



**THIS IS WHO WE ARE.**



# **FACES & VOICES OF RECOVERY**

**ADVOCATE. ACT. ADVANCE.**

# Reaching for Their Dreams:

## Using Recovery Capital as the Foundation for Recovery Planning

presented by

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# Learning Objectives for Today

## Recognize

Recognize the role of Recovery Capital as the foundation for recovery planning to support long term sustained recovery

## Understand


Understand the importance of identifying and mobilizing strengths

## Develop

Develop skills needed to assess Recovery Capital and build attainable person-centered goals designed to grow Recovery Capital

## Incorporate

Incorporate recovery-oriented and person-centered approaches into goal setting and recovery planning activities



Addiction professionals are in a unique position to witness all of the things that drugs do to people, but it may be harder in that role to understand what drugs do for these same people before the crash and burn experiences that bring them to us.

Understanding that “doing for” dimension is critically important for within it can be found the seeds of addiction and the ingredients that must be discovered or forged to sustain recovery.

The same needs met through drug use must be met in recovery.

~William White, Recovery Rising pg. 9

# Defining Recovery

How We Define Recovery Informs How We  
Will Approach Recovery Planning




# How We Define Recovery Informs How We Will Approach *Recovery Planning*

Is our definition:

- Broad or narrow?
- Roomy and all inclusive or contained and rigid?
- The same for everyone or left up to the individual?
- Flexible enough to account for differences between standards we set for ourselves and what we expect for those we provide Peer services to?

# Defining Recovery


- As we look at and listen to several definitions of recovery, grab a piece of paper and jot down the words that most resonate with you
- As we finish exploring these definitions – take your list of words and narrow it down to your top five
- Let's then share our "top five" words and consider how they would be used to construct our own definition
- How do WE define Recovery?

A blue-tinted background image on the left side of the slide shows a person's hand pointing at a document. The hand is wearing a dark watch with a light face. The document has some text and a small graphic. The overall image is semi-transparent and serves as a background for the text.

Recovery is the process of pursuing a contributing and fulfilling life regardless of the difficulties one has faced. It involves not only the restoration, but also continued enhancement of a positive identity as well as personally meaningful connections and roles in one's community. It is facilitated by relationships and environments that promote hope, empowerment, choices and opportunities that promote people in reaching their full potential as individuals and community members

Philadelphia Department of Behavioral Health/Mental Retardation Services (DBHMRS, 2006)





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 Definition of Recovery, 2012

# In **ASAM's** definition, recovery from addiction is:

An active process of continual growth that addresses the biological, psychological, social and spiritual disturbances inherent in addiction, and includes the following factors:

1. The aim of improved quality of life and enhanced wellness as identified by the individual
2. An individual's consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed or which could pose a risk for pathological pursuit in the future
3. Relief of an individual's symptoms including substance craving
4. Improvement of an individual's own behavioral control
5. Enrichment of an individual's relationships, social connectedness, and interpersonal skills
6. Improvement in an individual's emotional self-regulation


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# How We Define Recovery Informs How We Will Approach **Recovery Planning**

Please switch your Zoom to Gallery View

## **Is our definition:**

- Broad or narrow?
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- The same for everyone or left up to the individual?
- Flexible enough to account for differences between standards we set for ourselves and what we expect for those we provide Peer Support services to?

