

# Recovery Capital: Assets, Not Abstinence

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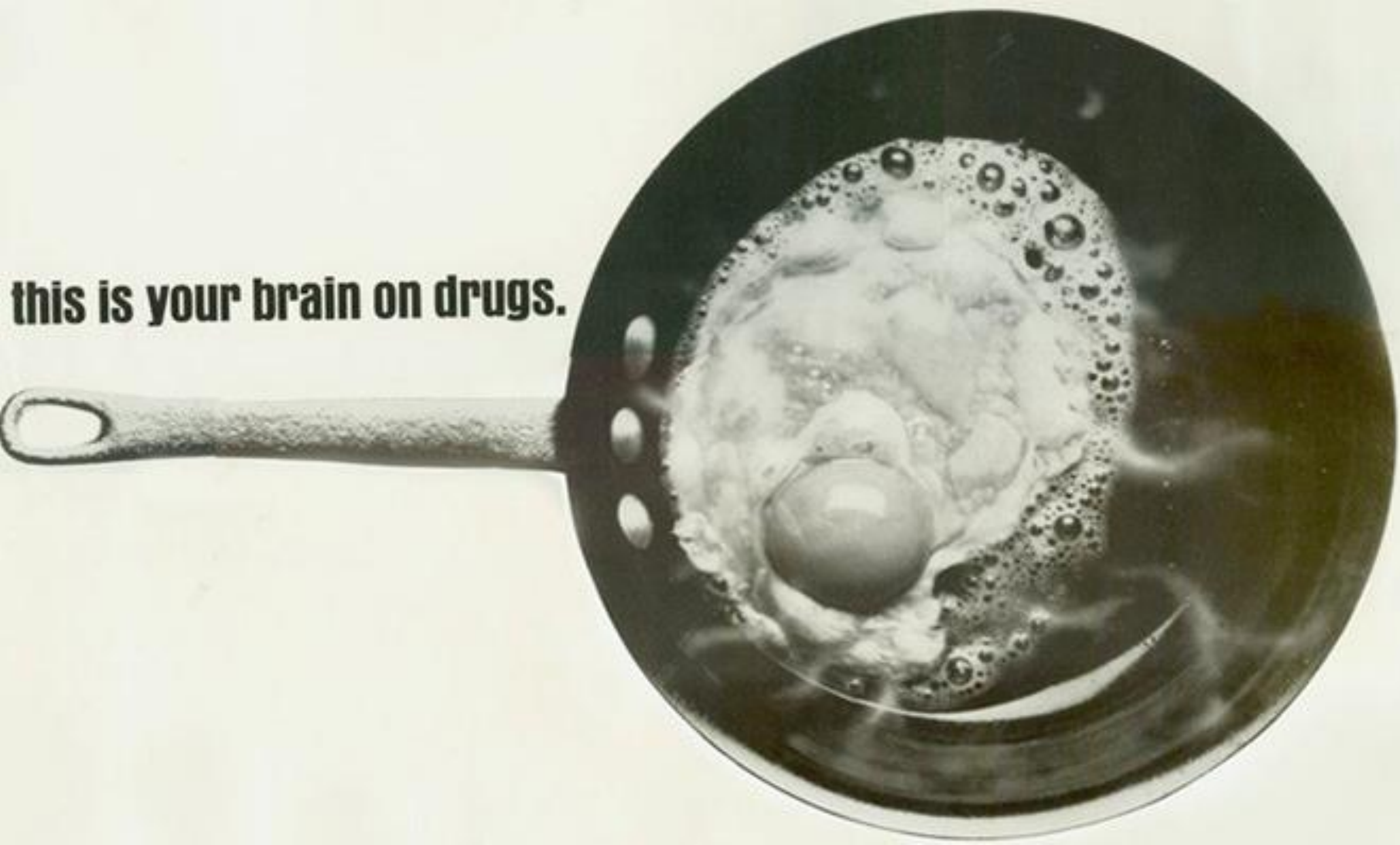
Substance Use Prevention and Recovery

