

TURNING POINTS AND
TRANSFORMATIONS:

INNOVATIVE PROGRAMS TO
PROMOTE RECOVERY AND REDUCE
RECIDIVISM




Today's Presentation

- ▣ Provide overview of some innovative current research around the role of recovery support within the justice system
- ▣ Parallels between recovery from addiction and desistance from offending
- ▣ Real-life Example: The Phoenix and Denver Probation



2019

Unique Moment in Time



Worst Addiction Crisis in our Nation's History

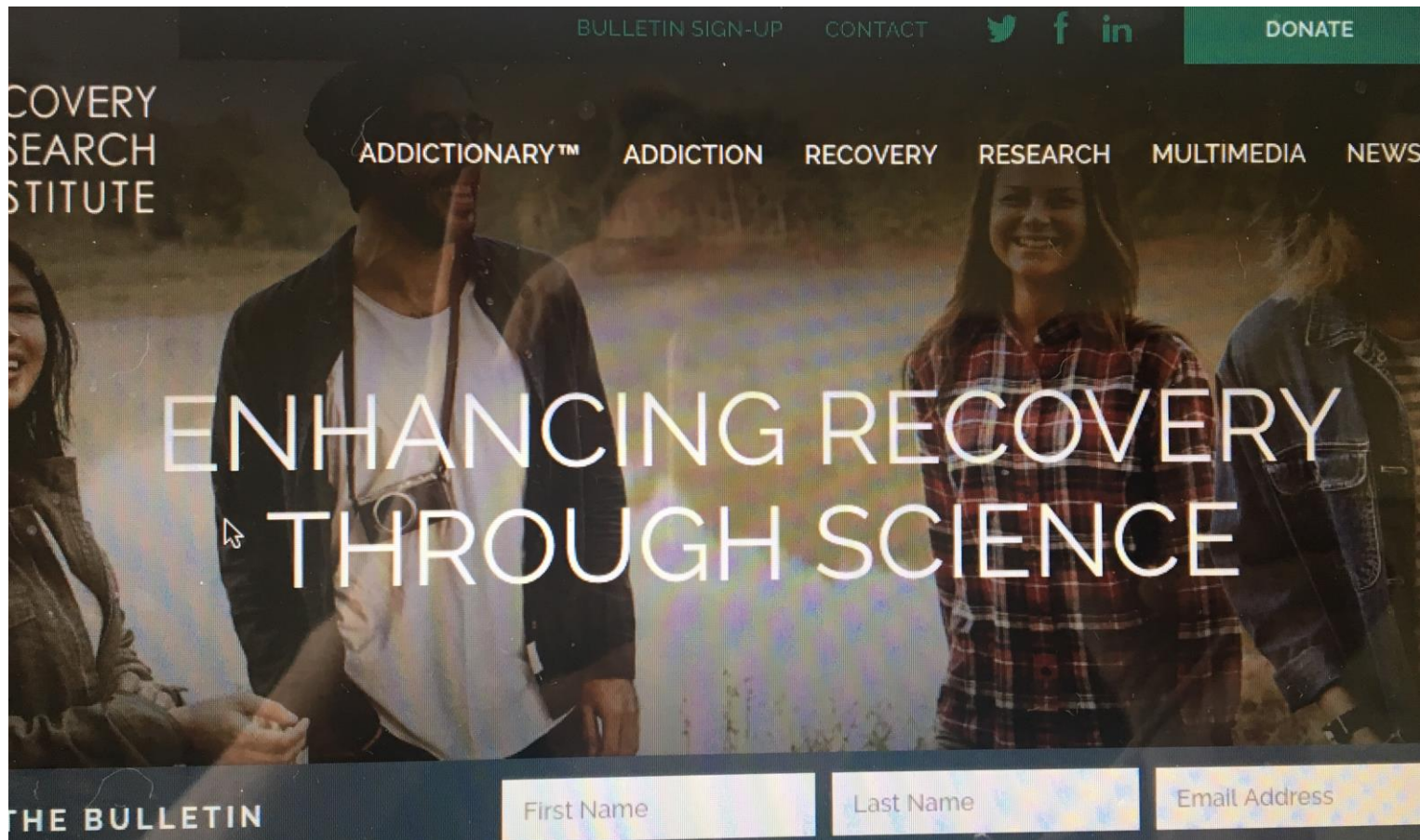
The Silver Linings: Turning Point for our Country




