



Capturing Recovery Journeys Through The Power of Recovery Capital

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Celebrate

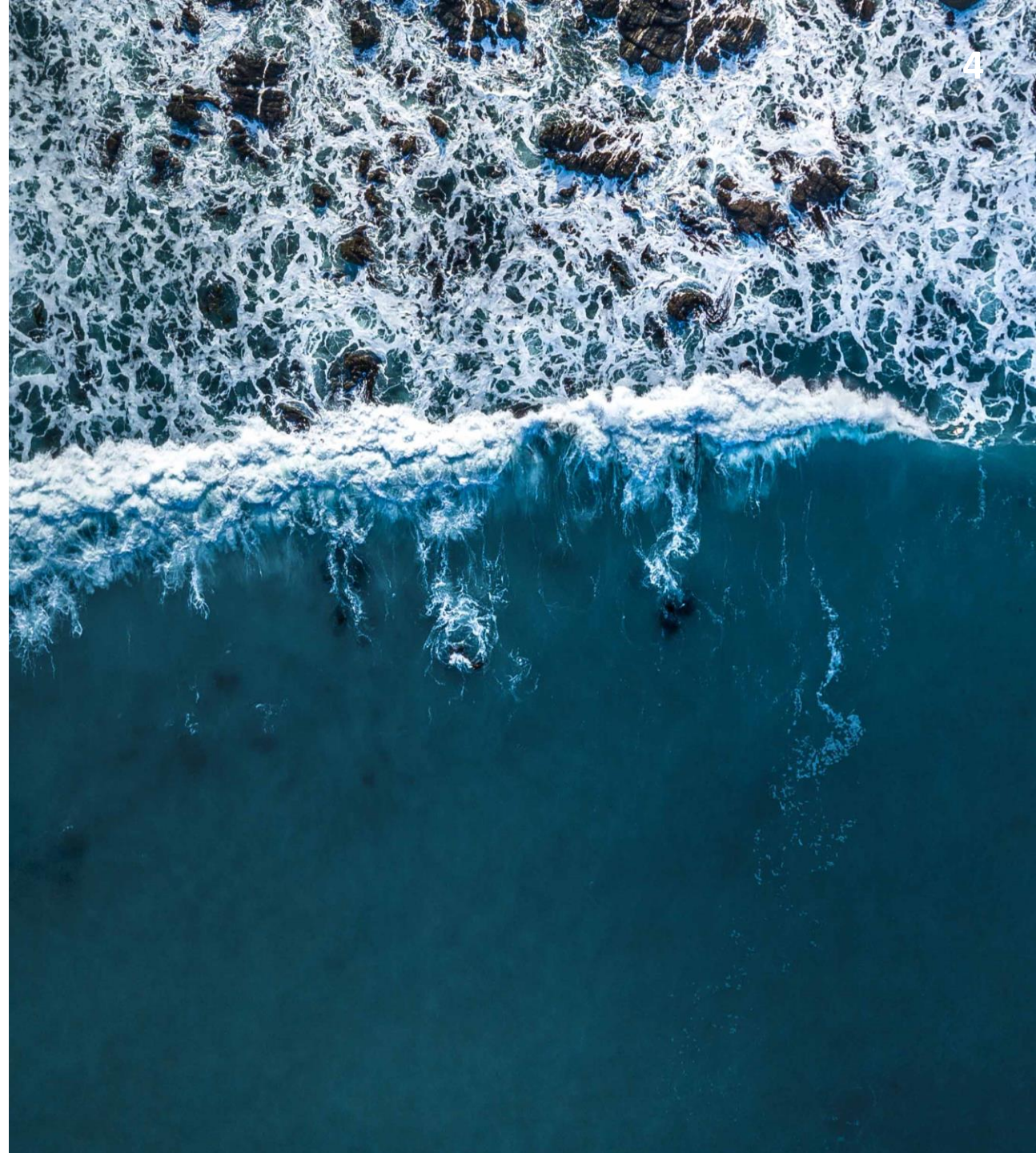


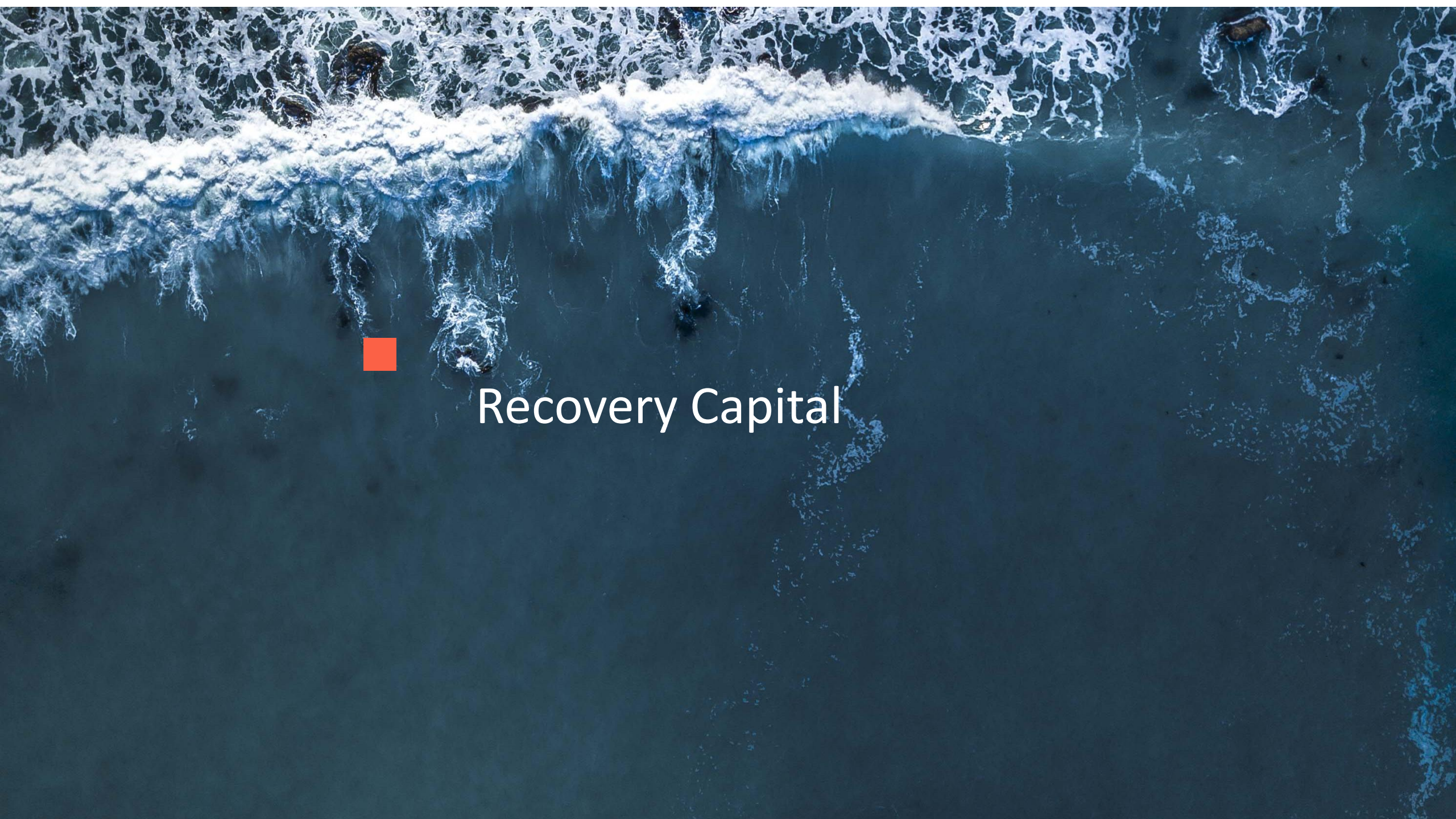
Celebrations at Odyssey



