



Leeds Trinity  
University

# A personal journey: Cultivating recovery capital

DR DAVID BEST

LEEDS TRINITY UNIVERSITY

PUBLIC HEALTH INSTITUTE

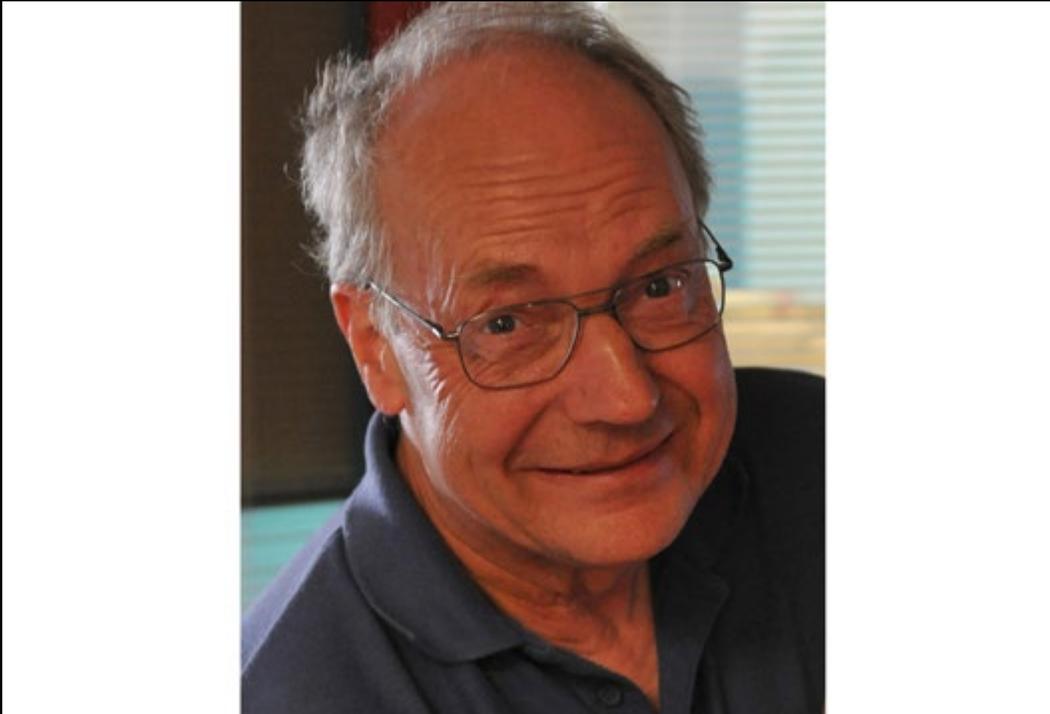
AUSTRALIAN NATIONAL UNIVERSITY

MONASH UNIVERSITY

Where it all started



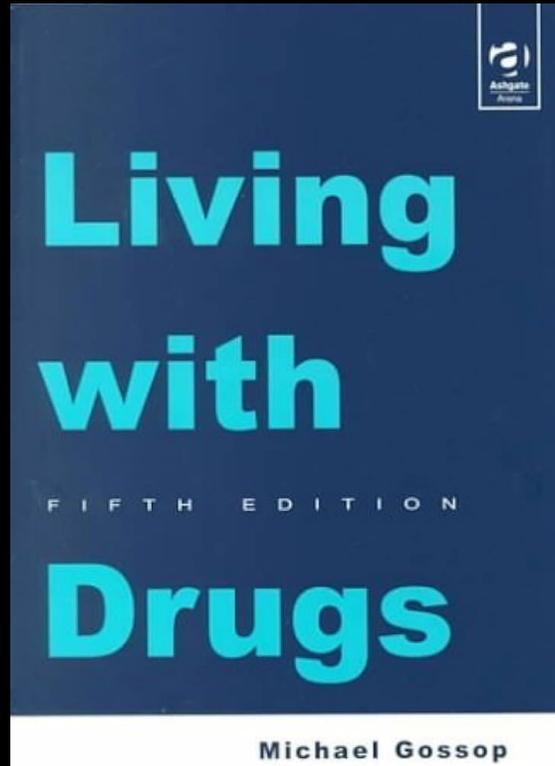
# John Booth Davies – The Myth of Addiction



## The Myth of Addiction

John Booth Davies





The Maudsley years – Strang and Gossop

# Bethlem and Maudsley NHS Trust



# Dabbling in Government policy



**PCRA**  
POLICE COMPLAINTS AUTHORITY



# Birmingham – Ed Day



## ITEP and BTEI manuals

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- ITEP (the International Treatment Effectiveness Project)
- BTEI (the Birmingham Treatment Effectiveness Initiative)
- Culmination of three year programme of activities and research
  - Survey of organisational functioning using the CRC and CEST questionnaires
  - Training in mapping interventions
  - Evaluation of the training
  - Implementation of interventions in treatment services
  - Follow-up of impact of training and organisational changes