- Research over past 20 years has led to a much greater understanding of addiction as a chronic yet treatable and preventable condition
- Paradigm Shift – from Medical Model to Recovery Model
 - ▣ Addiction/Recovery don't just happen inside the body
 - ▣ Social and Community aspects to both

The Silver Lining: Truly a Turning Point for our Country

- Prognosis for substance use disorders is quite good. The majority of people who seek help do achieve sobriety.
- Criminal justice reform is happening across the country. It's one issue everyone can agree on.

Recovery Research Institute (www.recoveryanswers.org)

The image shows a banner for the Recovery Research Institute website. The background features a group of four young adults (three women and one man) standing outdoors near a body of water, smiling and looking towards the camera. The text is overlaid on this image. At the top right, there are links for 'BULLETIN SIGN-UP', 'CONTACT', and social media icons for Twitter, Facebook, and LinkedIn. A green 'DONATE' button is also present. Below these are navigation links: 'ADDICTIONARY™', 'ADDICTION', 'RECOVERY', 'RESEARCH', 'MULTIMEDIA', and 'NEWS'. The main headline reads 'ENHANCING RECOVERY THROUGH SCIENCE'. At the bottom left, it says 'THE BULLETIN'. On the bottom right, there are three input fields for 'First Name', 'Last Name', and 'Email Address'.

BULLETIN SIGN-UP CONTACT    DONATE

RECOVERY RESEARCH INSTITUTE

ADDICTIONARY™ ADDICTION RECOVERY RESEARCH MULTIMEDIA NEWS

ENHANCING RECOVERY THROUGH SCIENCE

THE BULLETIN

First Name Last Name Email Address



Criminal Justice Involvement Can
Provide the Motivation for Changing
Behavior

An arrest can be a window of opportunity.
It can create willingness to change.

“Love, Hope, and Random Drug Testing”



Using the leverage of the justice system to
turn lives around in a positive way

Positive Criminology

- Desistance literature – the process of change is an internal one in which a new identity is developed.
- Internal shifts may require person to develop a sense of hope about the future (Maruna, 2001)
- Consequential thinking can trigger act of self-control
- Field of research on desistance from crime has parallels recovery from addiction

Positive Criminology

- Factors of protection and resilience
- Existence and development of inner mechanisms that help individuals cope with stress/risk and seeing these events as opportunities for growth
- Adversities become turning points

Positive Criminology

- Post-traumatic growth
 - ▣ Adversity provides opportunity for growth and change
- Factors of risk and protection are dynamic, developmental and situational

Strength-Based Models

- Building on the work of Martin Seligman
- The emergence of a recovery movement
 - ▣ Paradigm shift from the perils of addiction to the hope of recovery
 - ▣ Housing, mutual-aid, peer-based delivery



**RECOVERY FROM ADDICTION PARALLELS
DESISTANCE FROM OFFENDING:**

Both involve changing inside and out

Stages of recovery

- *early* recovery (up to one year)
- *sustained* recovery (one to five years)
- *stable* recovery (more than five years)
- Relapse likelihood...
- 50-70% in the first year after abstinence happens
- dropping to 15% around the 5 year mark
- what people need is recovery capital and support

CHIME

- **C**onnectedness
- **H**ope
- **I**dentify
- **M**eaning
- **E**mpowerment
- Lived experience
- Embedded in a social identity
- Requiring a social contract

