

Using Life In Recovery to build a case for recovery oriented policy

PROFESSOR
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The origins of Life In Recovery

- Faces and Voices of Recovery (FAVOR, 2013): Developed by Alexandre Laudet to assess experiences in addiction and in recovery. Survey repeated in the UK, Australia, Canada, and used as the screen for the REC-PATH study
- Life in Recovery screening questionnaire: attempted by 364 individuals from the UK, 231 from the Netherlands and 181 from Belgium (54 did not complete all of the fields) leaving a final sample of **722**.
- This has been supplemented by a further European sample from RUN resulting in a final European sample of 1313
- **Strengths And Barriers Recovery Scale (SABRS): allows a quantification of recovery strengths and recovery barriers in both active addiction and in recovery**

Women spend an average of **17.7 years addicted** to drugs or alcohol.

Men spend **22.4 years addicted**.

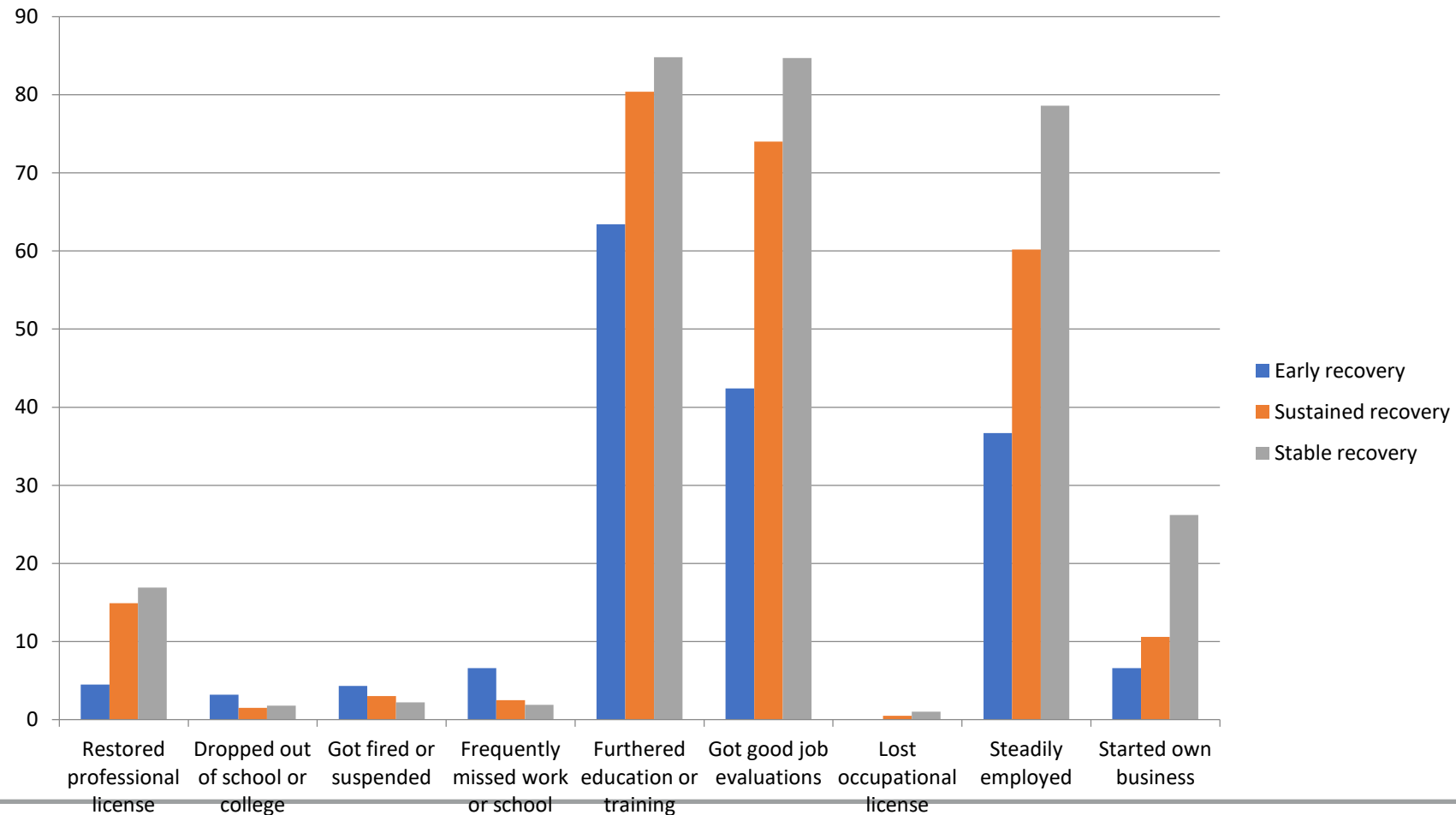


79.4% of people in long-term recovery have volunteered since beginning their recovery journey.