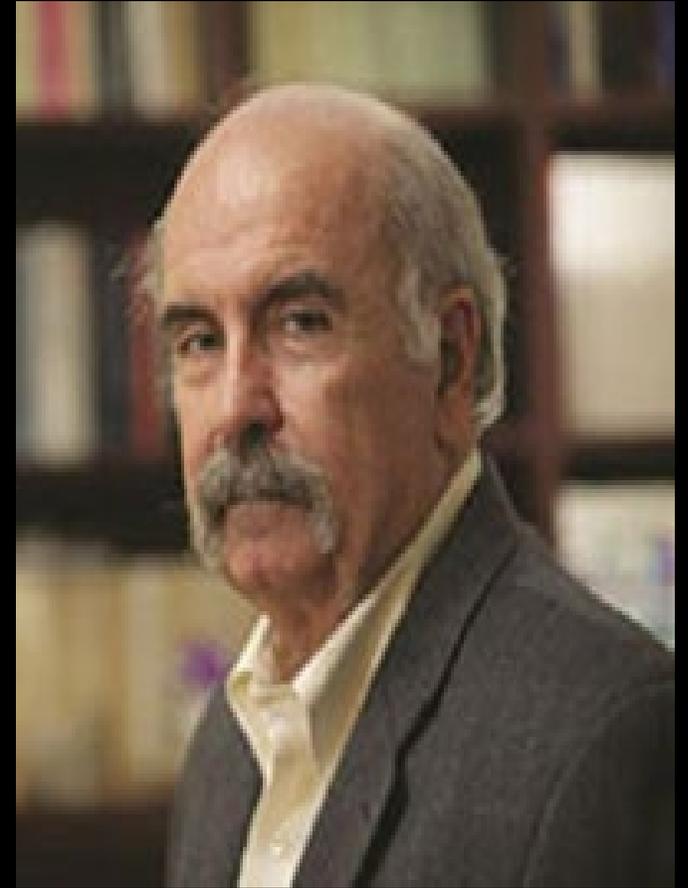
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**Effective treatment. Changing lives**



National Treatment Agency  
for Substance Misuse

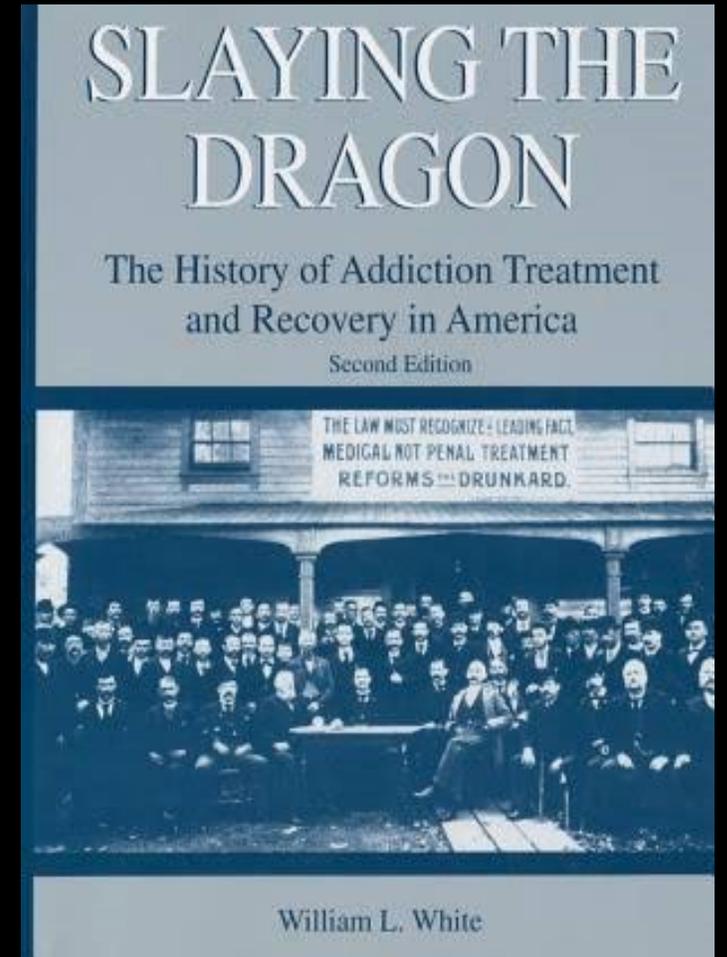
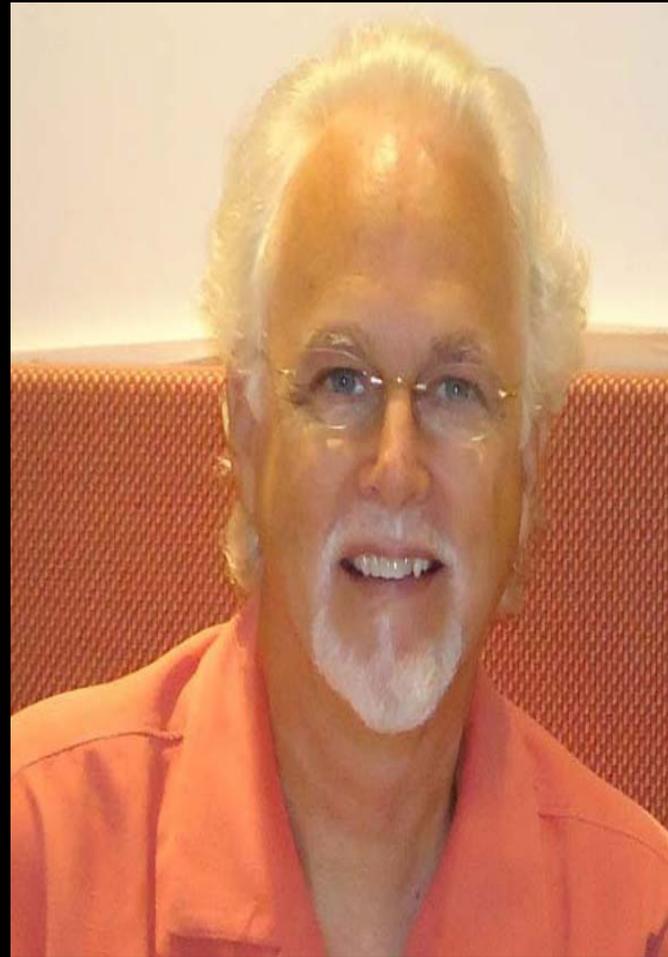
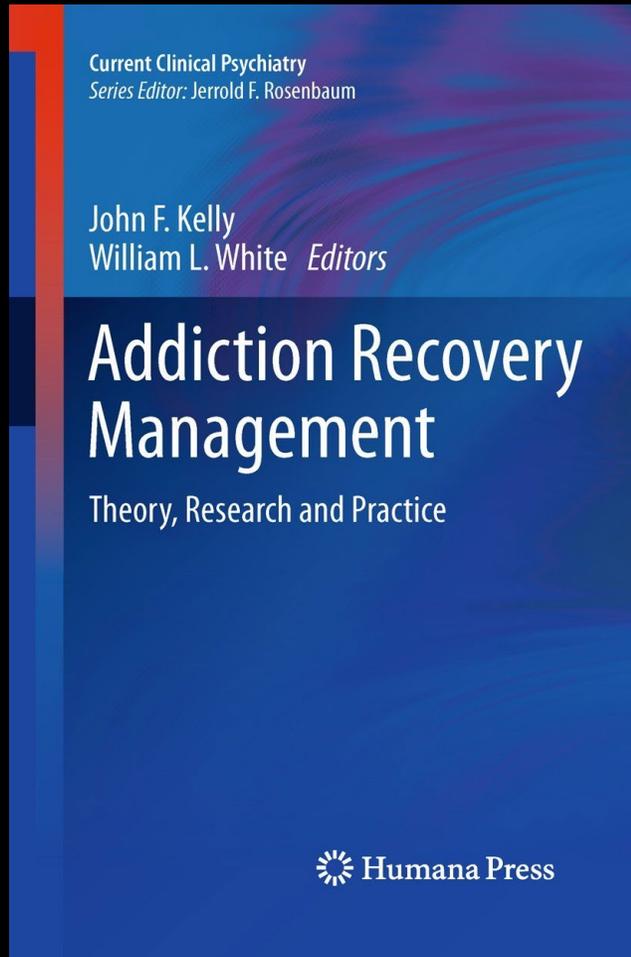
# Dwayne Simpson and Pat Flynn