“Making the Hard Work of Recovery More Attractive for those with SUD”

- Most treatments do not focus on increasing rewarding and enriching activities in recovery.
- The focus is clearly on taking away something that has been of considerable importance to the individual.
 - ▣ Often works short-term, but when crisis is over enthusiasm also subsides

- Factors that might sustain motivation to maintain behavior change
 - ▣ Fears about consequences
 - ▣ Hope for a better life

- ▣ There must be sufficient “incentives” in the environment to make the effort worth it.
 - Incentives for sustained behavior change need to be much stronger for those with addiction issues – their reward centers are less intact. Brain takes a while to heal

“Long-Term Recovery from Addiction: Criminal Justice Involvement and Positive Criminology”

“Positive Criminology: The Good Can Overcome the Bad”

“Better Than Well”

Recovery may not be about remission to normal state but rather a transcendence to a state that can be characterized as “**better than well.**”

Second Chance Study



- Diversion Program for substance misusing offenders
- Voluntary engagement in regular coached sports sessions and participation in football teams

Second Chance Study

- Significant beneficial impact on both substance use and offending, underpinned by a number of mechanisms:
 - Developing a **positive sense of identity** including a sense of self-efficacy (addict to athlete)
 - Perceived improvements in **physical health and well-being.**
 - Developing **positive social networks**
 - Identifying **role models** in recovery, so that participants had a chance to observe successful recovery and learn from it
 - A **sense of hope and positive vision** for the future

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Recovery Capital

What is Recovery Capital?

Granfield and Cloud (2008) define recovery capital as:
the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from AOD [alcohol and other drug] problems

White and Cloud (2008): Stable recovery best predicted on the basis of recovery **assets not pathologies**

Best and Laudet (2010)



Recovery Capital



- Personal: Skills, Traits, Resilience
- Social: Networks, Connections, Mentors
- Community: Housing, Jobs, Recovery Support

Best and Laudet (2014)

“We are also increasingly confident that recovery is **contagious** and that it is a powerful force not only in **transforming** the lives of individuals blighted by addiction but in impacting on their families and communities as well.”

Recovery capital: Linking personal, social and community assets

- One thing we know for sure: cannot do it alone and that recovery is **an intrinsically social process**
- Personal capital grows through the support of the groups we belong to and the nurturance of the context and environment
- Supporting recovery growth requires engaging the positive components of the social networks and the broader community
- The more you use, the more you gain

**Difference between illness and
wellness?**

Difference between **i**llness and
wellness?

Assessment of Recovery Capital



Group Exercise with a 52 question handout



Social networks and social identity mapping



Asset based community development (ABCD)

ABCD rationale:

Recovery takes place in the Community

- Professionals may have studied the problem but haven't "lived" the solution.
- When professional interventions become too strong, community resources wither
- ABCD is a strengths based approach to creating positive growth and nurturing of community resources
- It builds on and creates resources in communities:
 - ▣ People
 - ▣ Informal Groups/Formal organizations