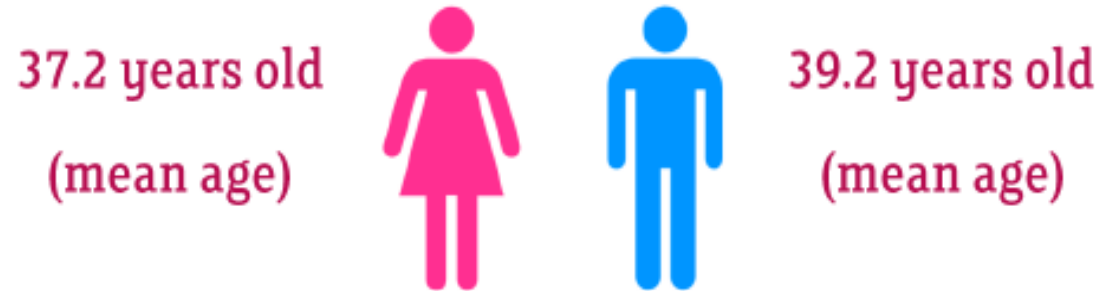
79.4%



Changes in work and study over the course of recovery

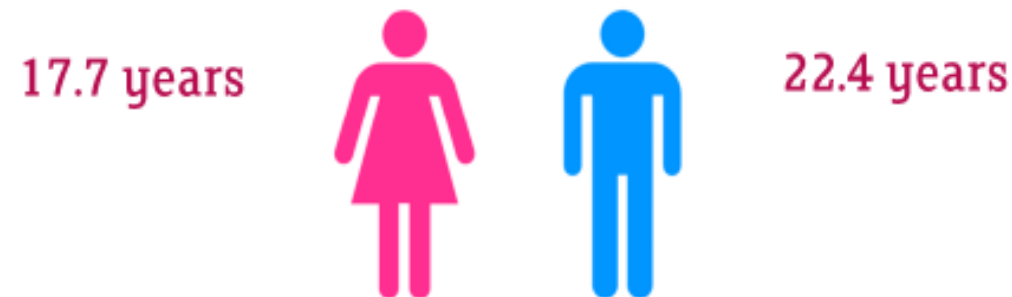


Gender differences in recovery



Female participants in recovery were, on average, identified as being younger when they started their recovery journeys than their male counterparts.

Figure 6.1.1.2: Addiction careers



Female participants in the survey had, on average, shorter substance using careers than their male counterparts.

Balkan Research data

Carried out as an adjunct to the REC-PATH research study

The five domains that the survey assessed were:

- Finance
- Health
- Crime
- Family and social
- Employment and education

Health factors in active addiction and in recovery

| Did you: | In active addiction | In recovery |
|--|---------------------|-------------|
| Experience untreated emotional or mental health problems | 77.2% | 47.9% |
| Visit emergency rooms frequently | 23.6% | 6.8% |
| Get regular dental check-ups | 17.1% | 47.9% |
| Use tobacco products | 87.8% | 49.4% |
| Take care of your health | 16.7% | 76.0% |