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Recovery Capital

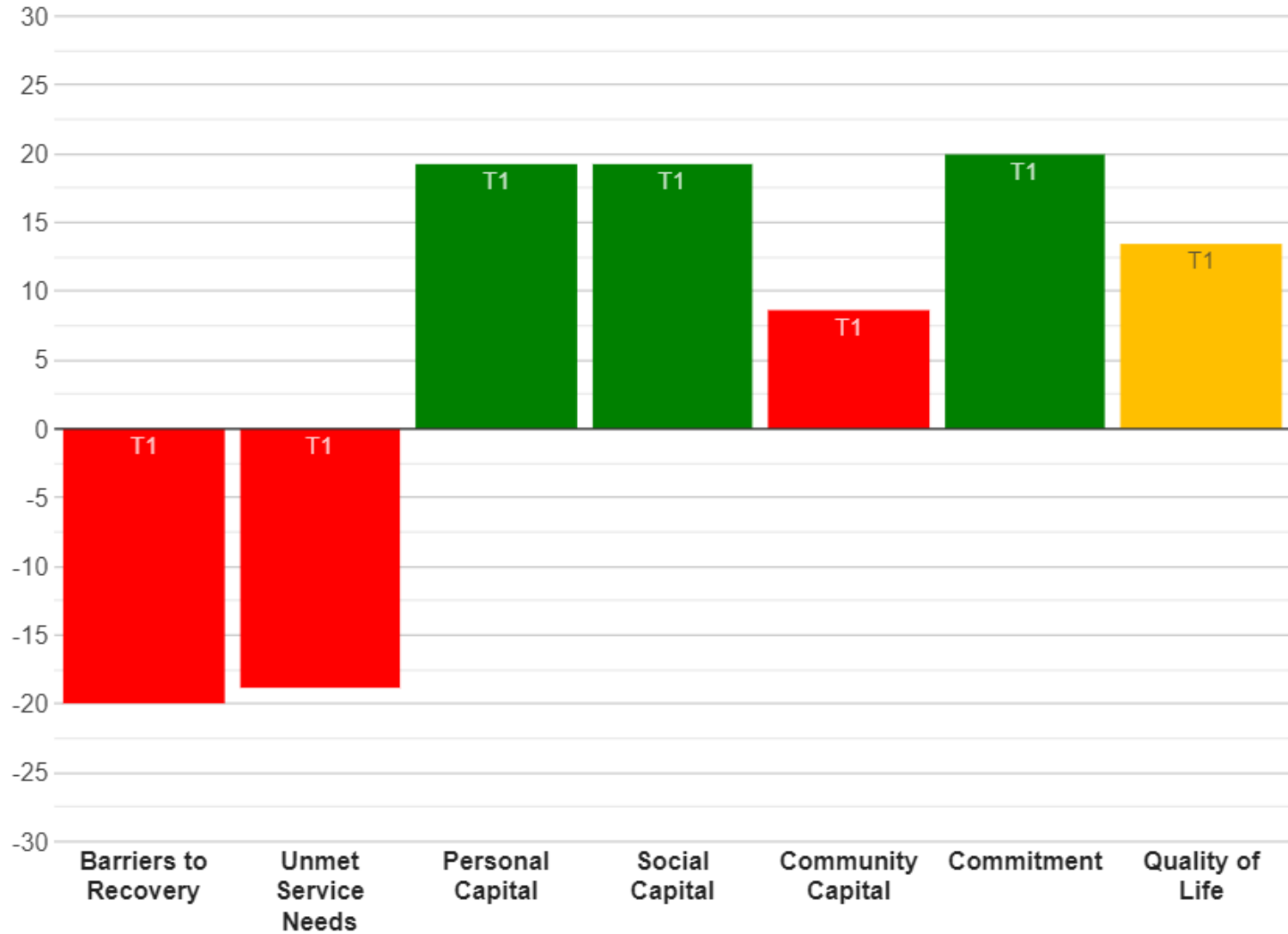




■ Measuring Recovery Capital:
