

Framework for a Recovery Capital Index Pilot



Office of Addiction
Services and Supports



New York Association
of Treatment Court
Professionals

Webinar

July 1, 2023

Presenter:
David Whitesock

Presenter



David Whitesock
CEO
Commonly Well

Learning Objectives

1

Peer Support to Build Recovery Capital

Obtain a working knowledge of Certified Recovery Peer Advocates, the scope of their role, and how they can be utilized to help assess, build, and strengthen recovery capital.

2

Working Knowledge of Recovery Capital

Develop an understanding of the concept of recovery capital, how it is measured and why the concept has important to the success of the treatment court model.

3

Evaluating the Pilot for Impact

Gain insight on how to evaluate a collaborative process between opioid courts and community-based treatment providers.

“A lot of what’s **most beautiful in the world** arises from struggle.”

Malcolm Gladwell | Author



Pilot Framework

Recovery Oriented System of Care

Community

Opioid Courts



Peer Supports

Recovery Capital

Pilot Framework

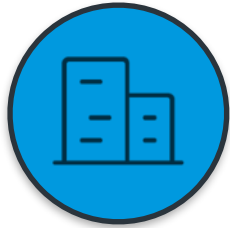


Opioid Courts

9 Jurisdictions and 15 Courts

OASAS and the NYS Unified Court System identified 15 Opioid Treatment Courts across the state to introduce a peer-led recovery capital assessment with ongoing support from a community-based provider.

Pilot Framework



Community-based Providers

Utilizing Local Resources

A key part of building recovery capital is identifying and using the resources that exist in a community. By linking court participants to a community-based provider, opportunities for recovery and growth are increased.

Pilot Framework



Certified Recovery Peer Advocates

Linking the Lived Experience

Certified Recovery Peer Advocates (CRPA) will play a key role in the administration and utilization of the RCI. CRPA's leverage the lived experience to boost participation in ongoing measurement for successful program completion.

Pilot Framework



Recovery Capital Index

Measuring the Recovery Process

The RCI is a person-centered and scientifically validated assessment of recovery capital. CPRA's and participants will use the measure to influence support, while the Court monitors progress and effectiveness.

Pilot Framework



Identification

Participants will be connected to the assigned organization and peer



Engagement

Peers will use a secure text messaging platform to support and stay engaged



Measurement

The RCI and other surveys will be sent to participants for ongoing monitoring

RF41

Who am I?





“How did **you** get here?
You have family supporting you,
access to financial resources,
and had a successful career. How
did **we** fail so bad?”

Hon. Kathleen Trandahl | Sentencing Judge

24/7 SOBRIETY PROJECT

Chronic drunken drivers find help in new program



LYLOY B. CHENBERG/ARGUS LEADER

David Whitesock takes two breath tests every day. After seven DUI's, the 30-year-old redno disc jockey was ordered into the 24/7 Sobriety Project, where he must go to the county jail and take a breath test twice a day.

Offenders must visit jail twice daily for breath tests

BY DAN HAUGEN
haugen@argusleader.com

After his seventh DUI arrest, a judge gave David Whitesock an ultimatum: Stop drinking, or go to prison.

So twice a day, the 30-year-old radio disc jockey gets on his bicycle, peddles down Minnesota Avenue to the county jail and blows into a straw so he can go free again.

Whitesock was ordered into the 24/7 Sobriety Project, a state pilot program aimed at sobering up chronic drunken drivers. It forces repeat offenders to submit to an alcohol breath test twice a day, as a condition of bond or sentence.

So far, a dozen counties experimenting with the program have seen overall success rates of

the real problem," said Long, who hopes to expand the program to make it statewide by next summer. Mandatory breath tests give offenders the necessary incentive and structure to quit drinking, he said, and as long as they comply, they stay out of jail so they can work and support a family.

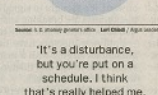
Critics, though, say the program can be an excessive burden for a group of people already struggling, especially those who lack transportation or work nontraditional hours.

