

# **CACJ 2022 Annual Conference**

## **Empowering Families to Build Recovery Capital for Sustained Recovery and Family Well-being**

October 11, 2022 | 1:30 – 2:45pm

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**CENTER FOR CHILDREN AND FAMILY FUTURES**  
Strengthening Partnerships, Improving Family Outcomes

# Acknowledgment

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*This project is supported by Grant # 2019-DC-BX-K013 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.*

# Recovery Capital



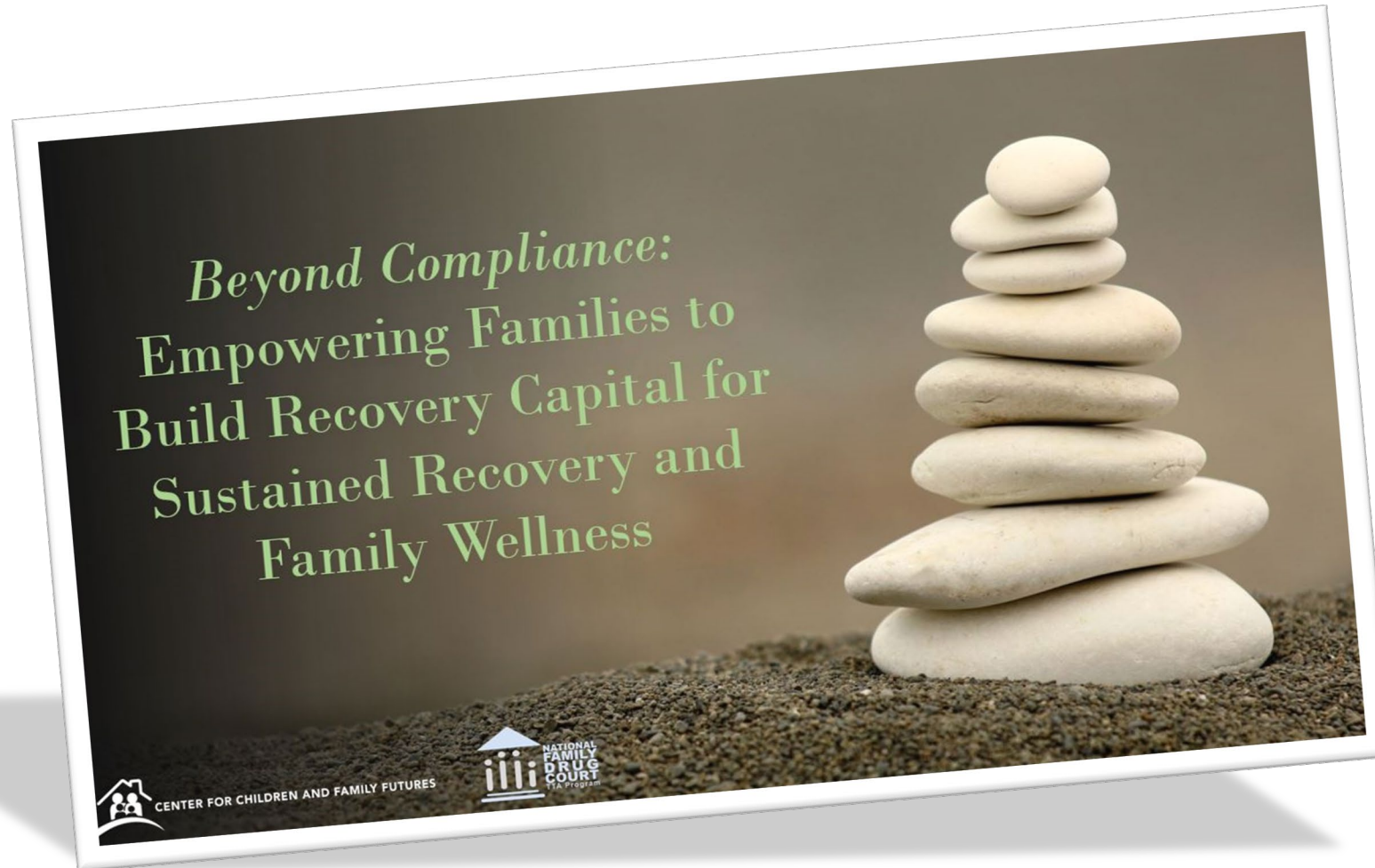
# Learning Objectives

1. Discuss innovative strategies and key lessons related to integrating recovery capital and protective factor approaches into their work with parents, children, and family members affected by substance use disorders.
2. Explain how building recovery capital increases the protective factors, resiliency, and wellness of all family members.
3. Integrate at least three new approaches into their work with parents, children, and family members that will empower them to sustain recovery and family well-being.