University of Kentucky

# My Recovery



**this is your brain on drugs.**

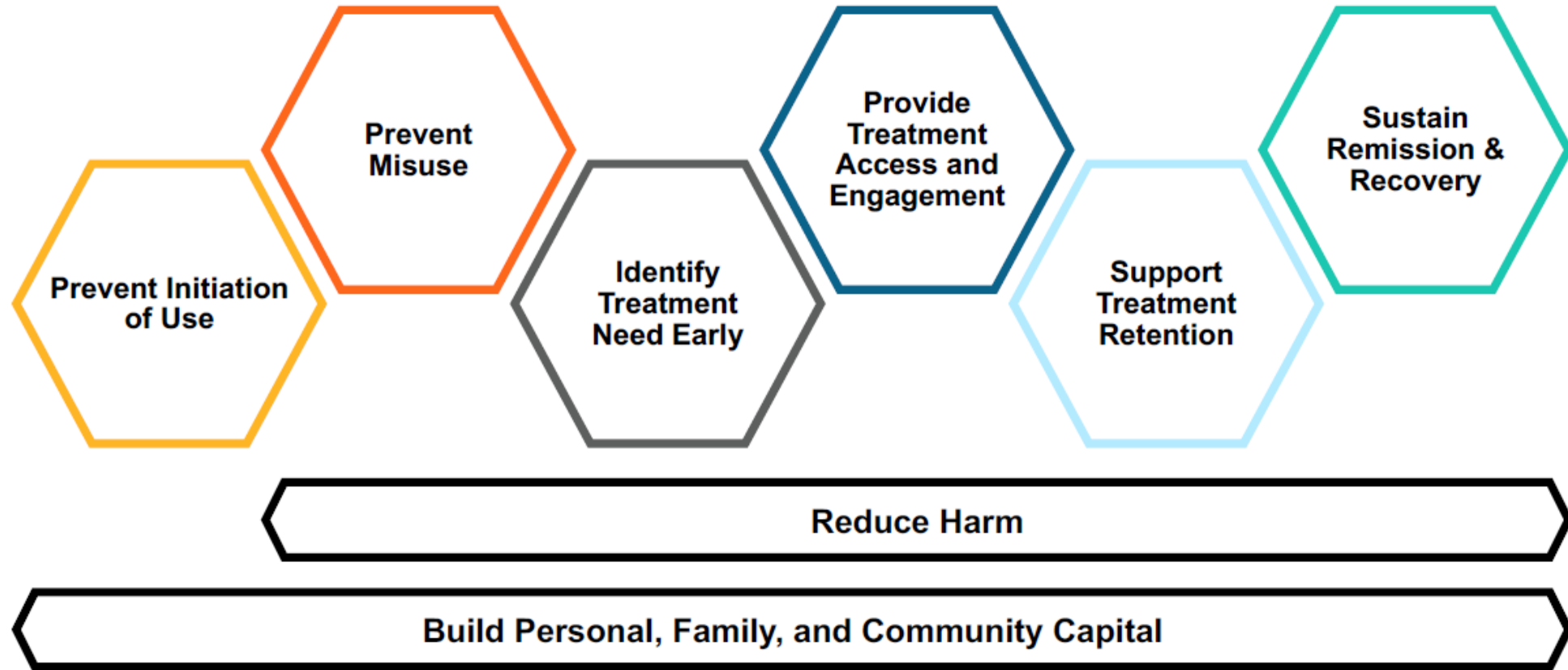


## Partial Recovery of Brain Dopamine Transporters in Methamphetamine (METH) Abuser After Protracted Abstinence



Source: Volkow, ND et al., *Journal of Neuroscience* 21, 9414-9418, 2001.