# Recovery studies in Birmingham and Glasgow – GOYA (Best et al, 2011a; Best et al, 2011b)

- **UK Study of recovery wellbeing –better recovery wellbeing predicted by:**
- **1. More time spent with other people in recovery**
- **2. More time in the last week spent:**
  - **Childcare**
  - **Engaging in community groups**
  - **Volunteering**
  - **Education or training**
  - **Employment**

# William White



# Best and Laudet (2010)

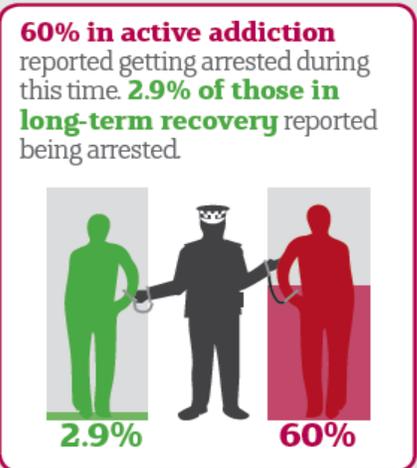
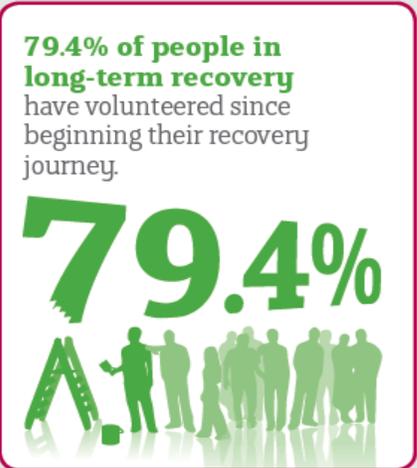
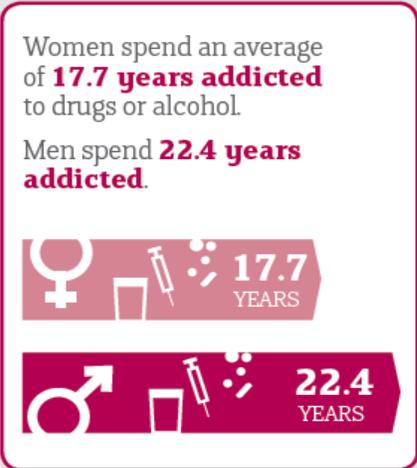
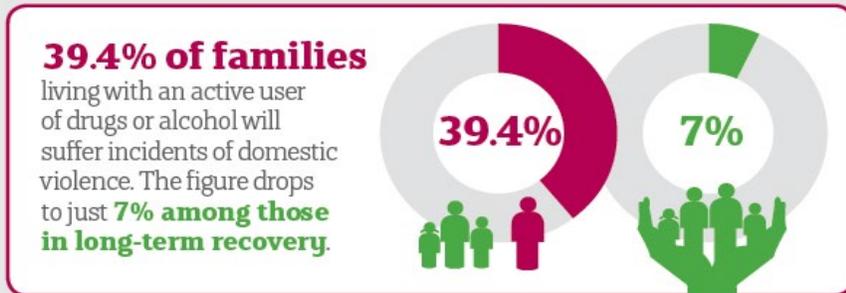
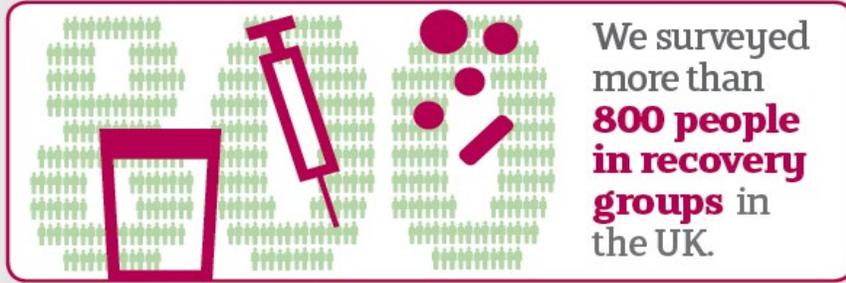