# Exploration | Conversation | Action

[www.cffutures.org/ftc-practice-academy/](http://www.cffutures.org/ftc-practice-academy/)



- **Animated Video**
- ***Exploration* Tool**
- **Live Conversation**
- **Resources**

<https://www.cffutures.org/ftc-practice-academy/beyond-compliance/>



# Recovery Capital

## Maslow's Hierarchy of Needs

### SAMHSA's Four Domains of Recovery

**Purpose**

**Community**

**Health**

**Home**

**Self-actualization**

desire to become the most that one can be

**Esteem**

respect, self-esteem, status, recognition, strength, freedom

**Love and belonging**

friendship, intimacy, family, sense of connection

**Safety needs**

personal security, employment, resources, health, property

**Physiological needs**

air, water, food, shelter, sleep, clothing, reproduction



More than 22 million  
Americans are living in  
recovery

About 75% of people with a  
substance use disorder  
recover

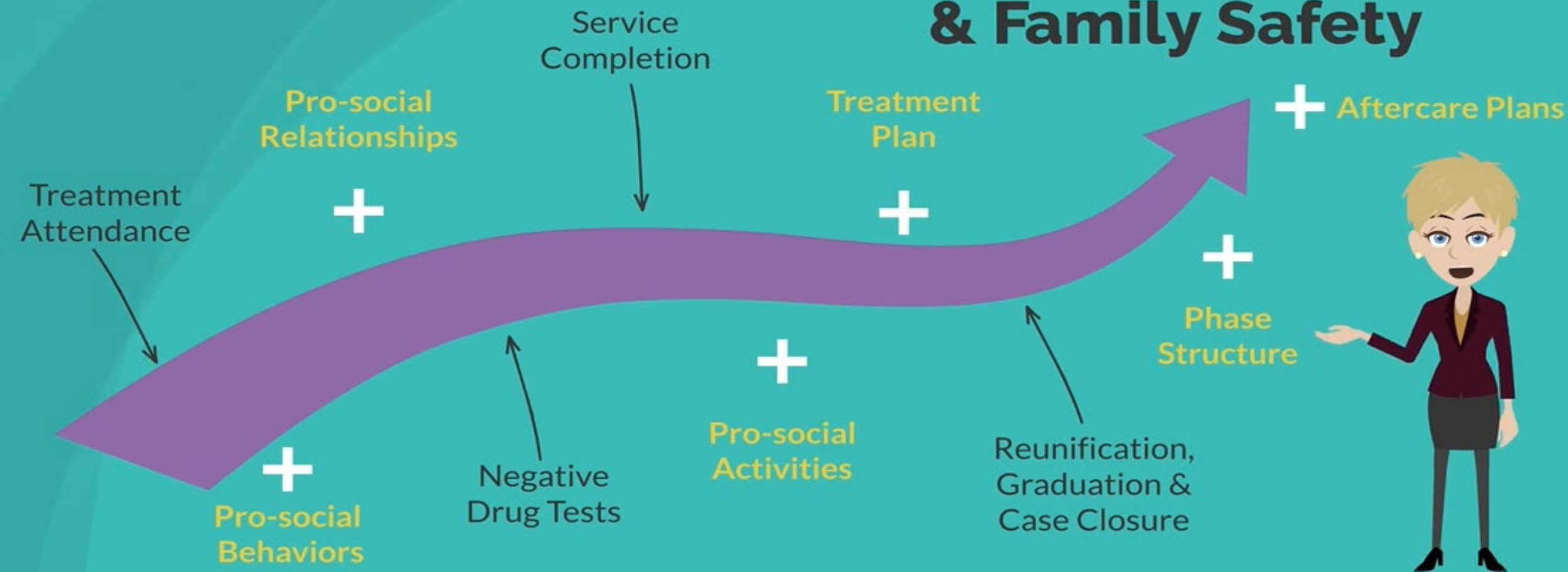


# Assessing Recovery Capital



# Assess Recovery Capital

## Sustained Recovery & Family Safety





"Recovery capital is not equally distributed across individuals and social groups. Members of historically disempowered groups often seek recovery from addiction lacking assets that are taken for granted by those seeking recovery from a position of privilege."