# KORE CASCADE OF CARE



KORE KENTUCKY OPIOID RESPONSE EFFORT



# Recovery Capital

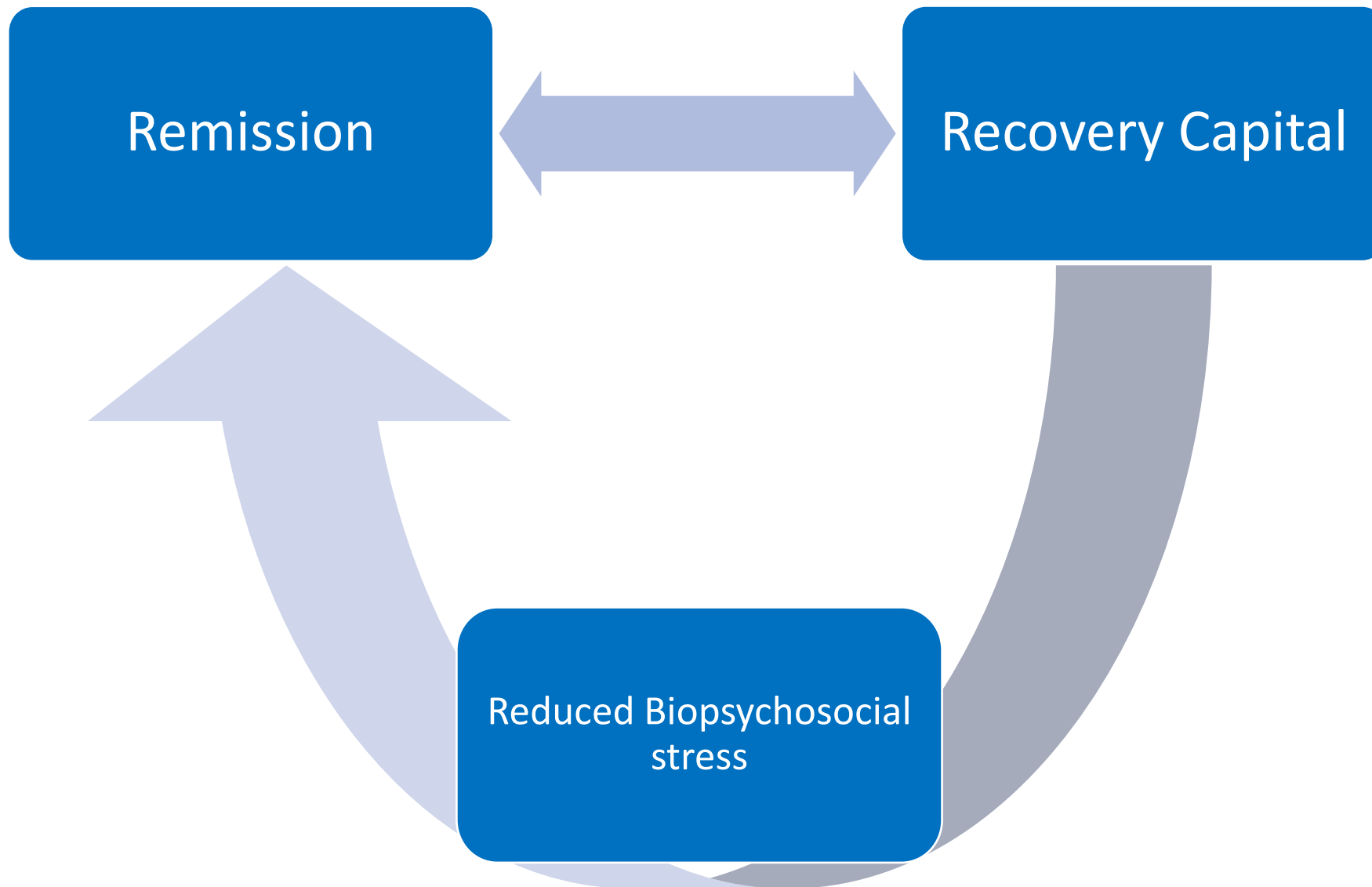


Adapted from Maslow (1943)

## The Solution



Adapted from White & Cloud (2008)

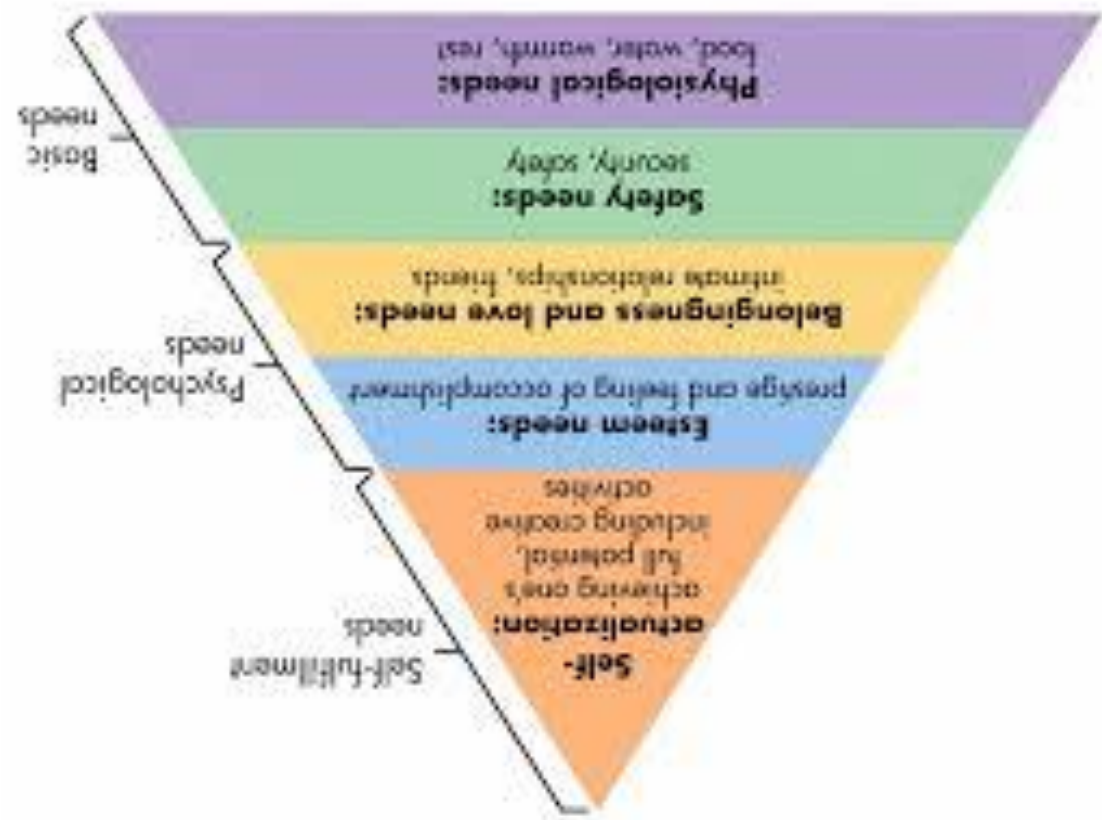


# Abstinence or Resources: Chicken & Egg

- Should we wait for individuals to become abstinent before building recovery capital?
- Abstinence as a precondition for:
  - **Housing** (Pauly et al., 2013)
  - **Social services** (Rigaud, 2019)
  - **Caregiving** (Patton, Best, & Brown, 2022)
  - **Mental health services**
  - **Continued treatment** (White, Scott, Dennis, & Boyle, 2005)
  - **Acceptance in the recovery community** (von Greiff, & Skogens, 2021)



