



REC-PATH

Recovery Pathways

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The **central values** of the centre:

- widening access to justice
- promotion of human rights
- ethics in legal practice
- overcoming social injustice
- enabling desistance and recovery
- promoting criminal justice accountability



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Overview

Study aims

Conceptual frameworks

Key questions

Design

Added value



Study aims

Mapping pathways to recovery involving different mechanisms of behaviour change for recovery (MOBCR)

Aim to recruit a total of 250 people in each location

Recruit at baseline 150 people in each country

Of 150 per country will quota target 50 at each of three stages of recovery: early (<1 year), sustained (1-5 years) and stable (>5 years)

Equal numbers of males and females

Link to policy review



MECHANISMS OF BEHAVIOUR CHANGE FOR RECOVERY (MOBCR)/ DEVELOPMENTAL PATHWAYS

(i) Natural recovery	(ii) 12-step fellowships	(iii) Peer-based recovery support services (PBRSS)	(iv) Therapeutic communities (TC) and residential rehab	(v) Specialist outpatient treatment
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DOMAINS					
<i>Variants within the model</i>	None	AA, NA, CA	Structured/ organisational (e.g. SMART, or local)	'Pure' or 'modified'	Abstinence- oriented (Detox, reduction) or maintenance
<i>Group-based</i>	No	Yes	Yes	Yes	Not necessarily
<i>Recovered or in recovery (self-defined)</i>	Not known	In recovery	Recovered	Recovered	Recovered
<i>Reliance on peer influence</i>	No	Yes	Yes	Yes	Not necessary
<i>Reliance on professional input</i>	No	No	Possible	Possible	Yes
<i>Cost</i>	None	None	Low or none	High	Medium to high
MECHANISMS					
<i>Promoting abstinence</i>	Not necessarily	Yes	Generally but not exclusively	Yes	In some but not all services
<i>Promoting employment</i>	Employment unlikely to have been lost	Through networks and social learning	Through networks and social learning	Generally a requirement of graduation and moving on from TC	Case management model
<i>Promoting housing</i>	Housing may not have been lost as part of retention of recovery capital	Through networks and social learning	Through networks and social learning	Treatment and aftercare pathways	Case management model
<i>Challenging stigma and exclusion</i>	Stigma may not be experienced	Anonymity	Peer support	Through right living and possibly through links to recovery housing	Various but including community linkage models



Conceptual frameworks- Recovery as a journey over time that is personal and individualised

- Developmental pathways along the recovery journey, according to MOCBR, and temporal recovery - three stages of recovery: early (<1 year), sustained (1-5 years) and stable (>5 years)
- Recovery and Quality of Life (QoL)
- Recovery, Stigma and Social Exclusion



Key questions and domains

- What is the policy context for recovery?
- What are the recovery experiences and transformations for people completing the Life in Recovery (LiR) survey?
- Recruiting baseline sample by MOBCR and stage in each country
- Follow-up 6 months later
- Qualitative components (e.g., Photovoice)



Design Phase 1: Policy analysis

- Origins of current drug policy
- Implicit and explicit referencing of recovery
- Links to treatment models and systems
- Links to commissioning and performance management
- Measurement and assessment of recovery goals
- Stakeholder and documentary analysis



Design: Phase 2: Life In Recovery

- Already completed in the UK, US, Australia, Canada and South Africa
- To administer a LiR survey across four countries: England, Scotland, the Netherlands and Belgium
- LiR aims to capture the recovery experience of 1000 persons across all four countries
- LiR screen for baseline and follow-up study participation
- LiR will begin to assess the different recovery pathways
- LiR will identify participants and recruit populations in early (<1 year), sustained (1-5 years) and stable (>5 years) recovery



Design phase 3: Repeated measures change analysis

- Repeated measures, mixed methods design; participants (n=450) taking part in two researcher-led interviews at baseline and 12 months
- A sub-sample (n=90) for further qualitative research at the 12-month point, from an overall sample of 750/1000 completing the screening version of the LiR
- Eligibility criteria:
 1. having/had a lifetime dependence of an illicit substance
 2. classifying themselves as 'in recovery' or as 'recovered'



Recruitment of sample for Phase 2

- LiR adapted version: recruitment, screening and eligibility
- Adverts on radio and in newspapers, networked Twitter re-tweets, community recovery Facebook pages
- National and regional user and recovery representative organisations
- Each cohort of 50 (early/sustained/stable recovery groups) with = numbers of males and females. Screening will ensure individuals have lifetime substance dependence as primary inclusion criterion, regardless of multiple or primary substance past use



Structured instrument

Based on the SONAR project in Australia (Best et al, 2016), participants engage in two structured interviews at baseline and follow-up that will map:

addiction and recovery careers, trajectories and turning points	service utilisation, recovery status and MOBCR
quality of life, e.g. personal development and housing	structural supports, access to community resources, perceived stigma and social exclusion
social networks and social identity	recovery capital



Added value

- User group engagement approaches
- In-depth qualitative interviews
- Photovoice
- Social media presence
- integration with LiR databases
- Integration with SONAR database



Questions?