(Cloud & Granfield, 2001)

# Assessment and Case Planning Considerations

- Identify a tool or scale to measure an individual's recovery capital.
- Use assessment results to drive treatment and/or case planning.
- Do you have a standardized procedure to reassess strengths and needs?
- How will you know if an individual has attained recovery capital?







## Recovery Capital Worksheets

<https://www.ndci.org/resource/recovery-capital/>

## Recovery Capital Assessment Tool

<https://www.chestnut.org/resources/4c4bb112-3d59-4984-98cb-3b637378965a/Recovery-Capital-Scale.pdf>

## Recovery Capital: A Primer for Addictions Professionals

<https://www.chestnut.org/resources/369b4a1e-fc69-4146-91c3-e4df44487f0e/2008-Recovery-Capital-Primer.pdf>

## Research Article: Recovery Capital as Prospective Predictor of Sustained Recovery, Life Satisfaction and Stress Among Former Poly-Substance Users

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2211734/pdf/nihms10607.pdf>

# Assessment and Case Planning Considerations Continued

In what ways do your case or treatment plans support (or not):

- Physical health?
- Financial assets?
- Access to affordable, quality health care?
- Safe, affordable housing that supports recovery and well-being?
- Clothing, food, and access to transportation?
- Building or rebuilding supportive relationships?





# Family Treatment Court Practice Academy 2022

Live Conversation Video Clip

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*Beyond Compliance:*  
Empowering Families to Build  
Recovery Capital for Sustained  
Recovery and Family Wellness

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<https://www.cffutures.org/ftc-practice-academy/beyond-compliance/>



# Crystal J.- Ohio START Family Peer Mentor





# Personal Recovery Capital



# Personal Recovery Capital



## Physical Recovery Capital

- Physical Health
- Financial Assets
- Access to Affordable, Quality Health Care
- Safe, Affordable Housing
- Clothing, Food, Transportation