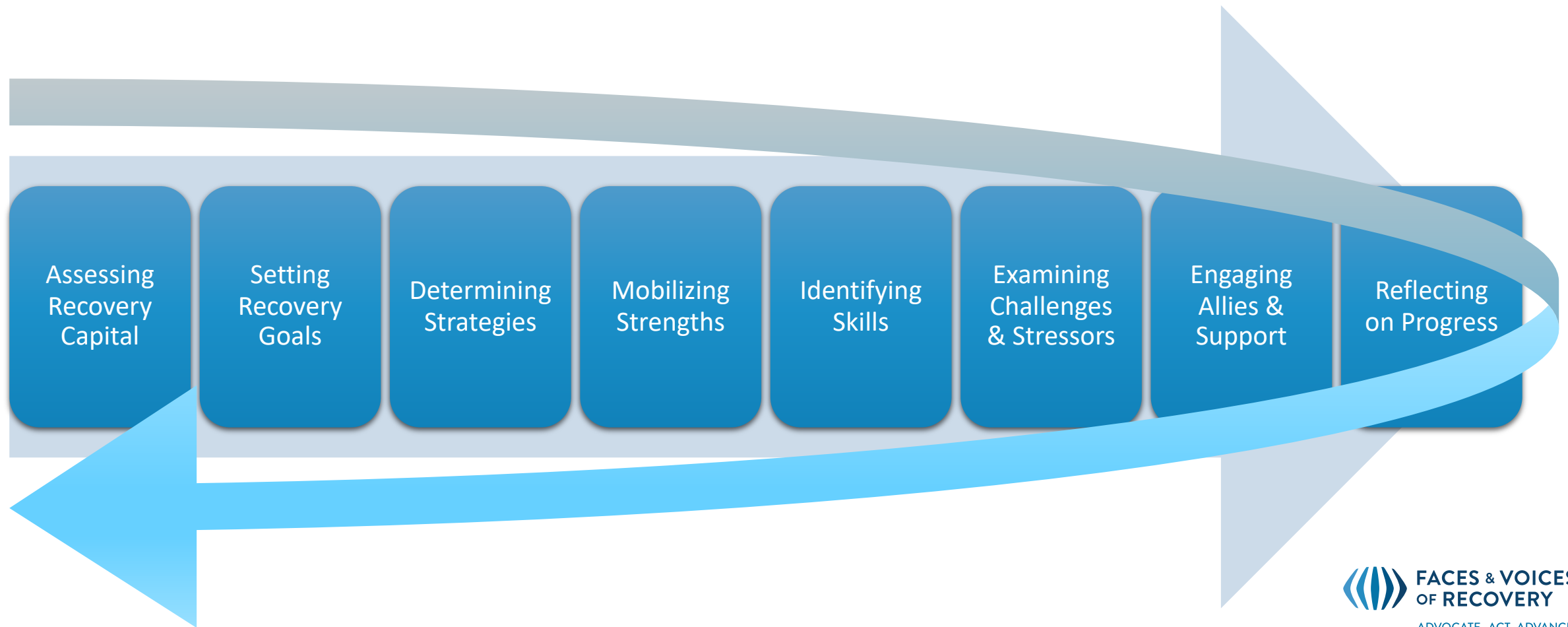


“If we perceive recovery as a journey of transformation, then it is safe to assume that the goal of this transformation is to enable individuals impacted by addiction to live meaningful lives in their chosen communities while striving to achieve their full potential”