# We've Got it All Upside Down!



# Expert Thoughts on Rock Bottom

“It’s remarkable that people believe what’s needed is more punishment. If punishment worked, nobody would be addicted. It’s a pretty punishing experience.” -Keith Humphreys

“Bill, you’re not getting it! My clients don’t hit bottom; my clients live on the bottom. Their capacities for physical and emotional pain are beyond your comprehension. If we wait for them to hit bottom, they will die! The issue of engaging them is not an absence of pain, it is an absence of HOPE!” -William White

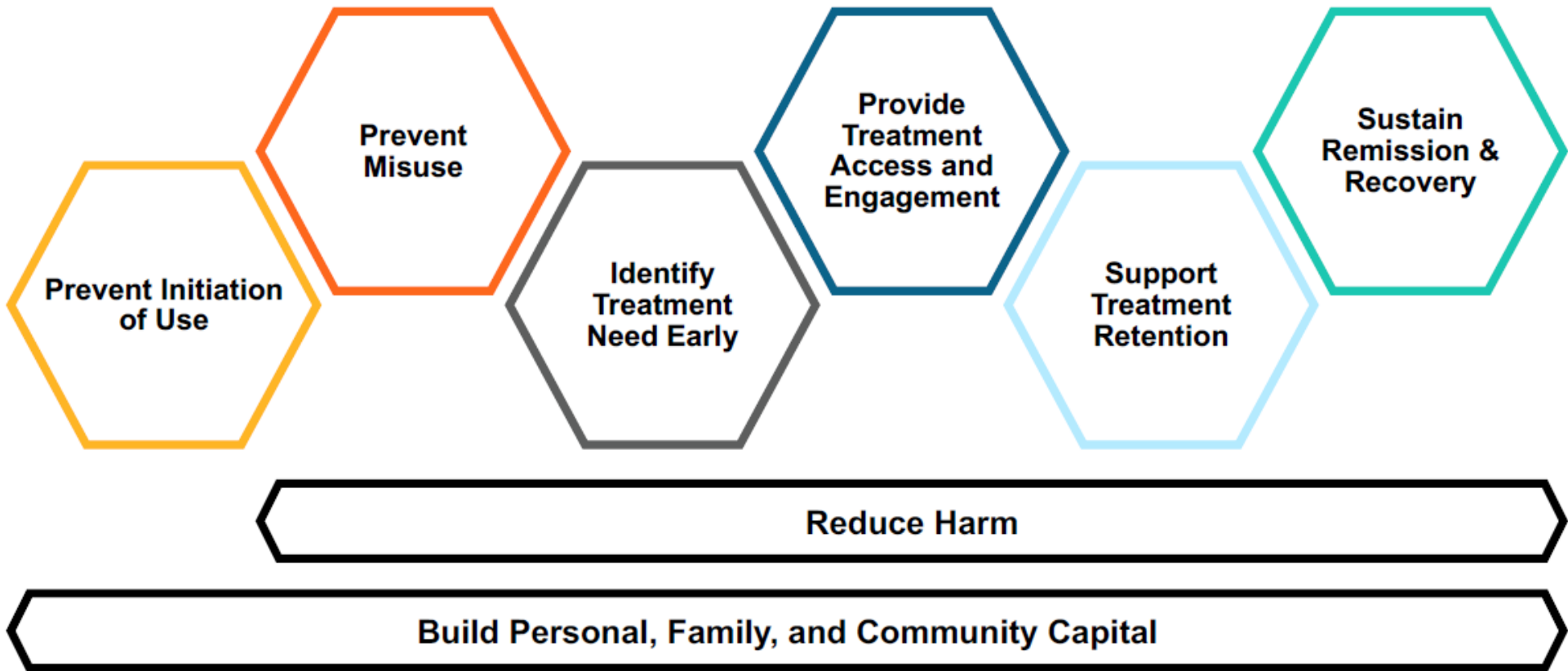
# When we do not allow people to be in the *Process* of Recovery (i.e. prioritizing abstinence over recovery)

- Example 1:
  - The Judicial System
- Example 2:
  - MOUD Providers
- Example 3:
  - Families and Concerned Others