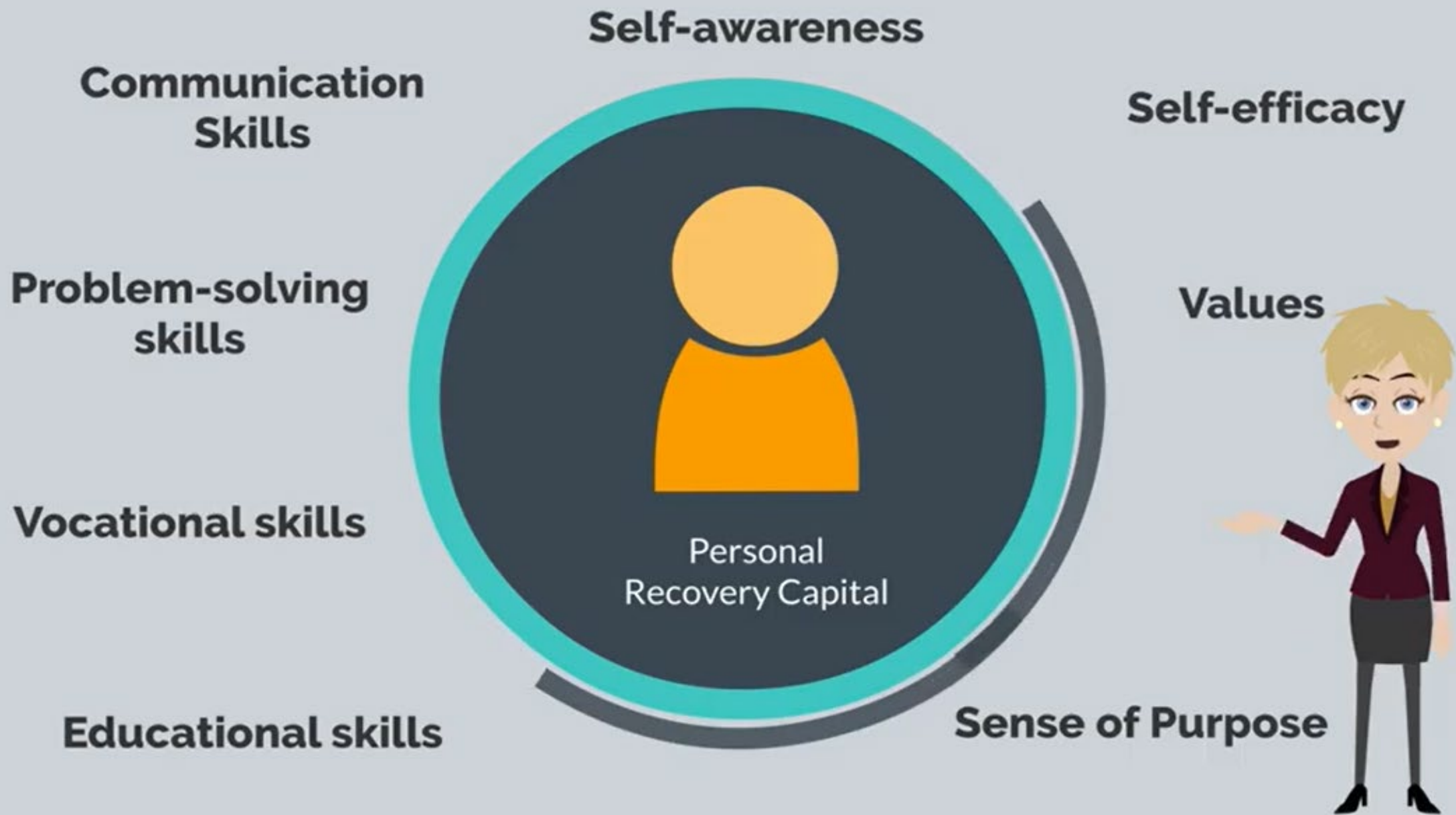
## Human Recovery Capital

- Educational/Vocational Skills
- Problem-solving Skills
- Interpersonal and Communication Skills
- Self-awareness and self-efficacy
- Personal Values
- Sense of Purpose, Future and Hopefulness