For Whitesock the breath test only takes a few seconds to complete, but include the bike trips back and forth, and the process takes about 20 minutes out of Whitesock's morning and evening.

"It's a disturbance, but you're put on a schedule," Whitesock said. "I think that's really helped

DUI felonies
 DUI felonies contributed to 32.4% of all felony convictions in South Dakota from fiscal years 1999 to 2004.

Fourth DUI offense 8.2%
 Vehicular battery and homicide 0.9%
 Third DUI offense 28.3%
 All other felony convictions 67.6%



"It's a disturbance, but you're put on a schedule. I think that's really helped me. My life is structured now."

Sobriety: Program effective, but not flexible

Continued from 1A

Whitesock was ordered into the 24/7 program as part of a sentence for his seventh drunken driving conviction. A judge spared him from two years in prison, as long as he complies with the breath tests and other terms of his probation until 2010.

Whitesock was a 22-year-old college student in Grand Forks, N.D., when he first was arrested for drunken driving.

"It was nothing more than a slap on the wrist," Whitesock said of his punishment.

Long first thought of the program while working as state attorney for Bennett County in the 1970s and '80s. He started a similar program there before pitching the idea to the governor's office as attorney general.

"We dealt with the same people time after time after time," Long said of his Bennett County experience.

About one third of all felony convictions in South Dakota are related to drunken driving, he said, and about one in eight prisoners in the area is incarcerated for drunken driving felonies.

The 24/7 program has potential to decrease those numbers and provide numerous other benefits at a minimal cost to taxpayers, Long said. Defendants spend less time in jail and because they are sober, they reduce the threat to their families and the public.

Dave Teserovic, a private Sioux Falls lawyer who handles drunken driving cases, said the program can be effective, but it's not always flexible enough.

"A little more flexibility in the program would be helpful," Teserovic said.

Magistrate Judge Pat Riepel said she uses the 24/7 program when setting bonds for second drunken driving offenses. She's also enforced it in assault cases where alcohol is involved.

"People are always going to try to beat the system, but I see it as an extremely successful program," Riepel said.

Circuit Judge Joseph Nelles said most of the people who come in for hearings on 24/7 program violations usually have low test results. Swan said some have failed the test for blood alcohol levels as low as .01 percent.

"They've tried to get one or two beers in and get away with it," Nelles said. "It's a rare case when we've had someone fully intoxicated, but it has happened."

Long said the program isn't without kinks, but his office hopes to have them worked out during the next several months. One idea for cases where a defendant lived far from a testing point is a specialized ankle bracelet that continuously measures blood alcohol levels through the skin.

If legislation is required to implement the program statewide, Long plans to have it submitted to lawmakers in January, he said.

Whitesock plans to continue biking to and from the county jail each morning and evening. He said he's committed to stop drinking.

He's working to set up special arrangements so he can take courses at the University of South Dakota in Vermillion, which doesn't have a 24/7 program. He said he's eventually like to study law so he can play a role in coming up with a system that works for cases such as his.

Photo: Dan Haugen at 332.2395.



LYLOY B. CHENBERG/ARGUS LEADER

“Nothing is easy, nothing does itself; character and action are everything.”

Washington A. Roebing | Builder + Architect



Certified Recovery Peer Advocate

OASAS defines a **Peer Advocate** as an individual who uses their knowledge acquired through **lived experience** related to substance use, to support the recovery goals of individuals who use drugs and/or alcohol.

Source: [OASAS](#)

Key Elements of Peer Support

1

Person-Centered

Are person-centered and strength-based. They help individuals to identify existing recovery capital and build future capital.