And you as a Peer Supporter are an ambassador of transformation

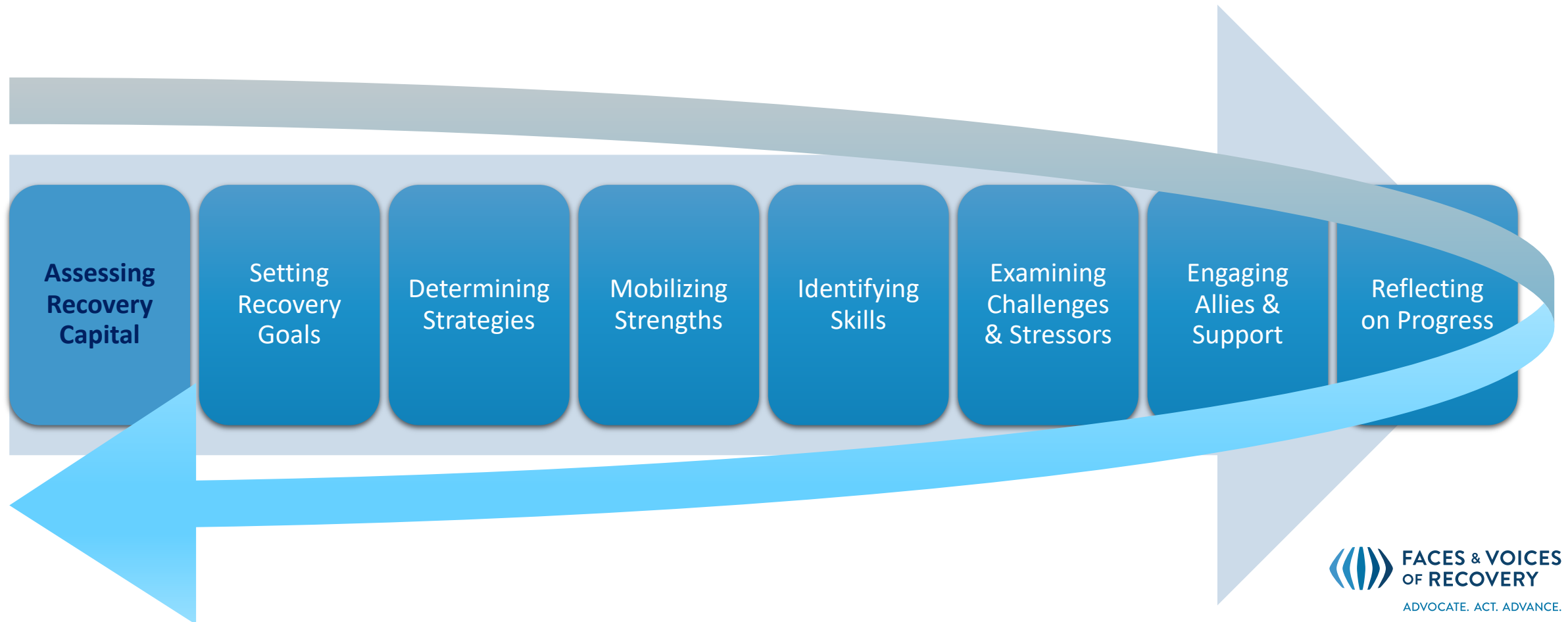
~Sharon Hesseltine

# The Recovery Planning Process

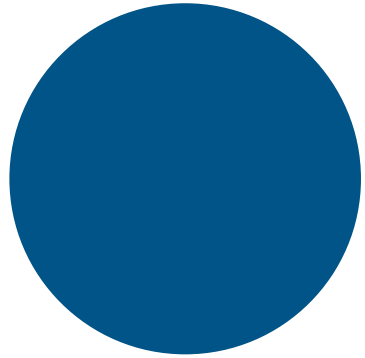




# Assessing Recovery Capital



# Recovery Capital



- Internal and external assets that can be tapped into to initiate and sustain recovery
- Changes over time
- Interacts with problem severity to inform the intensity and duration of recovery support services
- Let's take a look at the Recovery Capital Interview Tool Hand Out

# SOCIAL

Support, guidance and sense of belonging that comes from relating to others.

Connections from relationships often found in memberships in family, groups and community.

# PHYSICAL

Values, knowledge, educational/vocational skills and credentials, problem solving capacities, self-efficacy purpose

These are the internal resources that provide a sense of purpose and hope

# HUMAN

More palpable resources such as; income, vehicles, housing, food, and clothes as well as health

These can be found in sober living, employment centers, temporary assistance, and access to reliable transportation.

# COMMUNITY

# Community Recovery Capital

Community attitudes/policies/resources related to addiction and recovery that promote the resolution of alcohol and other drug problems

- Community Recovery Capital includes:
  - active efforts to reduce addiction/recovery-related stigma
  - visible and diverse local recovery role models
  - a full continuum of addiction treatment resources
  - recovery mutual aid resources that are accessible and diverse
  - local recovery community support institutions (recovery centers, treatment alumni associations, recovery homes, recovery schools, recovery industries, recovery ministries/churches)
  - sources of sustained recovery support and early re-intervention (e.g., recovery checkups through treatment programs, employee assistance programs, professional assistance programs, drug courts, or recovery community organizations)