# Anne Auld – Director of Education, Illuminate Colorado









# Family/Social Recovery Capital





# Family Social Skills Events

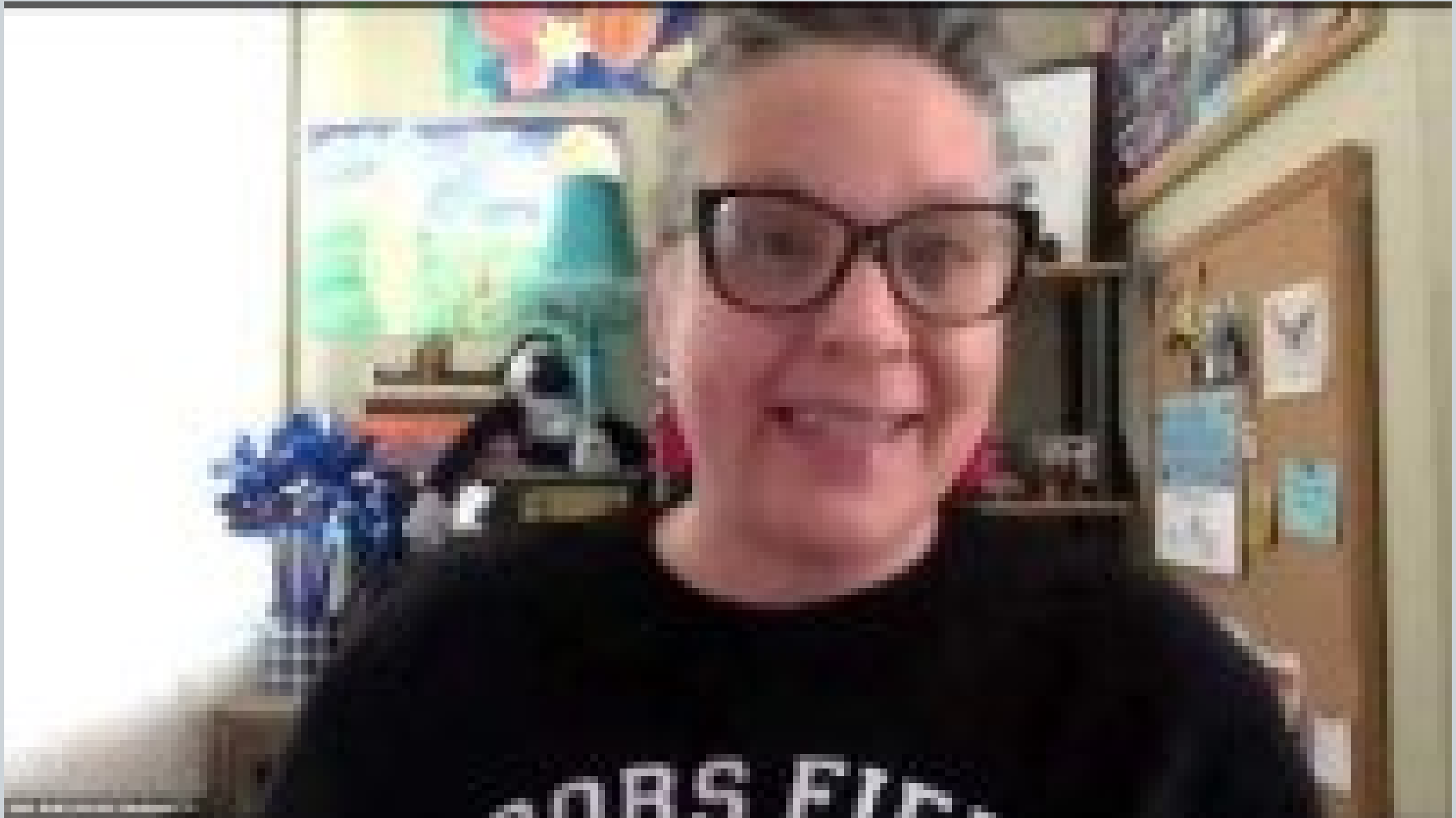
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# Community Recovery Capital