# Scottish Recovery Consortium (SRC)



# Life In Recovery Survey

Sheffield  
Hallam  
University



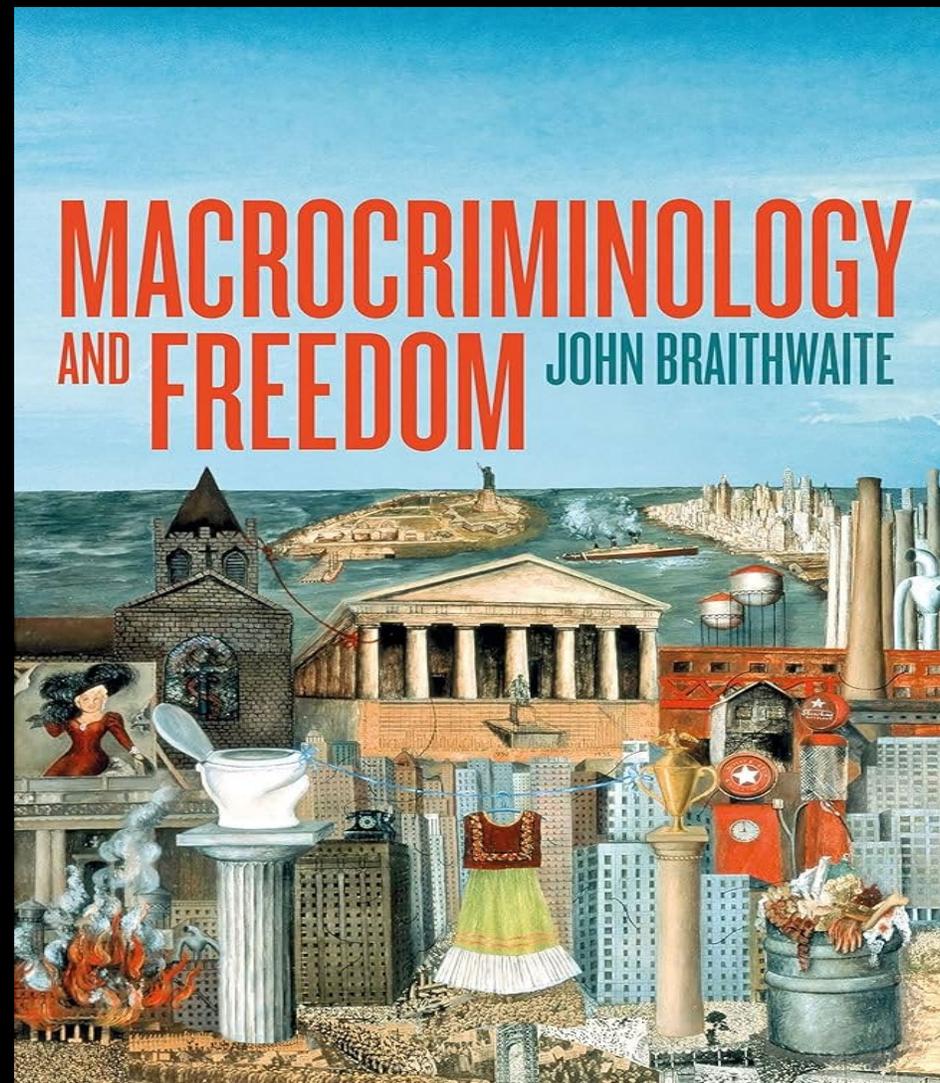
# An Australian adventure



# “The Social Cure” – SONAR + SIMOR + SIM



# John Braithwaite



# Recovery Capital: The concept of capital

“Social capital, human capital, recovery capital and restorative capital are unlike financial capital in that they are not depleted through use. When you spend your money from the bank, you deplete your capital. When you trust someone, you do not deplete trust: trust tends to be reciprocated and this engenders virtuous circles of trust-building. A politics of hope is likewise redemptive as we face adversity; it is infectious”

(Braithwaite, 2022, p. 363).