# Assets, Not Abstinence

- “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
- The GOAL of recovery is:
  - ~~Abstinence~~
  - Health/Wellness/Autonomy (i.e., Recovery Capital)
  - Reducing Harm

# KORE CASCADE OF CARE

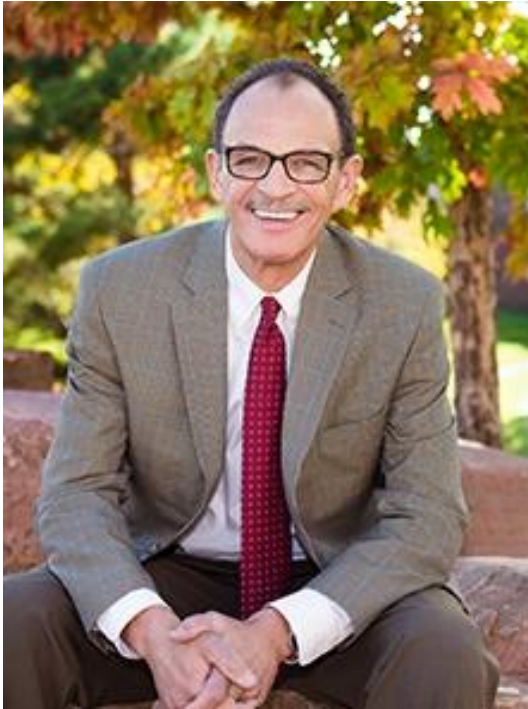


KORE KENTUCKY OPIOID RESPONSE EFFORT



# Where does the “Recovery Capital” construct originate? (White, 2016)

**Dr. William Cloud**



**Dr. Robert Granfield**



The Elephant  
that No One  
Sees: Natural  
Recovery  
Among Middle  
Class Addicts  
(Granfield and Cloud,  
1996)

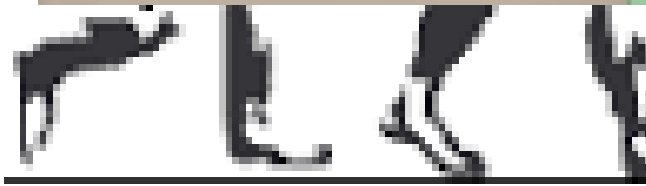


# Natural Recovery is the *Rule* and not the Exception

- Unassisted recovery
  - 46.1% of people with SUDs (Kelly, Bergman, Hoepfner, Vilsaint, & White, 2017)
  - 75% of people with AUDs (NIAAA, 2009; Sobell & Cunningham, 1996)
- How is Natural Recovery possible? → Recovery Capital

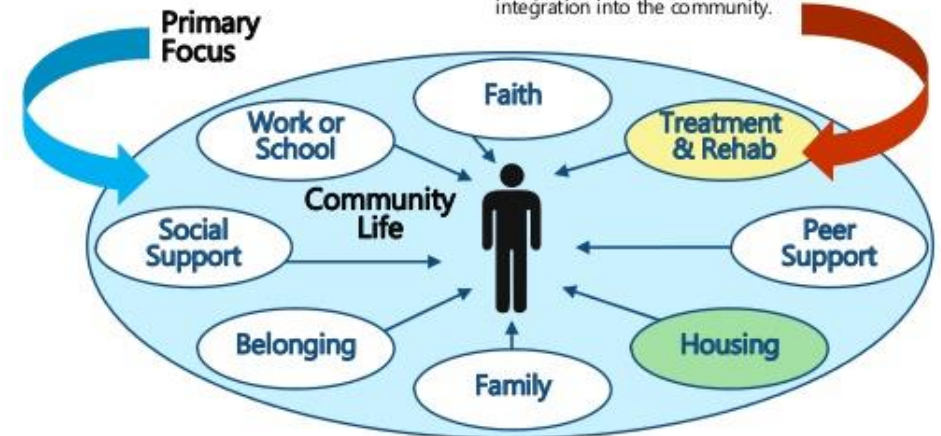


# Evolving Approach to Addressing Addiction: A (Really) Short History



## Recovery Oriented System of Care

In the model, clinical care is viewed as one of many resources needed for successful integration into the community.