# Recovery Capital Scale

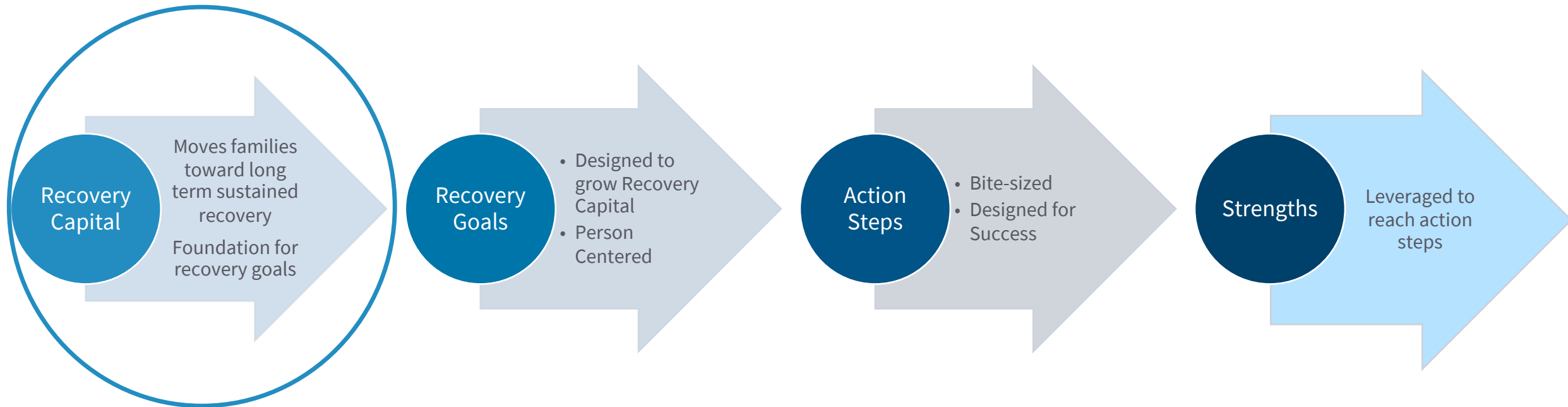
- High recovery capital + high problem severity
- Low problem severity + high recovery capital
- Low problem severity + low recovery capital
- High problem severity + low recovery capital

*Clients with high problem severity but very high recovery capital may require fewer resources to initiate and sustain recovery than an individual with moderate problem severity but very low recovery capital.*

High Recovery Capital	High Problem Severity/ Complexity
Low Problem Severity/ Complexity	Low Recovery Capital