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# Sustainability Toolkit

*Five Steps to Build a Sustainability  
Plan For Systems Change*

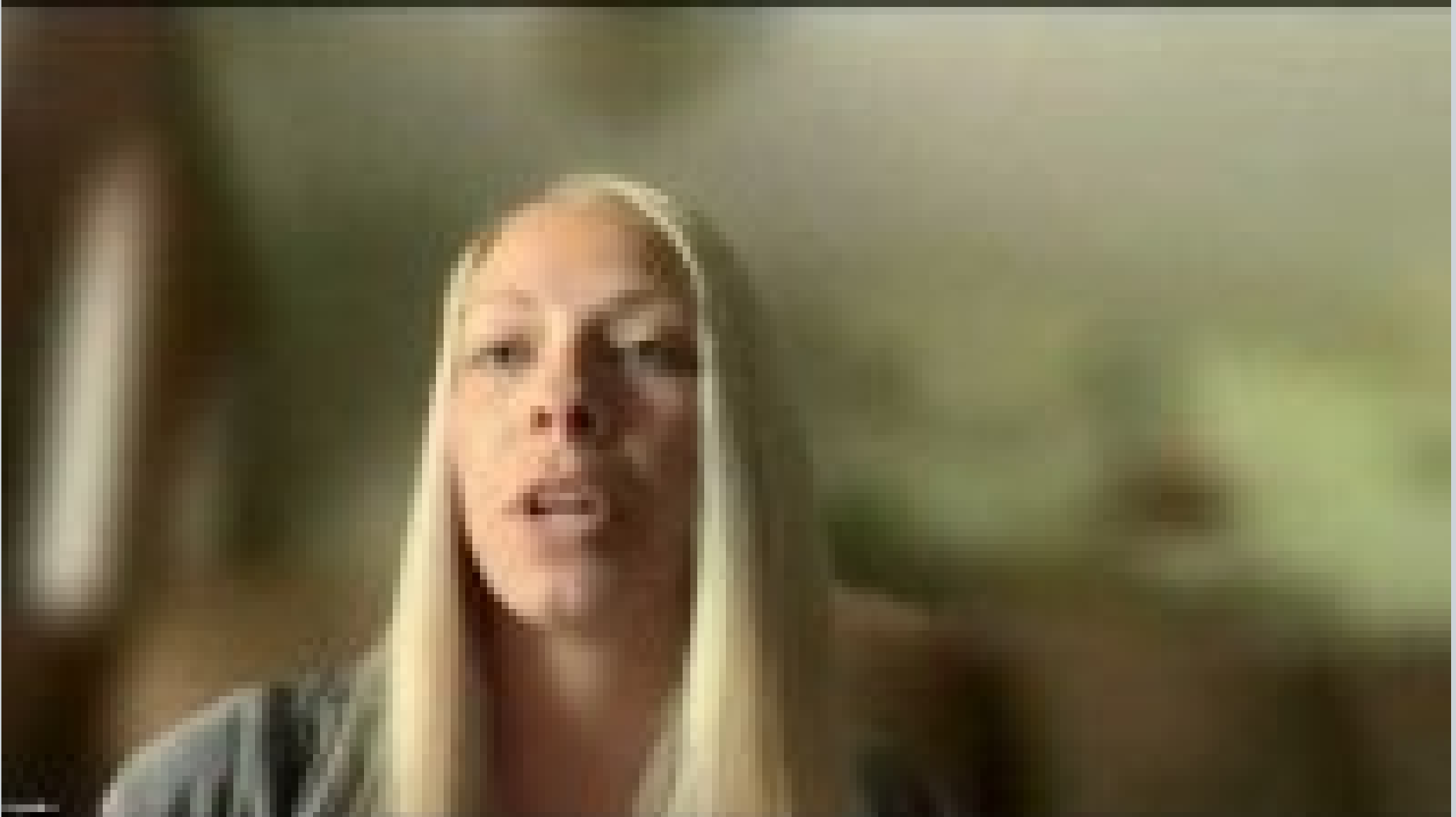
**Available @**

<https://ncsacw.acf.hhs.gov/collaborative/budgeting-program-sustainability.aspx>





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# RECOVERY CAPITAL: ITS ROLE IN SUSTAINING RECOVERY

<https://facesandvoicesofrecovery.org/2019/10/08/recovery-capital-its-role-in-sustaining-recovery/>