# What does a strengths-based process mean?



From expert-patient  
to partnership



From deficits to  
strengths



From clinic to  
community



From the individual  
to the social



From professional to  
peer-based



From replication to  
continuous  
innovation

# A core summary of recovery research evidence

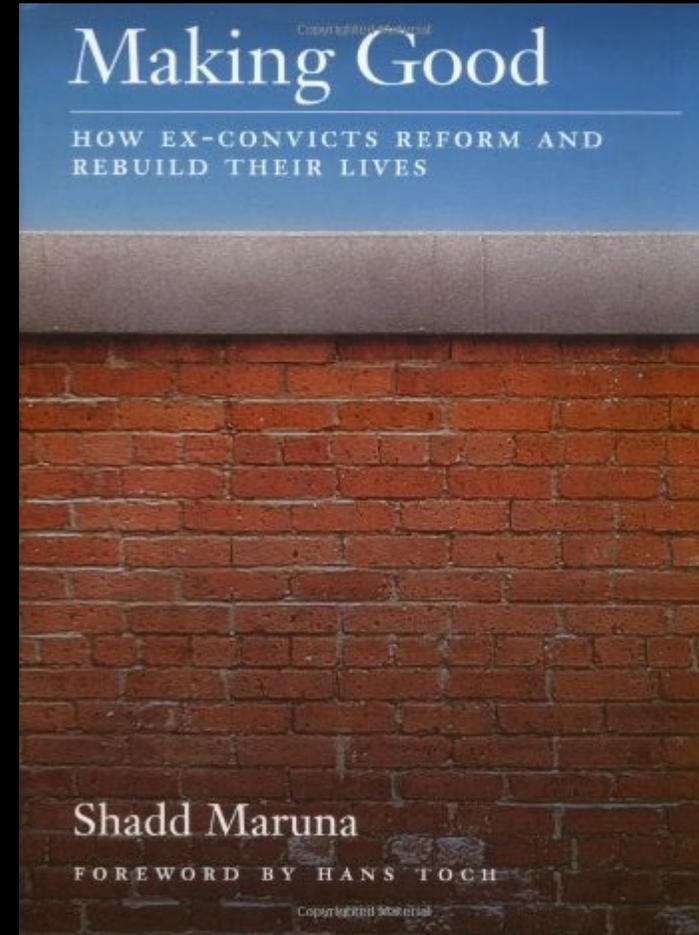
- Jobs
- Friends
- Houses
- Stable recovery is defined as 'stable' or 'self-sustaining' after 5 years of continuous sobriety (Dennis, 2007; Betty Ford Institute Consensus Group, 2008)
- Somewhere to live
- Someone to love
- Something to do
- 58% of people with a lifetime substance use disorder eventually achieve stable recovery (Sheedy and Whitter, 2009)

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

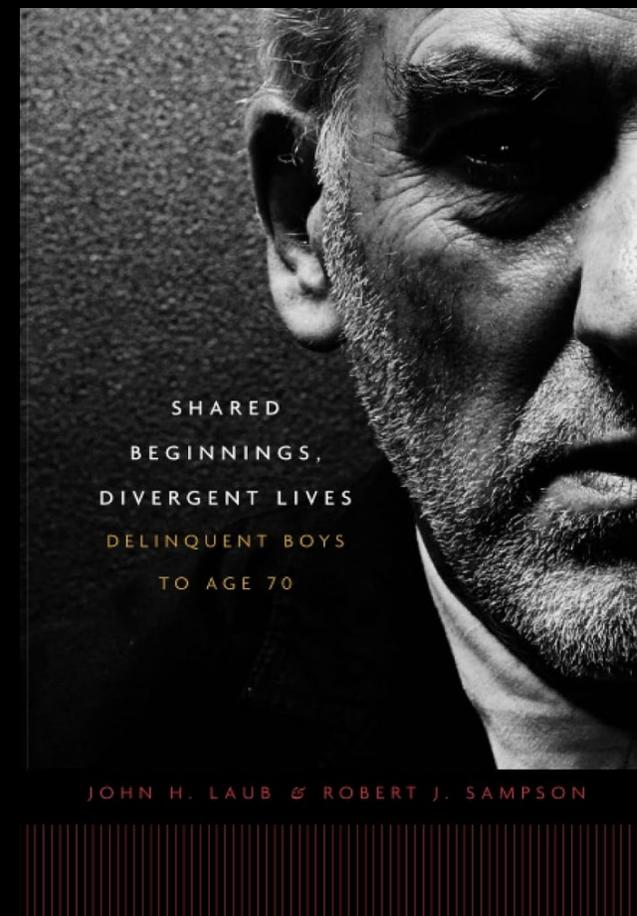
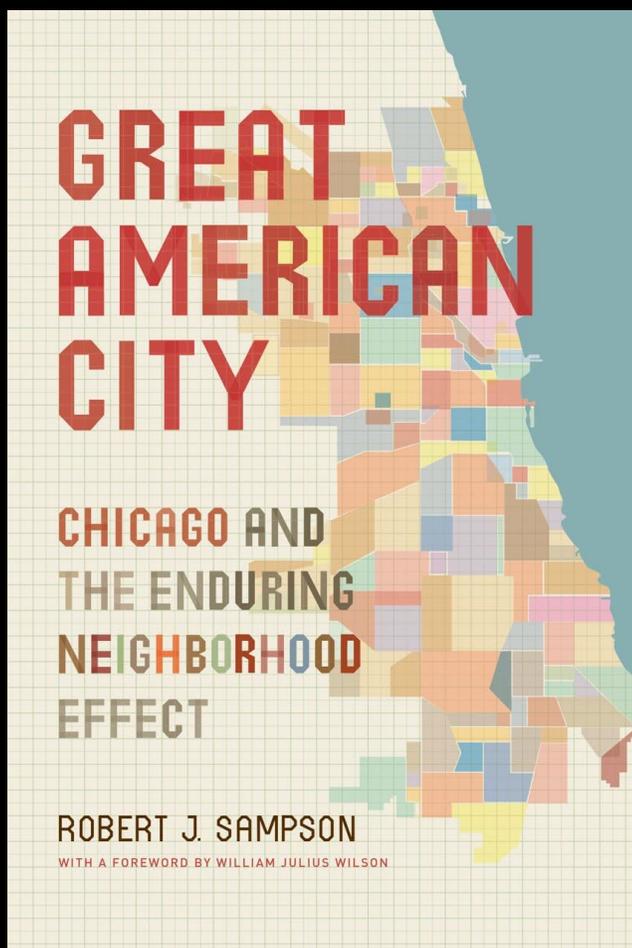
- Most domains showed strong stability from baseline to one-year follow-up, with greater stability for those at later recovery stages
- 10.4% reported problematic use of illicit or prescribed drugs at follow up: More male participants (14.4%) reported substance use at follow-up compared to females (8.2%)
- 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.
- Martinelli et al (2023): Relapse rates actually slightly lower in COVID and lockdown than in the previous year