Legal factors in active addiction and in recovery

| Did you | In active addiction | In recovery |
|------------------------------------|---------------------|-------------|
| Drive under the influence of drugs | 66.2% | 11.4% |
| Damage property | 70.3% | 14.1% |
| Get arrested | 63.9% | 10.3% |
| Had criminal charges against you | 54.8% | 10.3% |
| Served a prison sentence | 31.2% | 8.4% |

Financial factors in active addiction and in recovery

| Were you | In active addiction | In recovery |
|---------------------------|---------------------|-------------|
| Unable to pay your bills | 66.9% | 22.1% |
| Have had debts or credit | 65.0% | 12.9% |
| Usually pay bills on time | 15.2% | 66.2% |
| Have stable housing | 79.1% | 87.8% |

Employment factors in active addiction and in recovery



| Did you | In active addiction | In recovery |
|------------------------------------|---------------------|-------------|
| Remained steadily employed | 36.9% | 54.4% |
| Get good job evaluations | 31.2% | 64.3% |
| Frequently miss school or work | 65.8% | 6.5% |
| Further your education or training | 31.2% | 41.1% |
| Get fired or suspended from work | 44.5% | 7.2% |



Family and social factors in active addiction and in recovery



| Did you | In active addiction | In recovery |
|--|---------------------|-------------|
| Participate in family activities | 33.5% | 78.7% |
| Plan for the future | 20.2% | 80.2% |
| Experience or perpetrate family violence | 41.8% | 8.7% |
| Volunteer in the community | 6.1% | 52.9% |



All recovery is not the same.....

| | In active addiction | Recovered | In med- assisted Recovery |
|--|---------------------|-----------|---------------------------|
| Experience untreated emotional or mental health problems | 77.2% | 35.4% | 46.4% |
| Frequently use health care services | 30.4% | 19.2% | 78.6% |
| Get regular dental check-ups | 17.1% | 62.6% | 25.0% |
| Use tobacco products | 87.8% | 34.3% | 89.3% |
| Drive under the influence of drugs | 66.2% | 7.1% | 14.3% |
| Get arrested | 63.9% | 3.0% | 25.0% |
| Had criminal charges against you | 54.8% | 7.1% | 14.3% |
| Complete a conditional sentence, such as parole | 39.5% | 7.1% | 10.7% |
| Served a prison sentence | 31.2% | 4.0% | 10.7% |
| Remained steadily employed | 36.9% | 70.7% | 28.6% |
| Get good job evaluations | 31.2% | 82.8% | 50.0% |
| Frequently miss school or work | 65.8% | 2.0% | 10.7% |
| Further your education or training | 31.2% | 52.5% | 35.7% |
| Get fired or suspended from work | 44.5% | 2.0% | 3.6% |
| Experience or perpetrate family violence | 41.8% | 6.1% | 17.9% |
| Volunteer in the community | 6.1% | 79.8% | 21.4% |



How do people recover in the Balkans?

| | |
|----------------------------------|-------|
| 12-step | 8.0% |
| PBRSS | 9.1% |
| Resi Rehab, TC or detox | 63.9% |
| Specialist out-patient treatment | 53.2% |
| Other service (such as a church) | 44.9% |

Differences in help-seeking by country

| | UK | Netherlands | Belgium | Balkans | Other Europe | chi |
|-----------------------------|-------|-------------|---------|---------|--------------|-----------|
| 12-step fellowship | 74.5% | 72.3% | 26.5% | 8.0% | 10.4% | 380.09*** |
| Peer-based recovery support | 50.3% | 29.4% | 24.3% | 9.1% | 36.1% | 127.00*** |
| Res. Rehab or TC | 57.1% | 77.5% | 75.7% | 63.9% | 83.1% | 56.34*** |
| Specialist out-patient | 64.8% | 73.2% | 70.7% | 53.2% | 66.7% | 25.63*** |
| Other such as church | 23.4% | 17.3% | 6.6% | 44.9% | 19.0% | 101.83*** |

RESEARCH

Open Access

Measuring capital in active addiction and recovery: the development of the strengths and barriers recovery scale (SABRS)