# Protective Factors





Knowledge of Parenting  
and Child Development



Social Connections



Concrete Supports  
in Times of Need

## Protective Factors



Children's Social &  
Emotional Competence



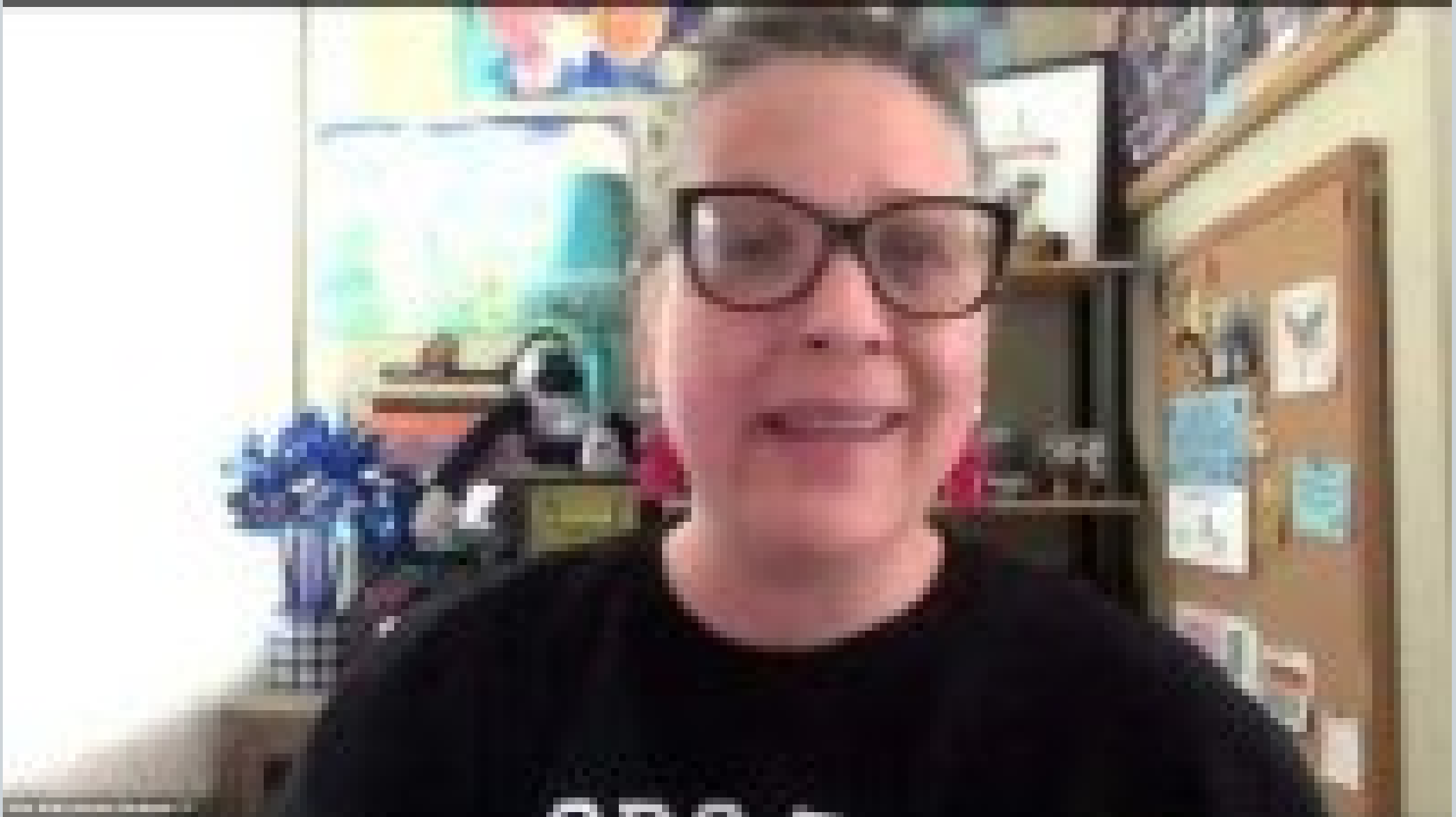
Nurturing & Attachment



Parental Resilience



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# Connecting Families to Evidence-Based Parenting Program

Knowledge of parenting skills and basic understanding of child development has been identified as **a key protective factor** against abuse and neglect (Geeraert, 2004; Lundahl, 2006; & Macleod and Nelson, 2000)

The underlying theory of parent training is that

- (a) parenting skills can improve with training,
- (b) child outcomes can be improved, and
- (c) the risk of child abuse and neglect can be reduced

(Johnson, Stone, Lou, Ling, Claassen, & Austin, 2008)



# **Parenting Programs Specific to Families Affected by Substance Use Disorders**

- **Celebrating Families!** - <http://www.celebratingfamilies.net/>
- **Strengthening Families** - <http://www.strengtheningfamiliesprogram.org/>
- **Nurturing Program for Families in Substance Abuse Treatment and Recovery** - <http://www.healthrecovery.org/publications/detail.php?p=28>

**For more resources visit:**

- **California Evidence-Based Clearinghouse** - [www.ceb4cw.org](http://www.ceb4cw.org)

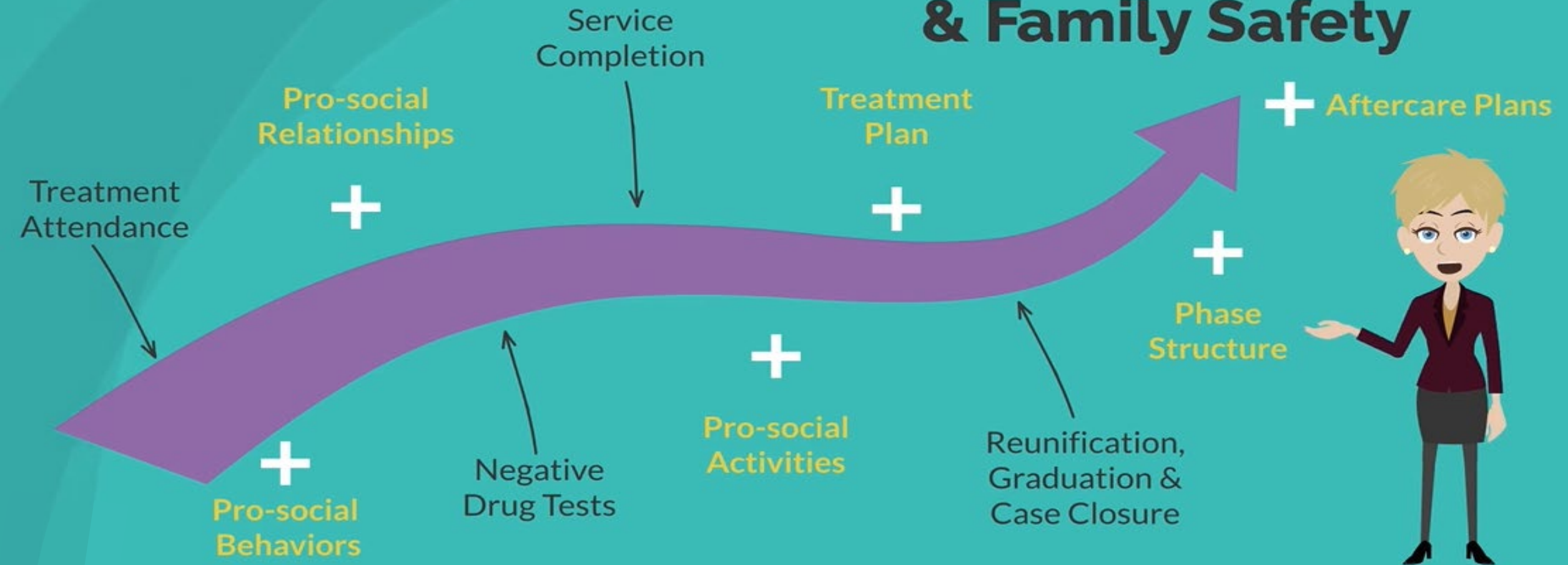
# Practice Innovation: Reunification Group