2

Relationship Oriented

Are relationship-oriented, garnering a sense of trust, confidence, authenticity and efficacy, based on shared experience

3


Support Focused

Support individuals to define and direct their own treatment/recovery plan, backed with guidance, structure, support, and navigation assistance from a peer (or clinical team)

Source: [OASAS](#)



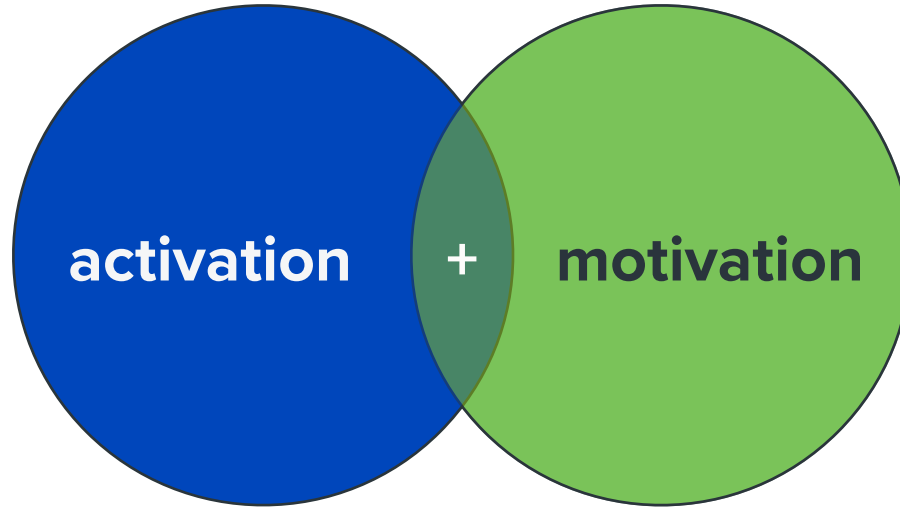
To **prove** success and **change**, we must capture reliable and **meaningful data** from those you serve.



engagement is the desire and capability to actively choose to participate in care

Engagement

=



Fogg Behavior Model

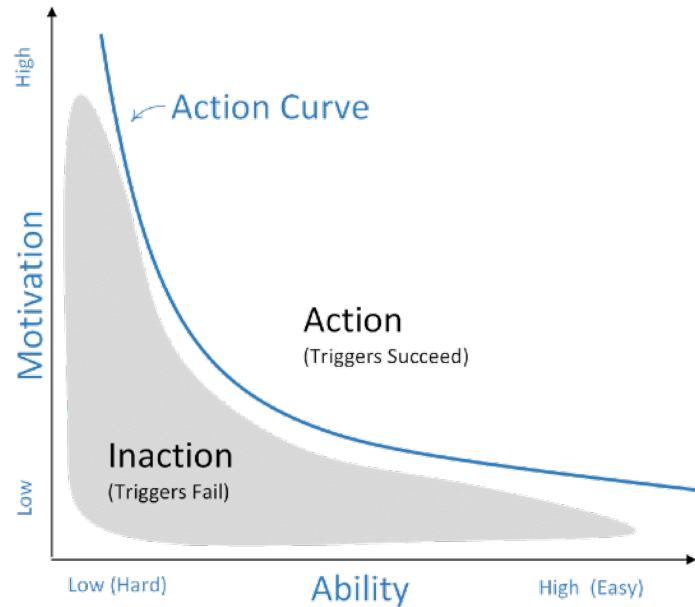


Figure 1 – the B.J. Fogg Behavior Model

Why Text Messaging

CELLPHONE
OWNERSHIP

97%

SEND/RECEIVE
MSGs IN A WEEK

97%

MSG OPENED
IN 1 MINUTE

99%

MSG REPLIED
IN 1 MINUTE

90%

Source: [Pew Research](#)



engagement through text
leads to **involvement** which
improves **response rates**.

“Celebrating **small wins** gives them something to repattern their life around.”

BJ Fogg | Behavioral Scientist





“

recovery capital constitutes the potential **antidote** for the problems that have long plagued recovery efforts.”

William White | Author of the ROSC

Source: [Recovery Capital: A Primer for Addictions Professionals](#)

What is Recovery Capital?

Recovery Capital Defined

The internal and external **resources** that can be **drawn upon** to pursue, **achieve**, sustain, and enhance a life of **recovery** or wellbeing.