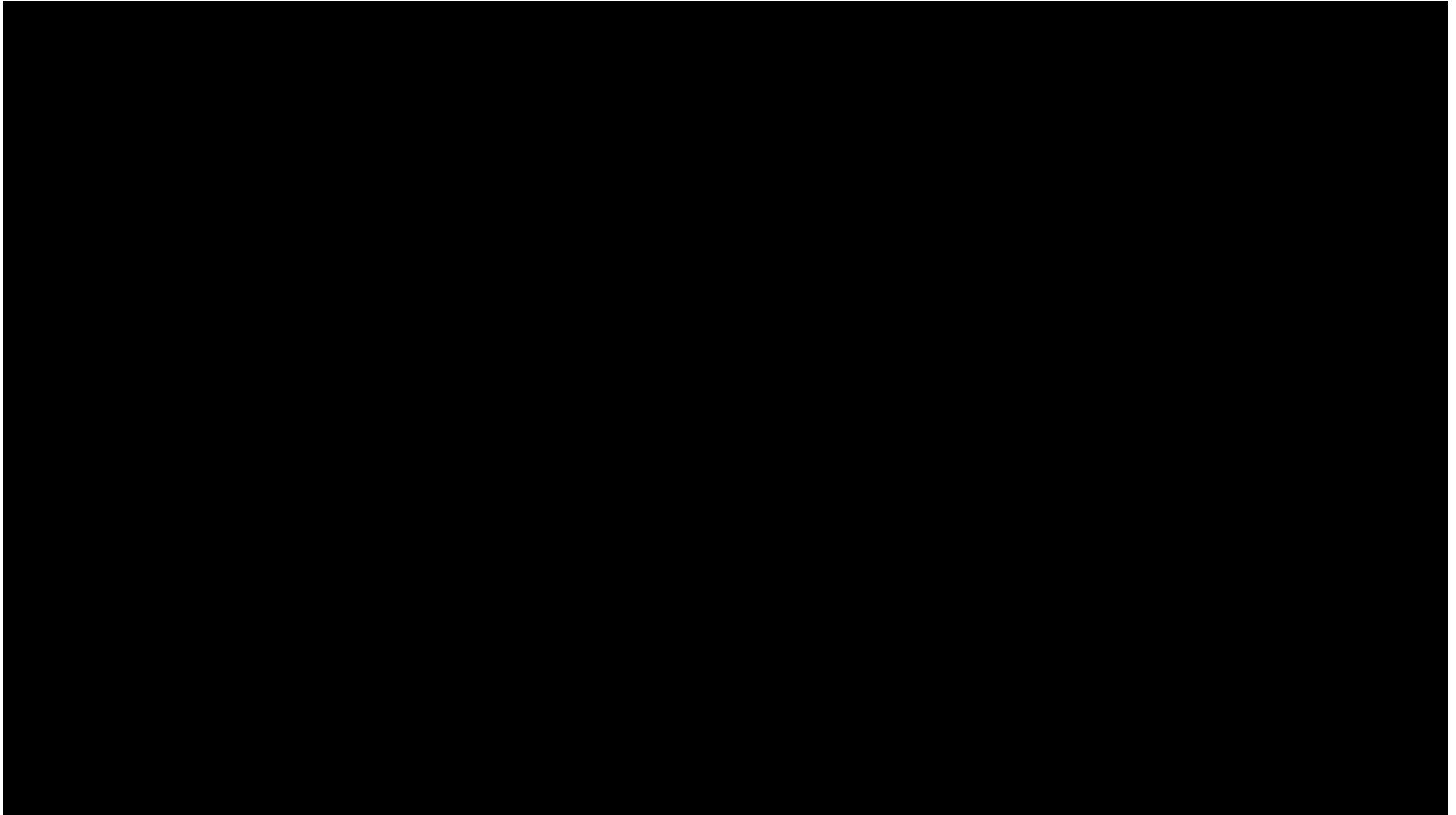


# Fitting the Pieces Together



# Identifying Recovery Capital - Activity

- Using the Recovery Capital Interview Tool check off recovery capital identified by Chauncy in the upcoming video
- Following the video we will work together and share our observations



# Let's Discuss!

## Using the Recovery Capital Interview Tool

- What was Chauncy's Social Recovery Capital?
- What was Chauncy's Physical Recovery Capital?
- What was Chauncy's Human Recovery Capital?
- What was Chauncy's Community Recovery Capital?

# Making Assessment Conversational - Activity

We will work together re-frame the statements from the Recovery Capital Interview Tool into open ended questions

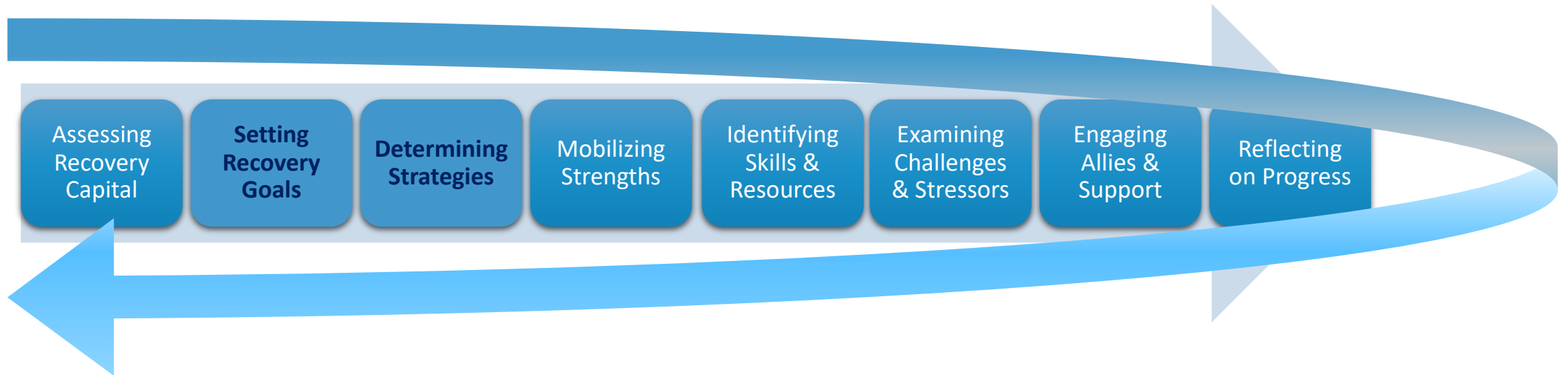
We will be using the White Board to document our open-ended questions in the the area of Social Recovery Capital

Our goal with the open-ended questions is to think broadly and find ways where one or two questions sparks a conversation to learn about a person's Recovery Capital