RECOVERY, RESILIENCE & SELF-DETERMINATION

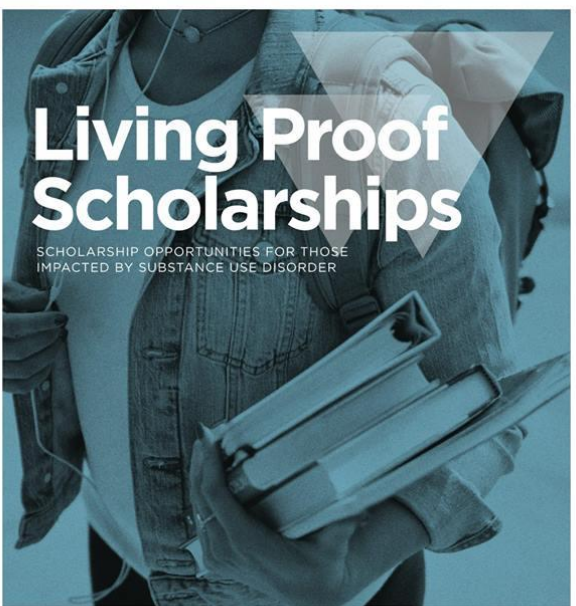
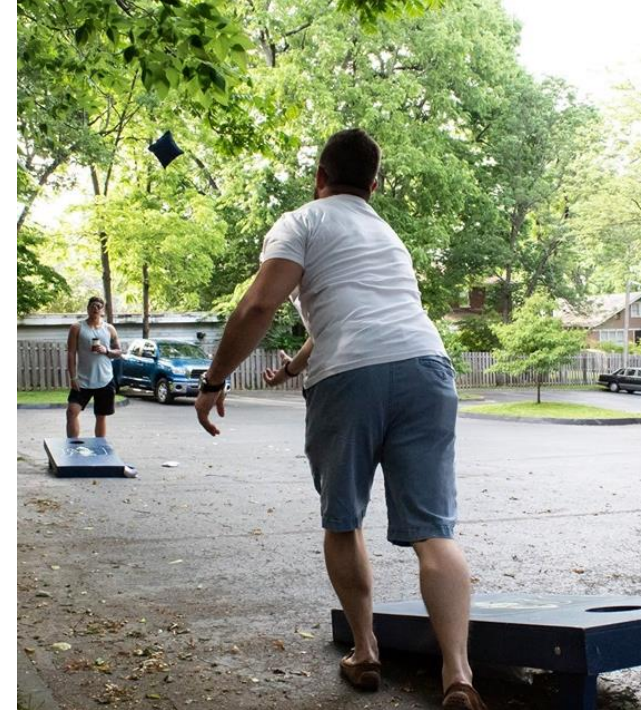
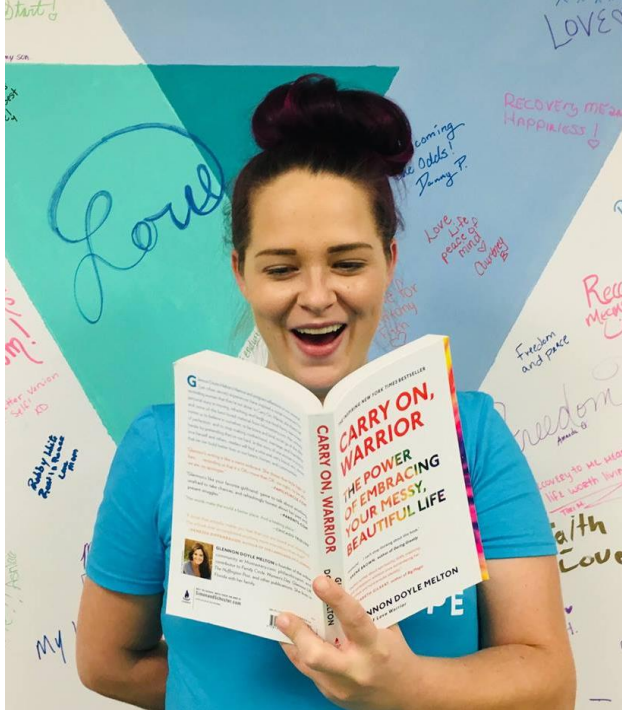
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# Band-aids and Bullet Wounds (White, Kurtz, & Sanders, 2006)

- “Given the **chronic** nature of substance dependence disorders (McLellan, Lewis, & O’Brien, 2000) and the **scarcity** of funds for treatment, neither single nor serial-episode acute care will ever meet the vast need that exists. Only a focus on **ongoing recovery/support/management** can address effectively the chronic nature of this illness.”

