National Institute for Health Research (NIHR) Policy Research Programme (project ref. PR-ST-0217-10001), in the Netherlands by The Netherlands Organisation for Health Research and Development (ZonMw), and in Belgium by the Research Foundation Flanders (FWO, Belgium) and the Belgian Science Policy Office (BELSPO). The views expressed in this presentation are those of the authors and not necessarily those of the national funding agencies or ERANID.



# Study aims

- To identify pathways to recovery for drug problems in England, Belgium and Netherlands
- To assess whether there are gender differences in the 'mechanisms of change' across the participating countries
- To review recovery pathways by three stages – early (less than one year), sustained (1-5 years) and stable (more than five years)
- To examine how changes in recovery may be influenced by public policy in this area

# Study design

- To use multiple research methods:
- screening survey;
- cohort study;
- in-depth qualitative interviews;
- Photovoice;
- policy analysis

# Mechanisms of behaviour change

1. Natural recovery
2. Mutual aid (12 step)
3. PBRSS
4. Residential treatment (TC and other)
5. Community treatment

# Progress to date

- Life In Recovery – screening survey complete
- OSB
- OSF
- Qualitative interviews
- Photovoice (an initial workshop with 12 participants has been arranged)
- Policy analysis

# Data collected to date

	LiR	OSB	OSF	Qualitative
Belgium	181	113	92	24
UK	311	118	84	27
Netherlands	230	136	126	28
Total	722	367	302 (82.3%)	79

# Policy analysis

- Comparison of established recovery countries (Scotland, England) and countries with new recovery policies (Belgium, Netherlands)
- What are the levers of change?
  - How does policy work?
  - How is it evaluated?
- Three stages:
  - Focus groups with policy makers
  - Documentary analysis
  - Key stakeholder interviews