Undertaking ABCD

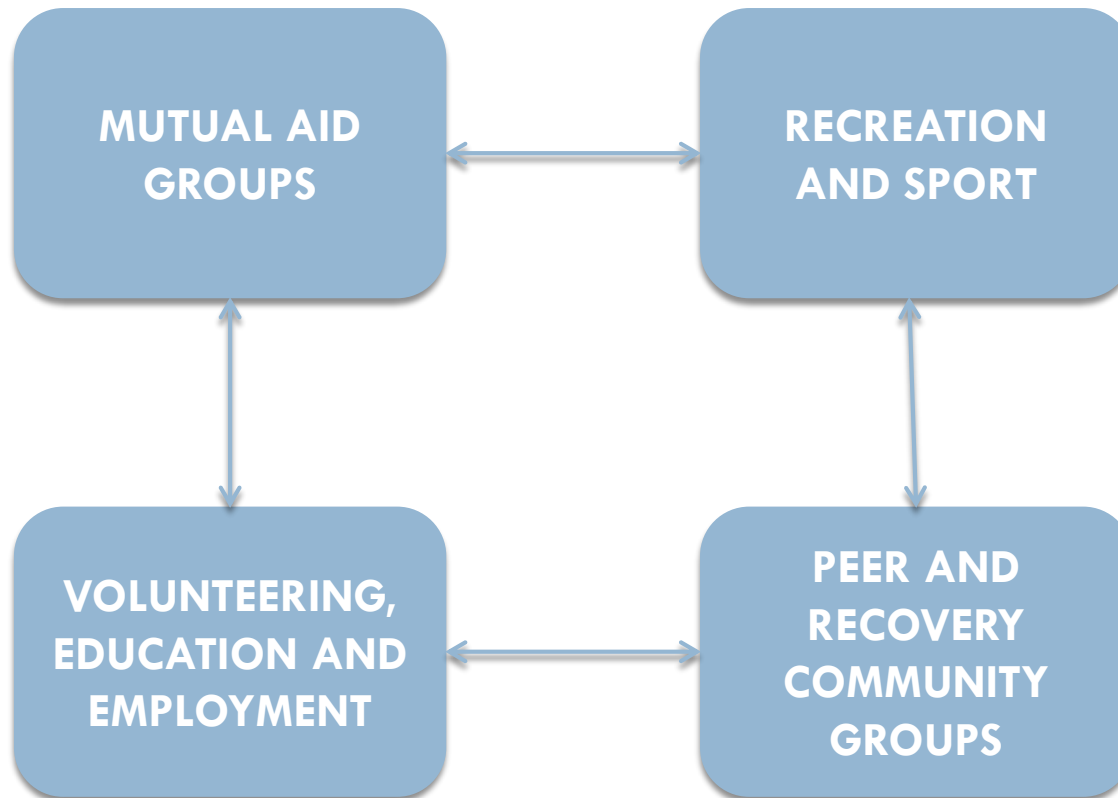
What assets?

- People
- Informal groups and associations
- Institutions and organizations

What kind of areas?

- Sport, art and recreation
- Mutual aid
- Peer support
- Education, training and employment
- Professionals?????