# Recovery Capital = Nutrients!





**Living Proof Scholarship**  
 \$1,000 for a student in long-term recovery

**Living Proof: The Next Generation**  
 \$1,000 each for four high school seniors continuing

**EXPUNGEMENT SESSION**

VOICES OF HOPE • WEDNESDAY, APRIL 24  
 450 OLD VINE ST. STE. 101, LEXINGTON, KY 40507

10:00 AM - 2:00 PM

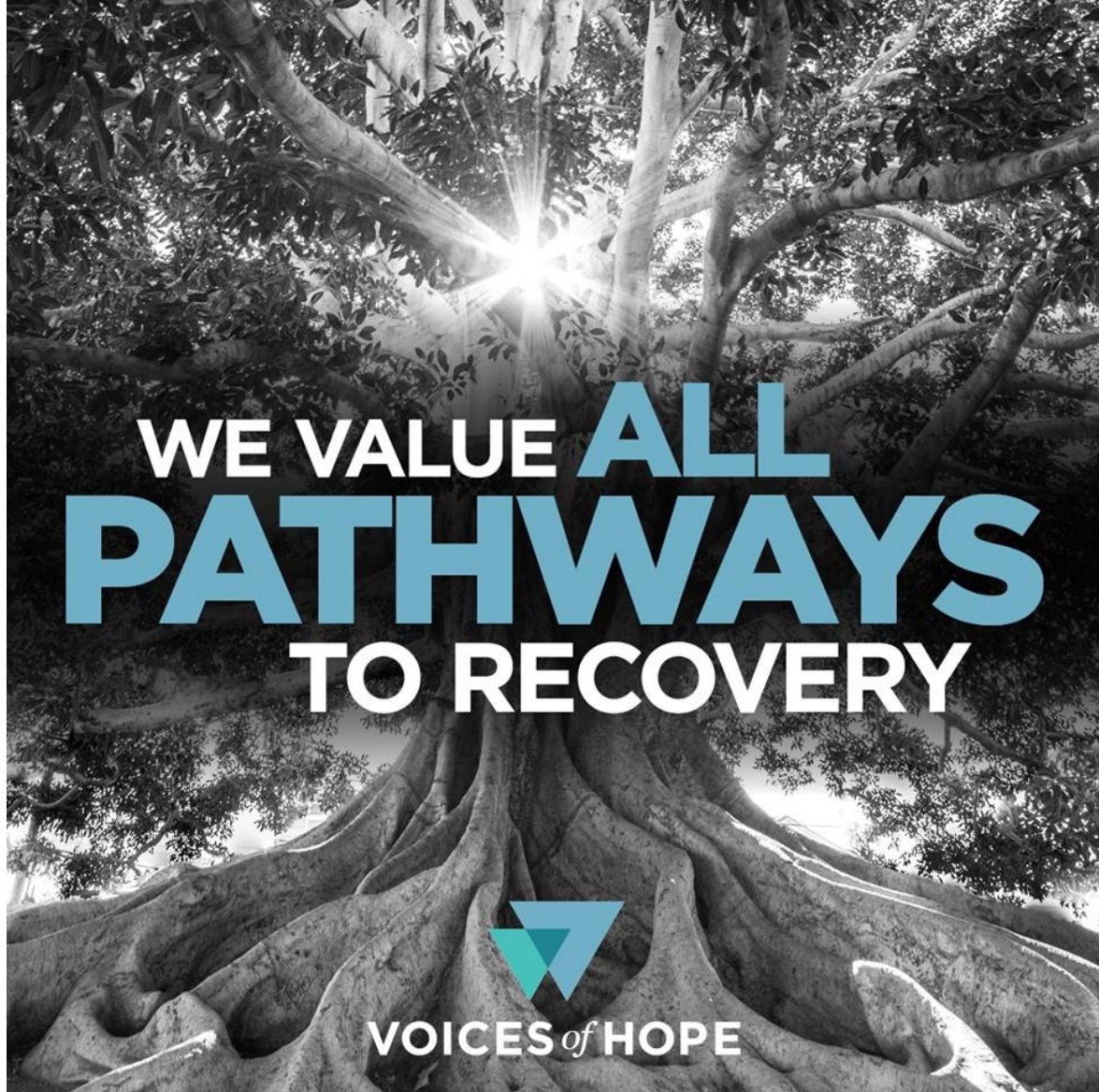
**SERVICES INCLUDE:**

- Information on offenses that are eligible for expungement
- Copy of your criminal record
- Job training and job search assistance
- Information regarding restoration of voting rights
- Additional community resources

For more information, call or email  
 859-277-3661 or ben.haydon@goodwillky.org

# Voices of Hope RCC

- Recovery Community Centers serve as a hub for recovery resources in the community
  - Assets, Not Abstinence
- Transplant the treatment environment to the community



