

# Circle of Care & Recovery Capital

EcCoWell

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# Evidence Base

- Circle of Care Recommended in 2010 by Independent Inquiry into Scotland's Drug and Alcohol problems (Melting the Iceberg)
- Circle based approaches have worked particularly well in other health and social care settings: COSA – Sex Offending, Mental Health, Children/Education – Bullying
- **Social Behavioural Network Therapy**

## SBNT

- Recognises that people with problematic substance misuse must **develop positive social network support for change**
- Social networks and recovery capital are at the heart of Circle of Care
  - Research suggests that RC can:
- **INFLUENCE** people with addiction to initiate treatment
- **AFFECT** the **COURSE** and **OUTCOME** of treatment

**BUT !**

It's not enough just to have people around you

Everyone needs to have a common and clear  
understanding of the problem

This is something which Circle of Care does

# Defining Recovery Capital

- Concept is not new however it has become increasingly popular in last few years
  - Dovetails with the Recovery Agenda
- RC – “the quantity and quality of internal and external resources that can be mobilised to initiate and sustain resolution of severe alcohol and other drug problems”  
(Granfield and Cloud: 1999)
- **Internal Assets:** personal recovery capital (character, strengths, experiences, spirituality)
- **External Assets:** Family and community recovery capital  
(White and Cloud: 2008)

# What is Circle of Care trying to achieve?

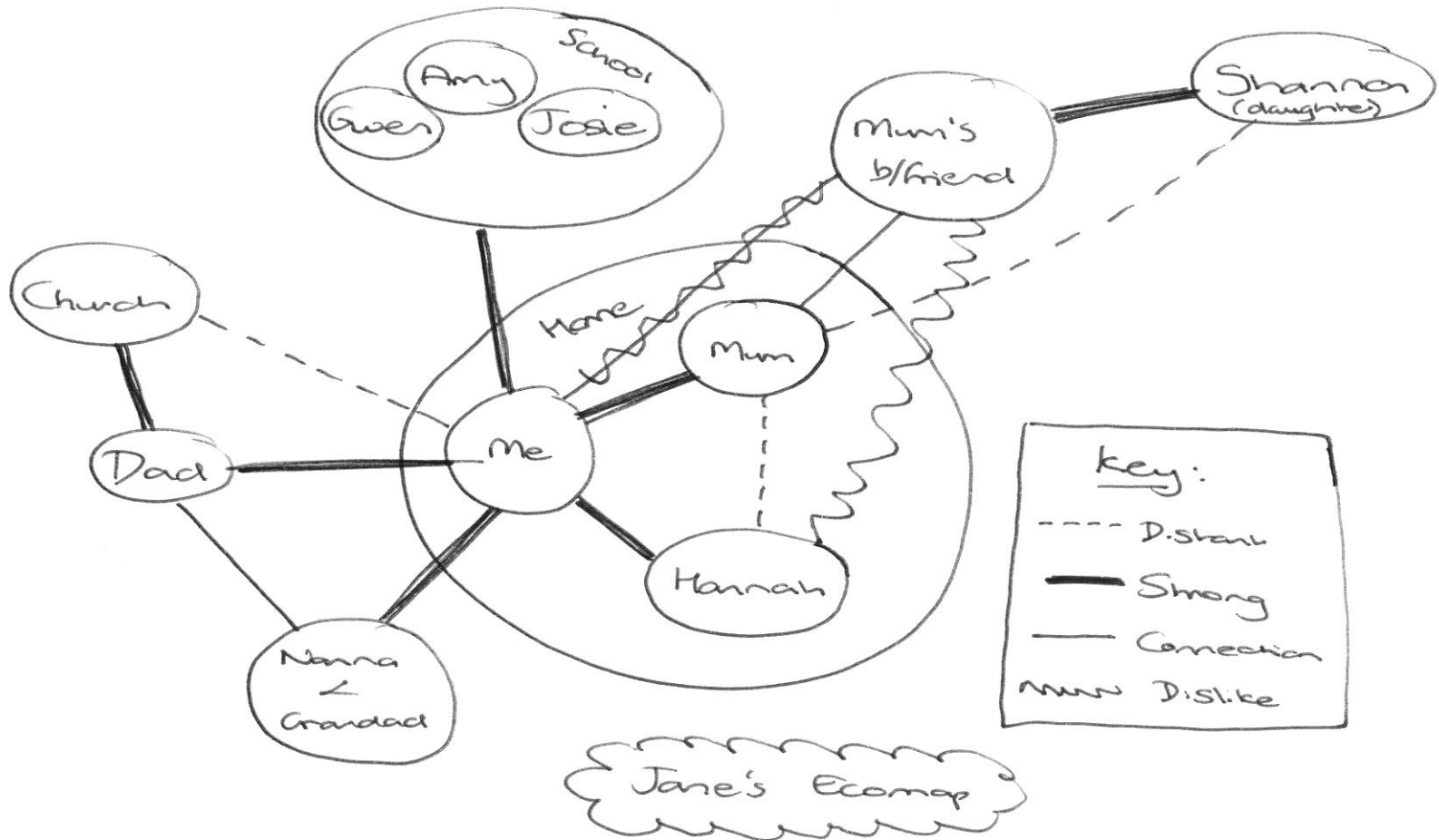
- CoC is a recovery focused approach for working alongside individuals who are affected by substance misuse
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- Re-address the relationship between the focus person and the professional
- Empowering the focus person to make decisions & identify their own needs/goals and aspirations
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- Allow the focus person to move through their recovery and re-integrate into wider communities
- Utilise the resources (RC) that are available to the focus person to support them out with services

# Identifying and Measuring Recovery Capital

- Relationships = sensitive topic
- Individuals who are affected by substance misuse often have complex relationships
- CoC encourages the focus person & facilitator to use ecomaps and genograms to help begin identifying their RC so they can be brought into the circle
- Measuring tools include the ARC (Best: 2012) and RC Scale (White: 1999)

# Ecomapping

13/09/12





# Case Study

- What is interesting about this case study?
- Can you identify the Recovery Capital in this case study?
- What can we learn about Recovery Capital from this case study?