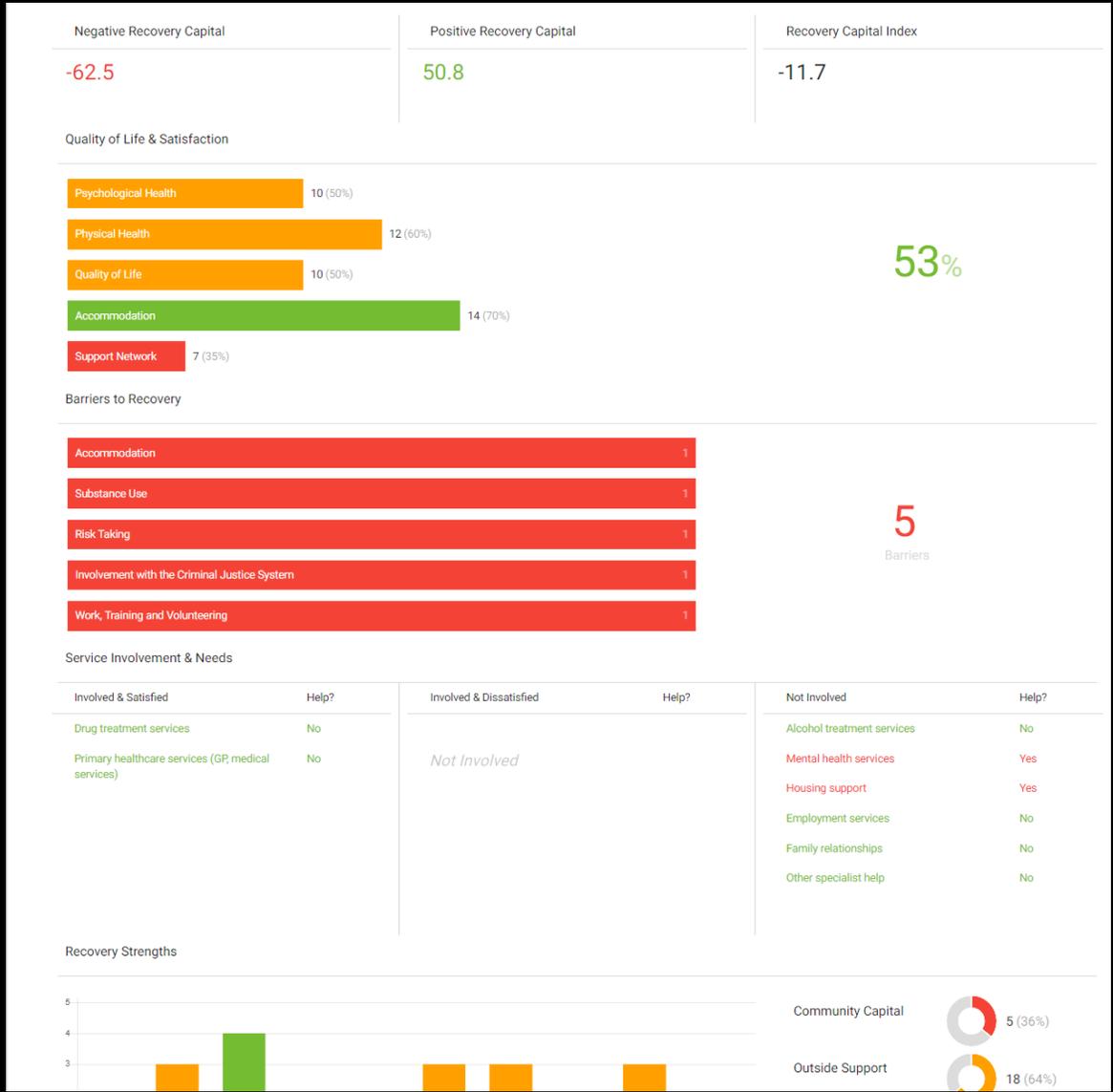


# Shadd Maruna



# Robert Sampson (and John Laub)

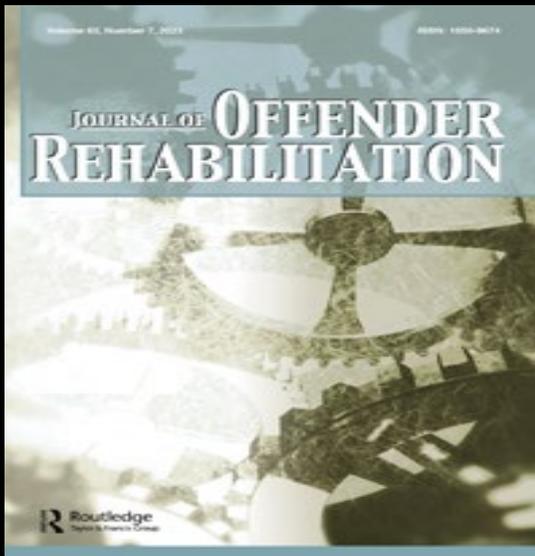




# REC-CAP SCALES

Best et al (2023) –  
“Bridging the gap:  
Building and sustaining  
recovery capital in the  
transition from prison to  
recovery residences

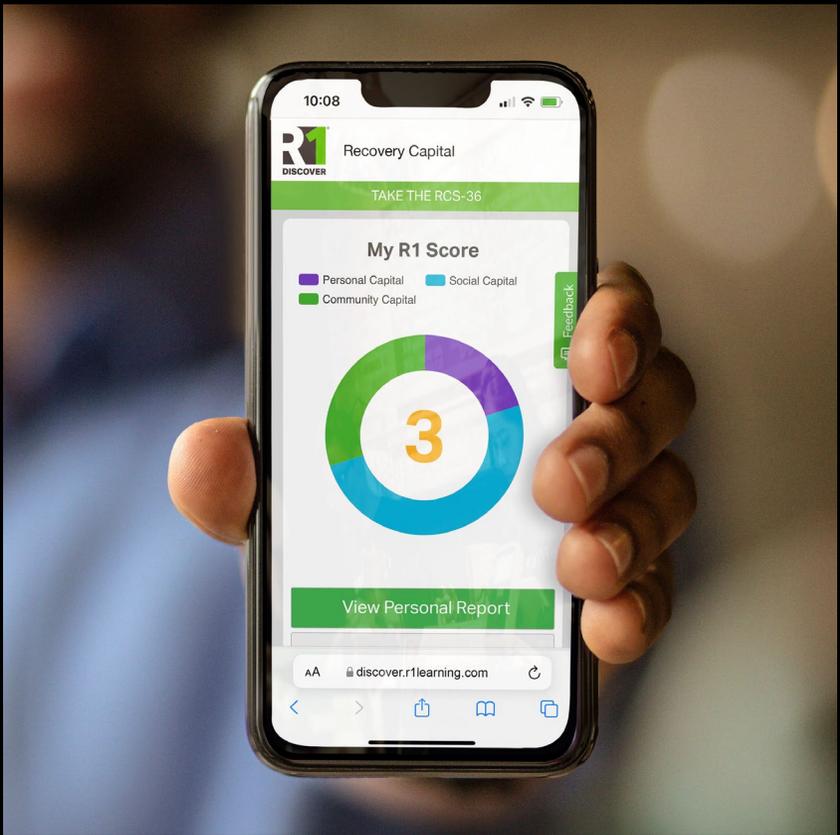
*Journal of Offender  
Rehabilitation*



- Based on the HARP Therapeutic Community Model at Chesterfield County Jail
- Clear evidence of recovery capital building in jail
- But this continued to recovery residences and clear evidence of continuing and linear evidence of growth



# Recovery Capital Screener (RCS-36)



**Recovery Capital Screener (RCS-36)** ID: \_\_\_\_\_ DATE: \_\_\_\_\_

Answer the 36 questions by placing a "1" in the AGREE column if your answer is "YES".

	AGREE	Subtotal	TOTAL
<b>Personal Capital</b>			
<b>Global Health &amp; Wellness</b>			
1			
2			
3			
4			P1
<b>Citizenship</b>			
5			
6			
7			
8			P2
9			
<b>Sobriety</b>			
10			
11			
12			P3
			<b>Personal Capital Total</b>
			PT
<b>Social Capital</b>			
<b>Intimate Relationships</b>			
13			
14			
15			
16			S1
17			
18			
19			
20			S2
<b>Family Relationships</b>			
21			
22			
23			
24			S3
			<b>Social Capital Total</b>
			ST

\*BARC-10 Question

**Recovery Capital Screener (RCS-36)** ID: \_\_\_\_\_ DATE: \_\_\_\_\_

Answer the 36 questions by placing a "1" in the AGREE column if your answer is "YES".