David Best^{1*}, Wouter Vanderplasschen² and Mulka Nisic³

Table 6 Gender differences in recovery barriers and strengths

| Mean number of ... | Male (n = 328) | Female (n = 149) | T, df, significance |
|-------------------------------|----------------|------------------|--------------------------|
| Strengths in active addiction | 4.3 (SD = 2.6) | 3.7 (SD = 2.7) | 2.37, 475, $p < 0.05$ |
| Barriers in active addiction | 8.4 (SD = 3.3) | 7.9 (SD = 3.4) | 1.50, 475, $p = 0.13$ |
| Strengths in recovery | 8.8 (SD = 3.8) | 10.3 (SD = 3.1) | 4.80, 346.5, $p < 0.001$ |
| Barriers in recovery | 2.7 (SD = 2.6) | 2.0 (SD = 1.9) | 3.11, 385.3, $p < 0.001$ |

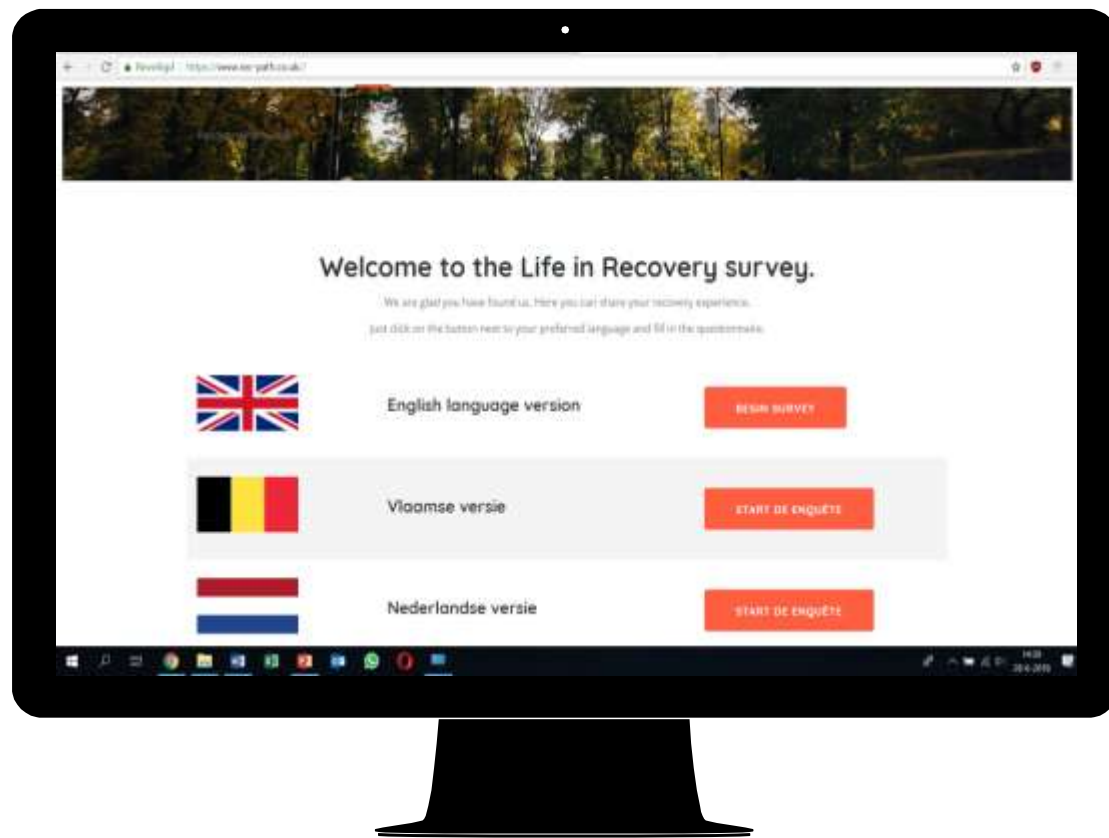


The Strengths and Barriers Recovery Scale (SABRS): Relationships Matter in Building Strengths and Overcoming Barriers