Source: Granfield R, Cloud W. Coming Clean: Overcoming Addiction without Treatment. New York University Press, New York. 1999

Recovery Capital Defined



the **experiences** of our respondents suggest that having structural and individual resources — **recovery capital** — can be a critical element in the ability to **overcome** dependency problems **without treatment.**”

Source: Granfield R, Cloud W. Coming Clean: Overcoming Addiction without Treatment. New York University Press, New York. 1999

Recovery Capital Defined

Personal Capital

General Health
Mental Wellbeing
Nutrition
Employment
Education
Housing Situation
Transportation
Clothing
Financial

Social Capital

Family Support
Significant Other
Social Support
Social Mobility
Healthy Lifestyle
Access to Healthcare
Safety

Cultural Capital

Beliefs
Spirituality
Sense of Purpose
Cultural Relevancy
Sense of Community
Values

Source: [The Recovery Capital Index](#)

“Discrimination, inequitable **access to resources and opportunities**, and social determinants of health all **intersect** with **recovery capital** and should be considered **concurrently.**”

Source: 2022 National Drug Control Strategy, p. 60

NATIONAL DRUG CONTROL STRATEGY

How do we Measure Recovery Capital?

Recovery Capital Landscape

recovery
capital scale

assessment of
recovery capital

brief assessment
of recovery capital

REC-CAP

*recovery capital
Index*



2008

2013

2013 - 2017

2017

2012 - 2018

Assessments

The **self-reported experience** is the best way to understand how people **assess** the quality and **possibility of their life** and wellbeing or recovery.



only **one person** can tell
whether their recovery is good;
it is that one person

Strong Methodology

Gallup and Harvard have been gathering **self-reported** social observations continuously **since the 1930s**

data well-presented can be **motivating** and have a profound effect on how we look at problems and determine **solutions**.



What is the Recovery Capital Index?

Validated Assessment

a **scientifically validated** person-reported assessment that **comprehensively quantifies**, tracks, and provides a picture of a person's **whole well-being**.

RCI Design Roadmap

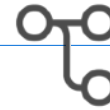
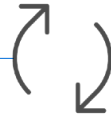
concept
+ design

test

iteration
+ retest

validate

commercialize



2012 - 2013

2013 - 2014

2014 - 2017

2017 - 2018

2019

How Does the RCI Work?



68 / 36 / 10 ITEM SURVEY

Completed near the beginning of care relationship
Repeated every 30 days



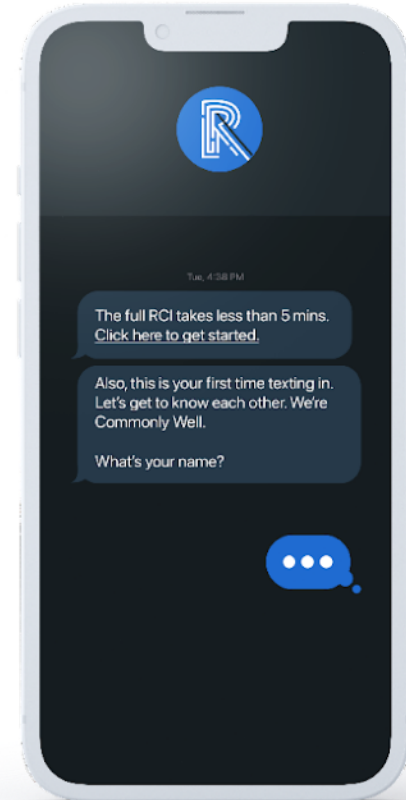
5 MINUTES TO COMPLETE

Survey completions average 5 minutes
36-item and 10-item versions can be used for quick
and easy pulse checks



SECURE TEXT MESSAGING

Easy opt-in via keyword or QR code
Automated and asynchronous engagement with
personalized messages



Take the RCI yourself
Text NYATCP to 833.280.3781



What do the Scores Mean?

71+

REINFORCE

Recovery capital is strong but demands maintenance.

51-70

STRENGTHEN

Recovery capital is good but areas can be exercised for resilience.

1-50

BUILD

Recovery capital is low and each area requires work to build up.