What to link to



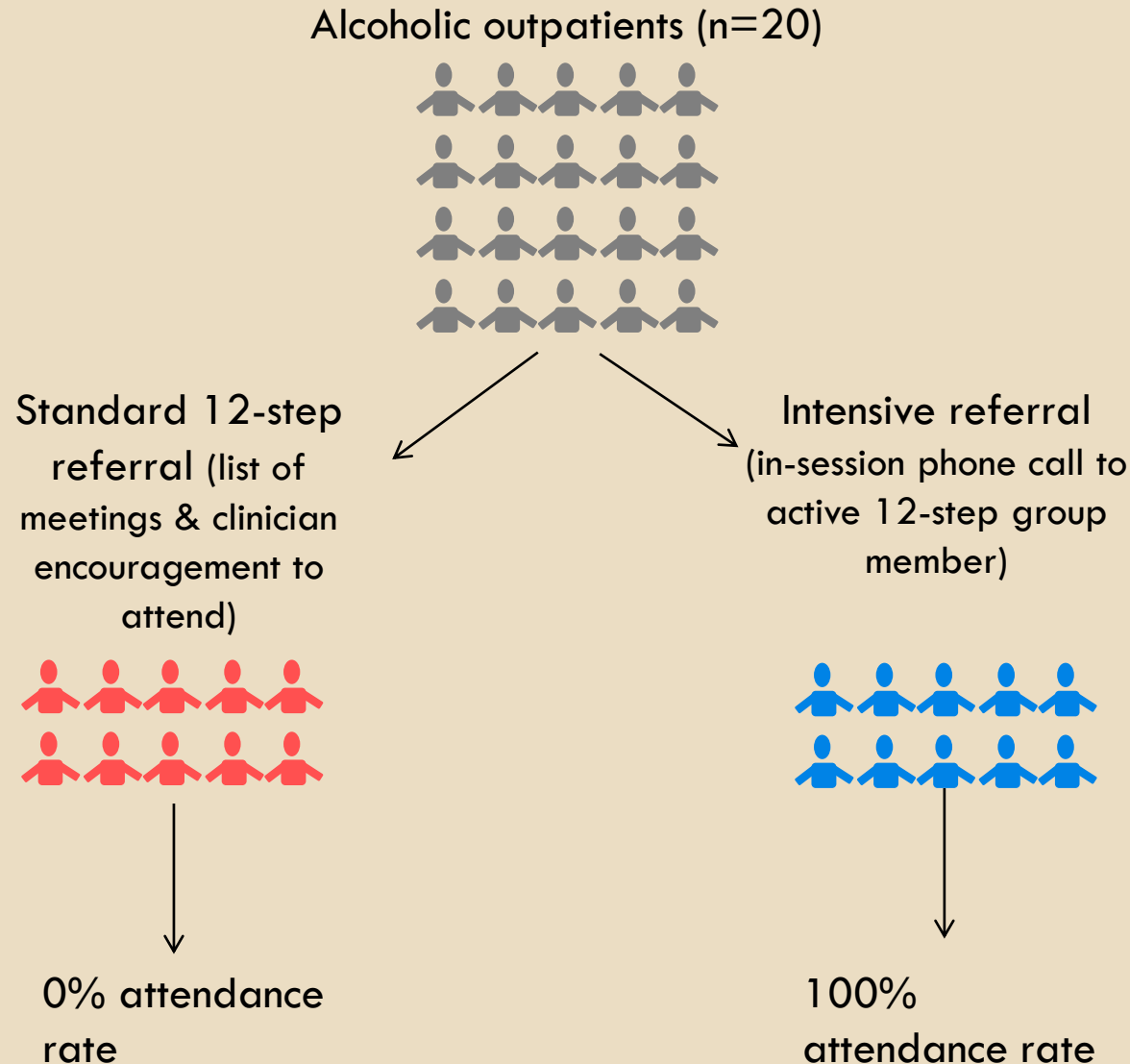
Ex. Assets: peer and community support