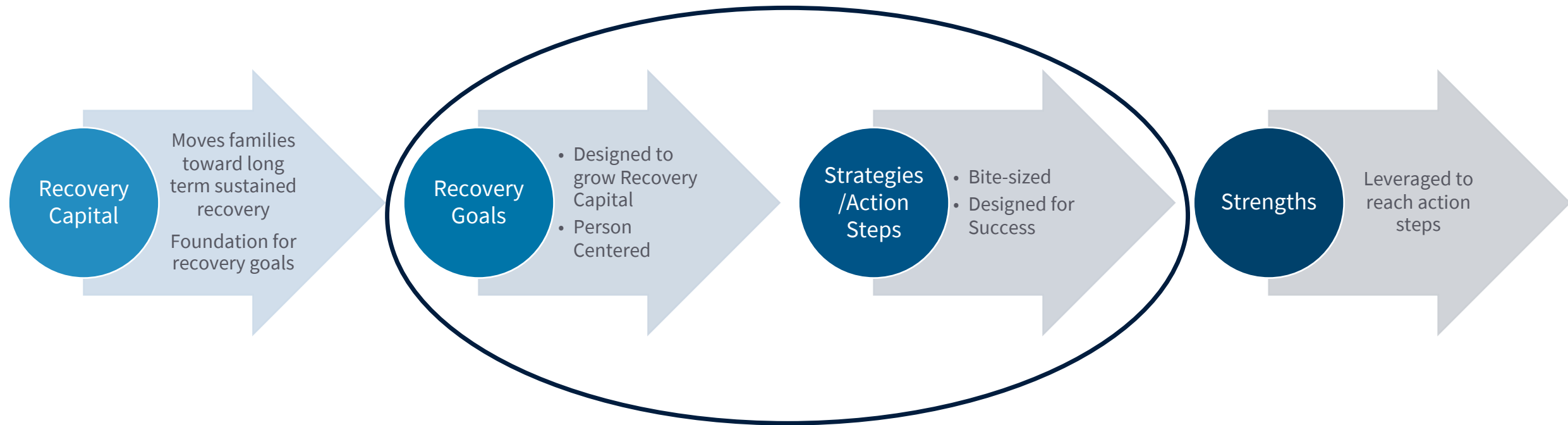
By being conversational those we serve aren't left feeling like they have been interrogated about Recovery Capital!



# Setting Recovery Goals & Determining Strategies



# Fitting the Pieces Together



# Let's Think Back to Chauncy

- As you think back to Chauncy, and looking at the Recovery Capital Interview tool, what is something that “bubbled up” as an important goal to him?
- When thinking about a goal we want to build from a “gap” in Recovery Capital that is meaningful for the person we are supporting
- Let's work together using the Recovery Capital Planning Sheet to map out one goal and some of the strategies that would be important to reaching the goal

A blue-tinted background image on the left side of the slide. It shows a person's hand wearing a watch, pointing at a document or a list on a clipboard. The document has some text and a small graphic of a person.

# **Strategies: Methods Or Action Steps Used To Achieve the Identified Goal**

- Should be “bite-sized”
- Concrete
- Time-limited
- Developed in partnership with the individual we are supporting
- Written on Recovery Plan
- Designed for successful completion



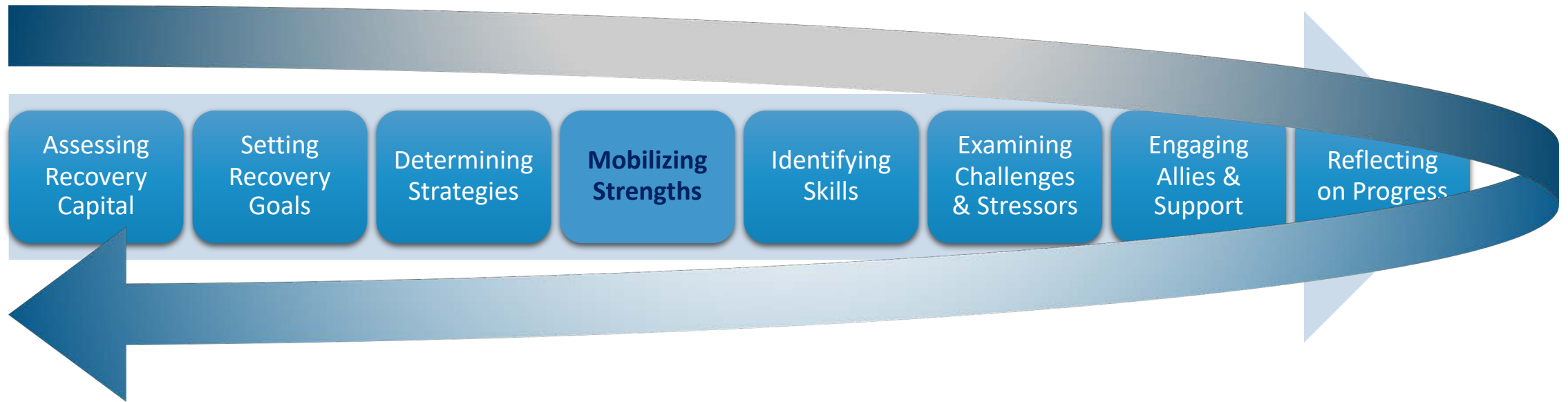
## My Recovery Plan – Where Dreams Get Real