David Best¹, Arun Sondhi², Lorna Brown¹, Mulka Nisic³, Gera E. Nagelhout^{4,5}, Thomas Martinelli⁴, Dike van de Mheen⁶ and Wouter Vanderplasschen^{7*}

TABLE 5 | Mean number of strengths and barriers while in recovery and changes in strengths and barriers from addiction to recovery, by parenting status ($n = 1,313$).

| | No dependent children (mean, SD) | With dependent children | T, significance |
|-----------------------|----------------------------------|-------------------------|-------------------|
| Strengths in recovery | 10.2 (3.32) | 11.1 (3.05) | 5.03, $p < 0.001$ |
| Barriers in recovery | 2.62 (2.06) | 2.51 (2.40) | 0.84, 0.40 |
| Change in strengths | 5.43 (4.00) | 6.51 (4.23) | 4.61, $p < 0.001$ |
| Change in barriers | -5.79 (3.85) | -6.42 (3.88) | 2.84, $p < 0.01$ |



REC-PATH
RECOVERY PATHWAYS

Ever had a problem with illicit drugs?

Care to join an important project about recovery?

A graphic element featuring the REC-PATH logo at the top left. Below it is an orange banner with white text asking 'Ever had a problem with illicit drugs?' and 'Care to join an important project about recovery?'. To the right of the banner is a circular inset image showing a paved path lined with trees, with several people walking and cycling.

Life in Recovery Survey

Together with people who have overcome an addiction problem, or who are working on this, we want to show that recovery from addiction is possible. We want to find out more about your recovery, because sharing your experiences can help other people with an addiction.

Go to www.rec-path.co.uk or scan the QR-code with your smartphone and complete a short survey.

| Sample Characteristics | n=722 |
|---------------------------|------------|
| Gender (men) | 63.3% |
| Problem substances (ever) | |
| Alcohol | 70.1% |
| Cannabis | 66.5% |
| Cocaine | 62.6% |
| Amphetamines | 56.6% |
| Ecstasy/MDMA | 43.4% |
| Heroin | 37.4% |
| Crack cocaine | 33.1% |
| Age (mean, SD) | 41.2, 10.7 |
| Recovery Stage | |
| Early (<1 year) | 187 |
| Sustained (1-5 years) | 290 |
| Stable (>5 years) | 305 |

Comparing recovery stages by..

- Housing problems
- Crime
- Occupation activities
- Substance use?



Using the Full Range of Options: Multiple Pathways to Recovery Are Common and Generally Result in Better Outcomes

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| | Total n=722 | UK n=311 | Netherlands n=230 | Belgium n=181 | p-value Chi2 |
|-----------------------------------|----------------|-------------|----------------------|------------------|--------------|
| 12-step fellowships (yes) | 62.0 | 74.9 | 72.6 | 26.5 | p < 0.001 |
| Peer-based support services (yes) | 38.1 | 52.4 | 29.6 | 24.3 | p < 0.001 |
| Residential treatment (yes) | 68.7 | 57.9 | 77.8 | 75.7 | p < 0.001 |
| Outpatient treatment (yes) | 70.4 | 68.2 | 73.0 | 70.7 | p = 0.467 |
| Other services (yes) | 18.1 | 25.4 | 17.4 | 6.6 | p < 0.001 |

Outcome Study Baseline and Follow-up Outcomes (n=313)

- Most domains showed strong stability from baseline to one-year follow-up, with greater stability for those at later recovery stages
- 10.4% reported problematic use of illicit or prescribed drugs at follow up
- More male participants (14.4%) reported substance use at follow-up compared to females (8.2%)
- While only 1.5% of people in stable recovery reported last year use, this was the case for 17.6% of people in sustained recovery and 30% in early recovery
- There is better functioning for individuals whose recovery journey includes peer-based recovery support services
- They reported higher baseline levels of quality of life and social functioning, lower levels of justice involvement (at baseline and follow-up) and lower baseline levels of unmet need.