Better Thinking



Cognitive Behavioral Techniques

Applying cognitive behavioral techniques improve thoughts, behaviors, and emotions. When combined with the RCI, individuals and providers use the questions and responses as prompts to explore the thought-action loop.



Motivational Interviewing

Applying MI is designed to elicit intrinsic motives for change. Individuals are more likely to change when motivation comes from inside. When combined with the RCI, questions and responses are used as prompts for MI



“

if you want **better results** then
forget about setting goals.
Focus on your system instead.”

James Clear | Atomic Habits

Self-reported experiences reveal barriers, inequities, growth, and **possibility**. This “experienced utility” maps a person’s life. Individual recovery capital data can **elevate millions of voices**, changing the recovery narrative and eliminating stigma.

Power of the Subjective Experience



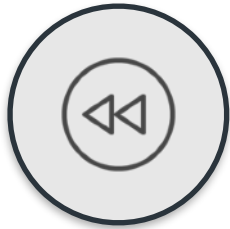
RCI Predictiveness



Housing Stability

High Social and Cultural Capital upon leaving incarceration were predictive of having stable housing at 90 days

RCI Predictiveness

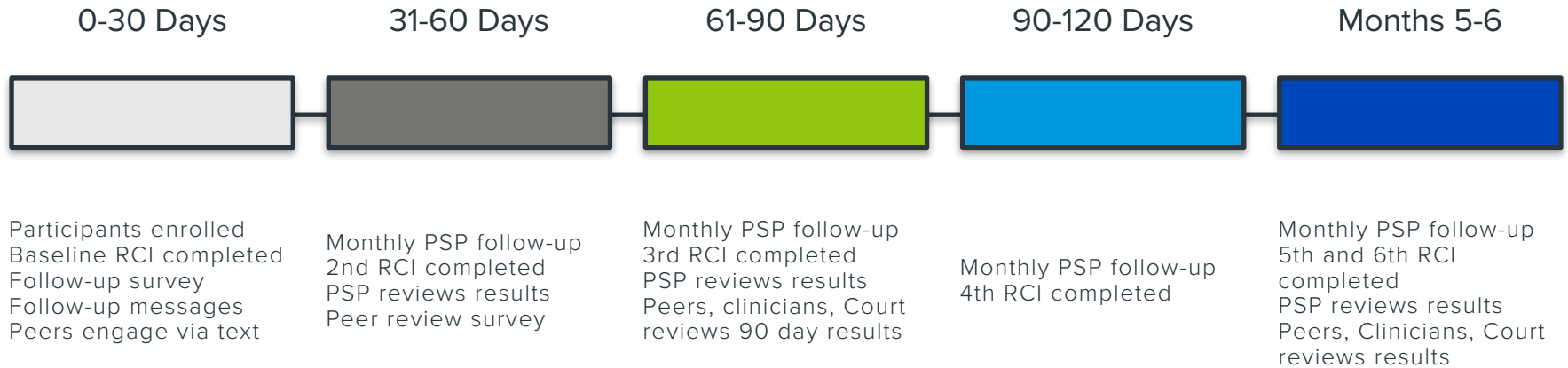


Rearrest

Low Value and Access to Healthcare upon leaving incarceration were predictive of participant recidivism.

How will we evaluate this pilot project?

Evaluation Model



What We Learned

1

Peers are Integrating with Opioid Courts

OASAS and NYS Unified Court System is piloting the use of Certified Recovery Peer Advocates with the RCI in 15 Opioid Treatment Courts.

2

Recovery Capital is a Comprehensive Measure of Change

People's lives are more than the use and relationship to a substance. The Recovery Capital Index measures and monitors the full quality of a person's life.

3

The Pilot is Being Evaluated for Impact

Participants will be measuring their recovery capital while Peers and Court Staff will provide their assessment of the utility of peers and ongoing measurement.

Take the RCI yourself
Text NYATCP to 833.280.3781



G7W6

Thank You!

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Office of Addiction
Services and Supports



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of Treatment Court
Professionals

Webinar

July 11, 2023

Presenters:

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