WE VALUE **ALL**  
**PATHWAYS**  
TO RECOVERY

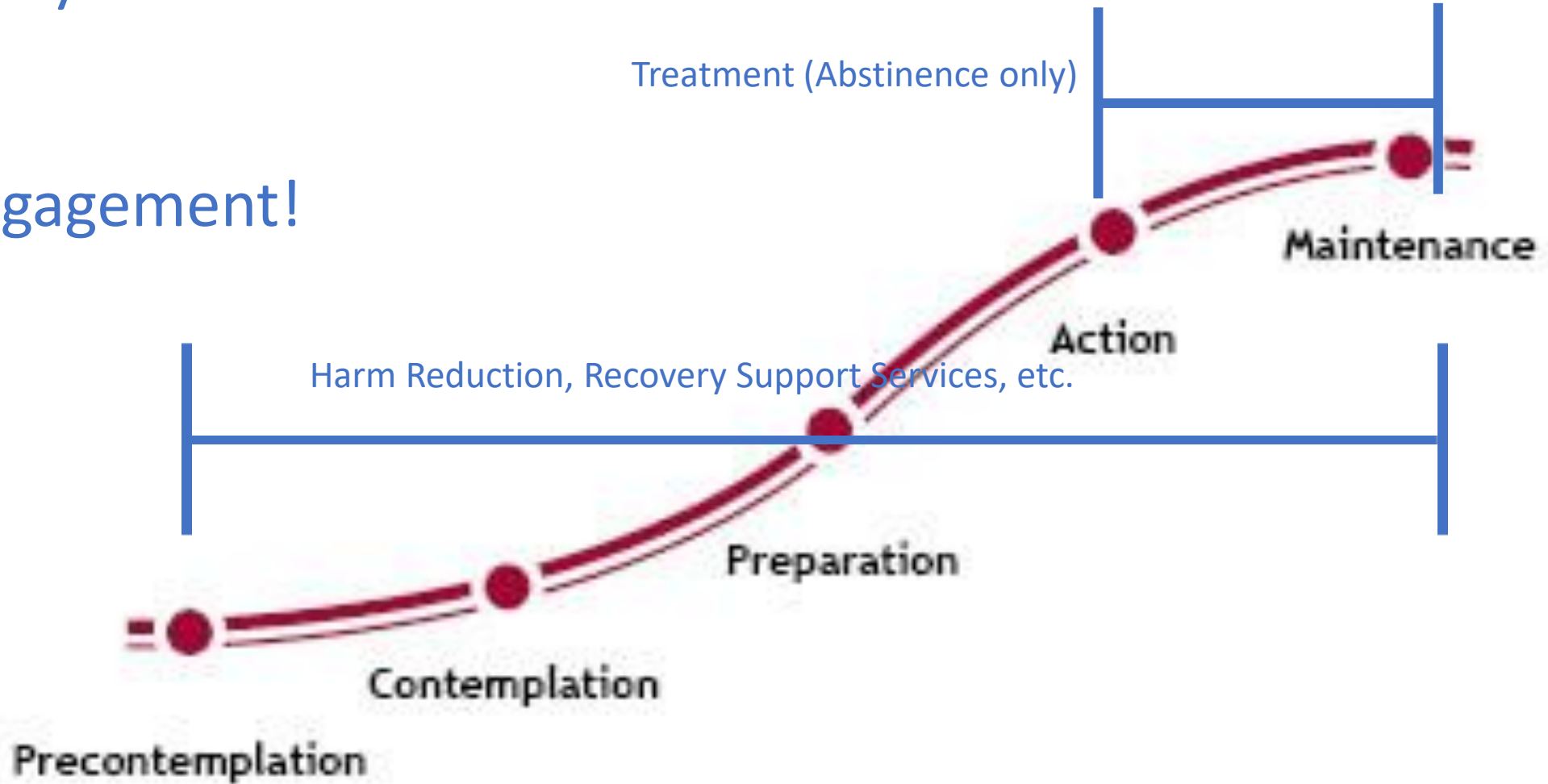


VOICES *of* HOPE



# Why Harm Reduction?

Engagement!



# What is the Value of Harm Reduction?

- When we don't "meet people where they are"
  - ~23 million in US with SUD
  - Only 2.3 million will receive treatment
  - (NSDUH, 2015)
- When we DO meet people where they are:
  - Hybrid RCO with PSSs and HR services
  - 87% of participants had past month substance use (Ashford et al., 2019)





# What is the Value of Harm Reduction?

- Engagement with the otherwise un-engaged
  - Affords the opportunity to build recovery capital and reduce harm with the MAJORITY of people with SUD who are not being engaged by abstinence-based models of care
  - The value of relationship itself as recovery capital/harm reduction
  - It allows us to love people: Jessie B's Story



## The rewarding nature of social interactions

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The objective of this short review is to highlight rewarding aspects of social interactions for humans and discuss their neural basis. Thereby we report recent research findings to illustrate how social stimuli in general are processed in the reward system and highlight the role of Theory of Mind as one mediating process for experiencing social reward during social interactions. In conclusion we discuss clinical implications for psychiatry and psychotherapy.

**Keywords:** reward, theory of mind, social interaction

### INTRODUCTION

Human societies form a dynamic and complex system, which requires frequent interaction between individuals. According to the “social brain hypothesis” (Dunbar, 1998; Adolphs, 2003) parts of the human neo-cortex have evolved to improve survival in dynamic

dopamine for highly socially motivated behavior such as maternal care, mating behavior and social attachment. For instance, the access to pups is more reinforcing than cocaine in female rats (Insel, 2003) and dopamine in the nucleus accumbens (NAcc) is involved in typical mating behavior and social interactions of monogamous

I walked by starting straight onto  
the sidewalk unable to lift my  
head. ~~It~~ If I wasn't nodding or  
barely able to lift my head from  
the drugs I was so damn hopeless  
I ~~wasn't~~ didn't feel human enough  
to wanna look another human being

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