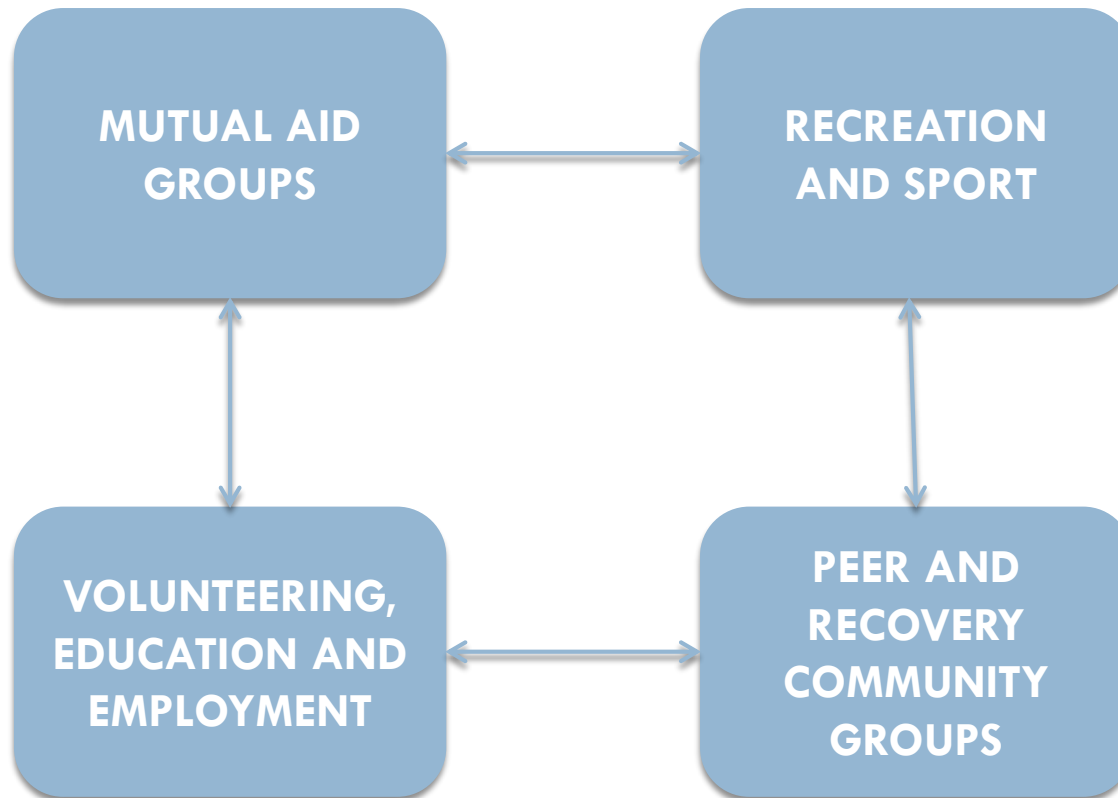
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Assertive linkage