	AGREE	Subtotal	TOTAL
<b>Community Capital</b>			
<b>Recovery Community</b>			
25			
26			
27			
28			C1
<b>Wider Community</b>			
29			
30			
31			
32			C2
33			
34			
35			
36			G3
			<b>Community Capital Total</b>
			CT

\*BARC-10 Question

**R1 Score:** Transfer your scores to the table below and calculate your final R1 Score. Use the QR Code to link to R1 to interpret your score.

Recovery Capital Dimensions	Sub-Dimensions	Sub Totals	Dimension Totals	R1 SCORE
<b>Personal Capital</b> My personal internal resources such as my skills, values, health, and aspirations; and my external resources such as property and money.	Global Health & Wellness	P1	PT	PT+ST+CT
	Citizenship	P2		
	Sobriety	P3		
<b>Social Capital</b> My social resources and support from relationships with my social networks that require commitment or obligations (such as intimate relationships, family, friends, co-workers, and other social groups).	Intimate Relationships	S1	ST	
	Family Relationships	S2		
	Friendships	S3		
<b>Community Capital</b> My access to local community resources such as housing, training, employment opportunities, transportation, and recovery community organizations.	Recovery Community	C1	CT	
	Wider Community	C2		
	Professionals	C3		

QR Code: R1 RCS-36

SCAN TO INTERPRET YOUR R1 SCORE

# Standards for LERO's (CHIME)

Creating scaffolding, not cages

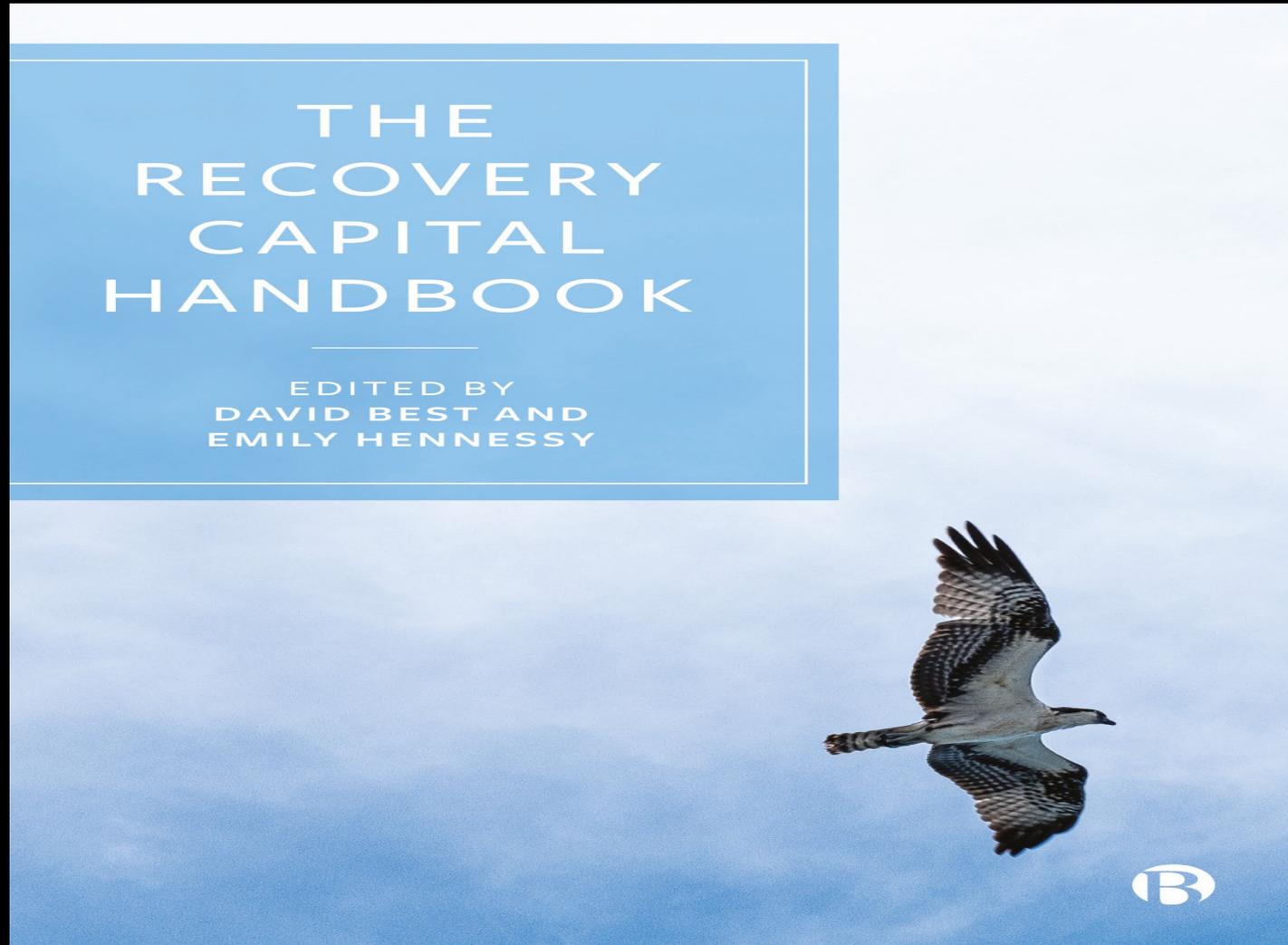
Evidence  
Innovation  
Support  
Standards



# Building an inclusive Recovery City



Available at Easter 2025



# My spiritual home



And finally.....