I want to (goal):						
I'd like it to happen by (date):						
How I'm going to get there:						
Strategies/Steps I'll Need to Take	Target Date	My Strengths	My Skills & Resources	My Challenges & Stressors	My Allies & Supports	How's it Working?



# Mobilizing Strengths



# MOBILIZING STRENGTHS



By the time folks end up at our door they've usually been pretty beat down and their deficits loom large. People often have strengths they don't recognize as strengths. Let's take a look at the strengths handout and see how we can help those we support begin to recognize and mobilize their strengths.

# Finding My Strengths



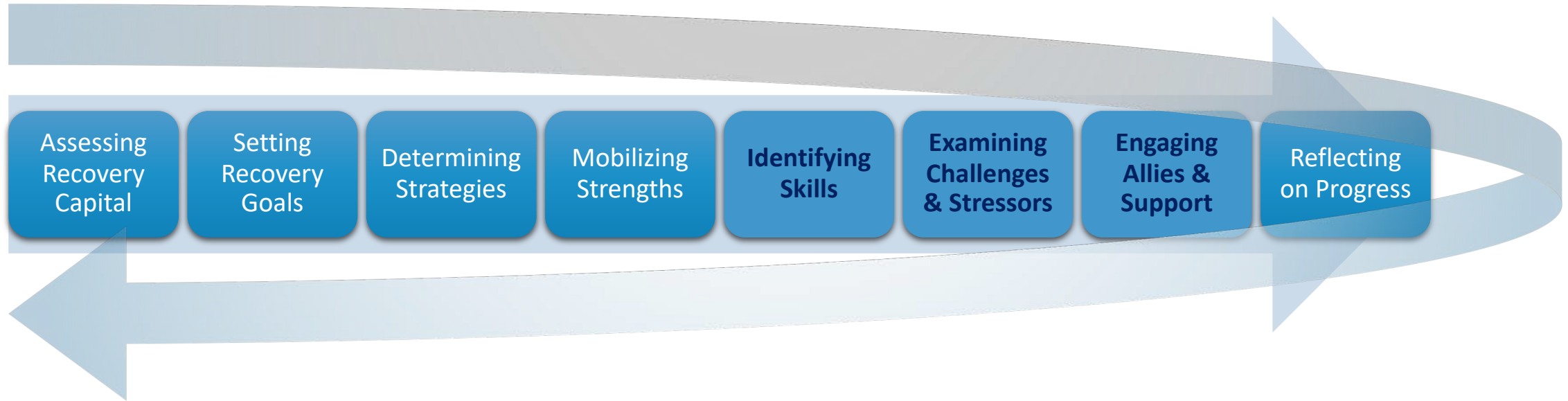
- ☐ Able to forgive
- ☐ Authentic
- ☐ Artistic (singing, cooking, dancing, & other forms of expression)
- ☐ Brave
- ☐ Comfortable asking for help
- ☐ Creative
- ☐ Curious (try something new or do something different)
- ☐ Dependable
- ☐ Determined
- ☐ Enthusiastic
- ☐ Fair
- ☐ Finish what I start
- ☐ Flexible
- ☐ Friendly (and able to keep friends)
- ☐ Generous
- ☐ Good problem solver
- ☐ Have characteristics of a leader
- ☐ Have skills to keep a job
- ☐ Integrity (doing the 'right' thing even when no one is watching)
- ☐ Love of learning
- ☐ Optimistic
- ☐ Organized
- ☐ Patient
- ☐ Perspective (see things from different points of view)
- ☐ Physically active
- ☐ Playfulness (humor)
- ☐ Respectful of others
- ☐ Self-respecting
- ☐ Spirituality (your faith and beliefs)