Normal referral processes are ineffective



Asset Domains



The Phoenix

<https://www.cbsnews.com/news/more-perfect-union-the-phoenix-recovering-addicts-find-support-and-community-at-sober-gym/>

STRONGER THAN STIGMA.



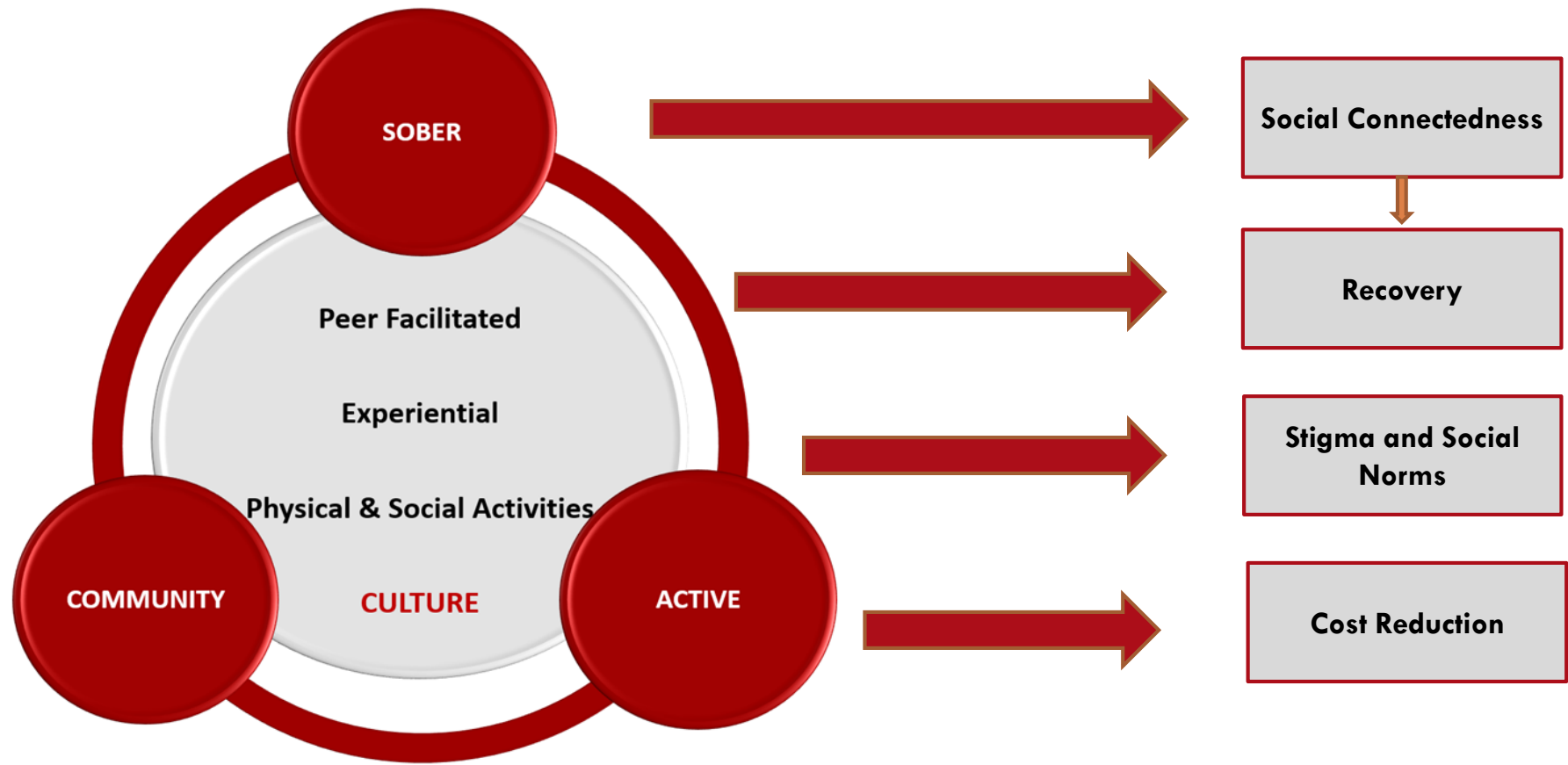
THE PHOENIX

RISE | RECOVER | LIVE

SOBER

The Phoenix -
Healing through the
power of community

Intended Outcomes



Phoenix Community Programming:
FREE to anyone with 48 hours of
continuous sobriety

Community Standards

Removing Common Barriers

- Free
- All pathways welcome
- Trauma-informed →
trauma-healing
- Community and family
welcome
- Targeted outreach to higher
risk populations
- Launched volunteer led
approach in 2017

The Phoenix Footprint



Justice Programming – Middlesex County Sheriff's Office

□ Lowell

- Located in Office of Community Counseling
- Reframing law enforcement and justice system's relationship with individuals with SUD

Outcomes

AFTER 3 MONTHS
>80%
OF MEMBERS



CONFIDENCE
COPING SKILLS
SELF-ESTEEM
SENSE OF PURPOSE
PLEASURE IN LIFE

Results at six-months demonstrate the long-term impact of participation with **86% of active members remaining sober**. Of those who relapsed, two-thirds report that The Phoenix helped them return to sobriety.



8 OUT OF 10 REMAINED SOBER

Specialized Drug Offender Program (SDOP)

- High-risk, high-need offenders
- Wrap around services
- Community Partnership
 - Denver Adult Probation
 - Mile High Behavioral Healthcare
 - Denver Health
 - The Phoenix

Denver, Colorado

- **Specialized Drug Offender Program (SDOP)**
- Probation Supervisor Scott Prendergast
- Truly a community based supervision model
 - ▣ Meetings take place at treatment programs and/or Phoenix
 - ▣ Transforming relationships – mentors.

Jon Moreno,
Program Manager, The Phoenix-Lowell



Learn More

- Thephoenix.org
- Email jmoreno@the phoenix.org
- Follow us on Facebook
 - ▣ The Phoenix
 - ▣ The Phoenix – Massachusetts

Some Final Thoughts

- Justice System plays pivotal role.
- Initiation and sustaining change are key.
- Changing social networks and activities are key to both recovery and desistance.
- Positive and negative influences are critical to both. Providing a sense of hope and purpose critical for sustaining change.