- Participation begins during unsupervised/overnight visitations through 3 months post-reunification
- Staffed by an outside treatment provider and recovery support specialist (or other mentor role)
- Focus on supporting parents through reunification process
- Group process provides guidance and encouragement; opportunity to express concerns about parenting without repercussion



# Putting it all Together

## Sustained Recovery & Family Safety





# The Coordinated, Family-Centered Case Plan

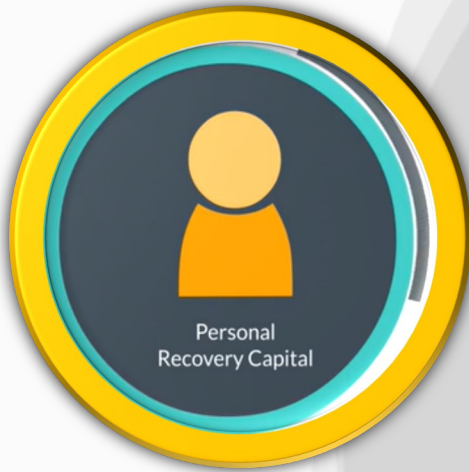
- Developed with the family (however that is defined by the family)
- Embraces each family's unique culture, including race, ethnicity, gender and gender identity, sexual orientation, socioeconomic status, geographic location, and other factors associated with the family's identity
- Considers how to build upon the family's culture to strengthen parenting capacity, safety, and support networks
- Reduces disparities in outcomes by ensuring all children, parents, and families are supported and engaged equitably



# Crystal J.- Ohio START Family Peer Mentor



# Recovery Capital



## Next Steps:

Build structures and opportunities for families to:

learn about recovery capital

explore opportunities to increase their capital

demonstrate new skills

# Anne Auld – Director of Education, Illuminate Colorado





A vibrant, high-angle photograph of a large crowd of people at a festival or concert. Many individuals have their hands raised in the air, some holding up smartphones to capture photos or videos. The scene is filled with energy, and the background is a mix of bright colors and light. Overlaid on the center of the image is a semi-transparent white rectangular box with a thin black border. Inside this box, the words "Questions & Discussion" are written in a bold, black, sans-serif font, arranged in three lines: "Questions", "&", and "Discussion".

# Questions & Discussion



# FAMILY TREATMENT COURT

## *Peer Learning Court Program*



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King County FTC, WA

Tompkins County FTC, NY

Wapello County FTC, IA

Grant County FRC, IN

Jefferson County FIT Court, CO

Baltimore City Circuit FRP, MD

Pima County FDC, AZ

Travis County PIR/FDTC, TX

### PEER-TO-PEER SUPPORT INCLUDES:

- Virtual learning opportunities (e.g., video conference calls, topic-specific consultation)
- Access to FTC policies, handbooks, practices, and lessons
- A virtual and/or in-person team site visit, providing an opportunity to observe their FTC court proceedings and staffing sessions

To learn more about the FTC Peer Learning Court Program or to participate in a peer-to-peer connection, contact us [peerlearningcourts@cffutures.org](mailto:peerlearningcourts@cffutures.org)



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**Join our CCFF listserv**

**<https://www.cffutures.org/membership-join/newsletter/>**

**If You Would Like to Join our FTC TTA  
Team Listserv:**

**<http://eepurl.com/dD8tvT>**

**Visit our Website**

**<http://www.cffutures.org>**



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Strengthening Partnerships, Improving Family Outcomes

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