[illegible]

# Identifying Skills

## Examining Challenges & Stressors

## Engaging Allies & Support





# Identifying Skills

- Specific talents and abilities that the client has
- Develop over time through practice, training, and experience
- May be specific: operating machinery, designing a logo, or using a computer, playing music
- May also be broader: problem solving, inspirational speaking, or coaching

The Family Partnership Process: Engaging and Goal-Setting with Families, The National Center for Parent, Family, and Community Engagement, Office of Head Start



# Examining Challenges & Stressors

- Events, people, and other circumstances that make people feel worried or anxious
- When Recovery Capital is low the stressors of daily living can make it difficult to set aside time for planning or leave clients feeling overwhelmed
- In early recovery small challenges can easily feel insurmountable
- When clients are faced with many stressors, Peer can help break goals down into short term steps, work to address immediate needs that help promote stability and create opportunities for small wins

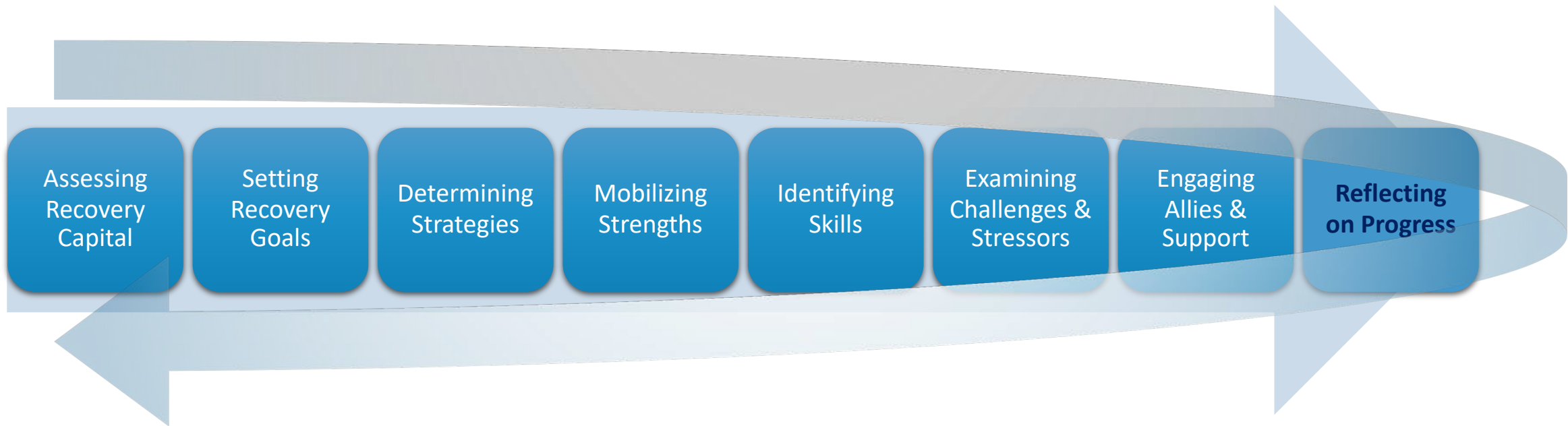
Adapted from: The Family Partnership Process: Engaging and Goal-Setting with Families,  
The National Center for Parent, Family, and Community Engagement, Office of Head Start

# Engaging Allies & Support

- We all benefit from support to do our best work and make progress towards our goals
- Support is critical to achieving goals, but for some, asking for help can be a goal in and of itself
- Clients may receive support from friends and family, faith-based organizations, other community providers and individuals in the recovery community

Adapted from: The Family Partnership Process: Engaging and Goal-Setting with Families,  
The National Center for Parent, Family, and Community Engagement, Office of Head Start

# Reflecting on Progress



# Reflecting on Progress

- Success: Achieving something desired
- Occurs each time you connect with a client
- Checking in to see if goals & the steps are still working for clients as opposed to checking up on achievement
- The greatest value is in the process, experiencing small wins and engagement in decisions around the direction one's life is going
- Celebrate each and every win – small and large



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**“How you as the Peer facilitate and support others  
in the Recovery Planning process will have a direct  
Impact upon building another’s sense  
of competence and confidence”**

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~Sharon Hesseltine

# Contact Information



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