The REC-CAP

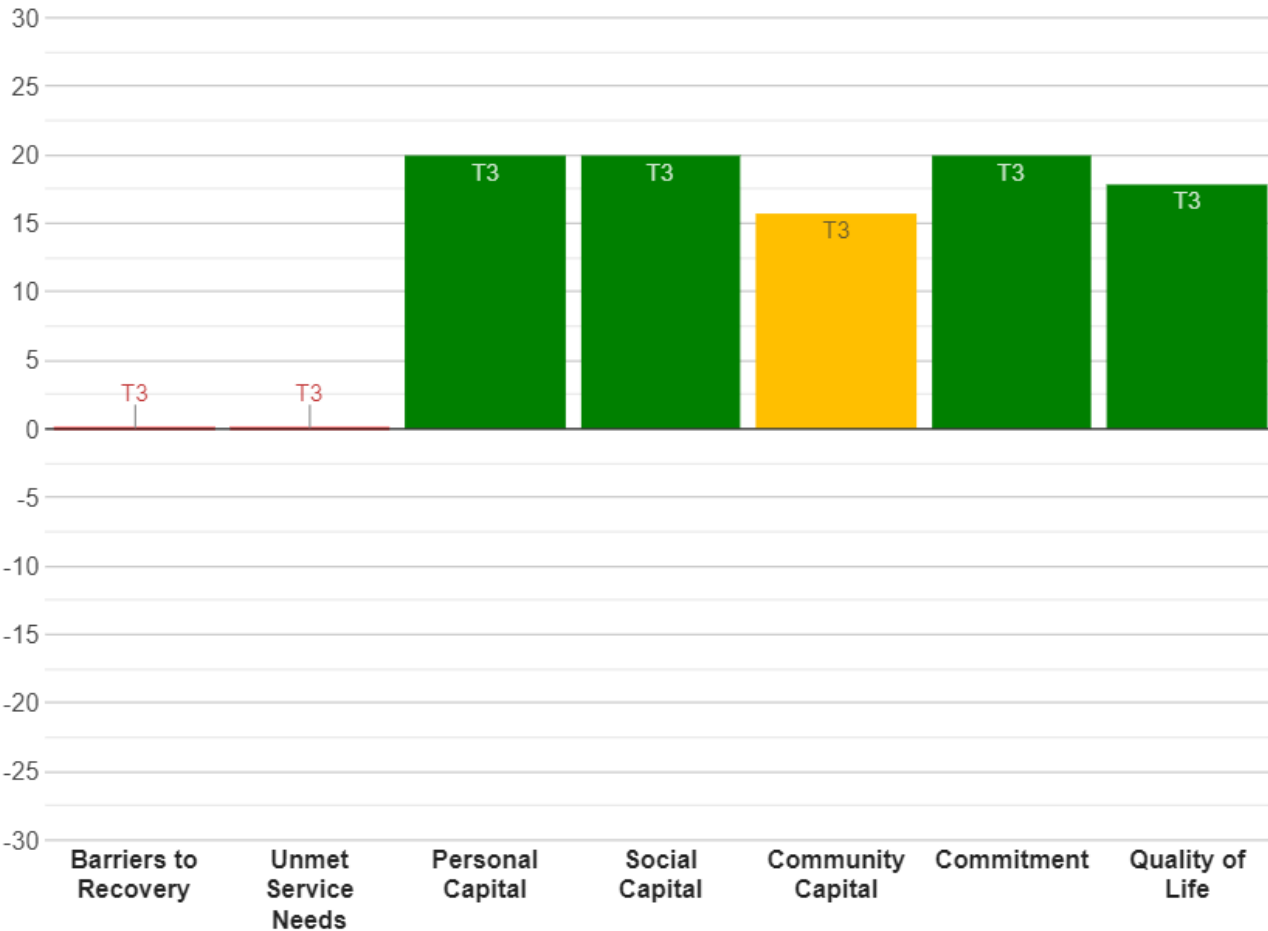
Example of REC-CAP Results Profile

Recovery Capital Measures

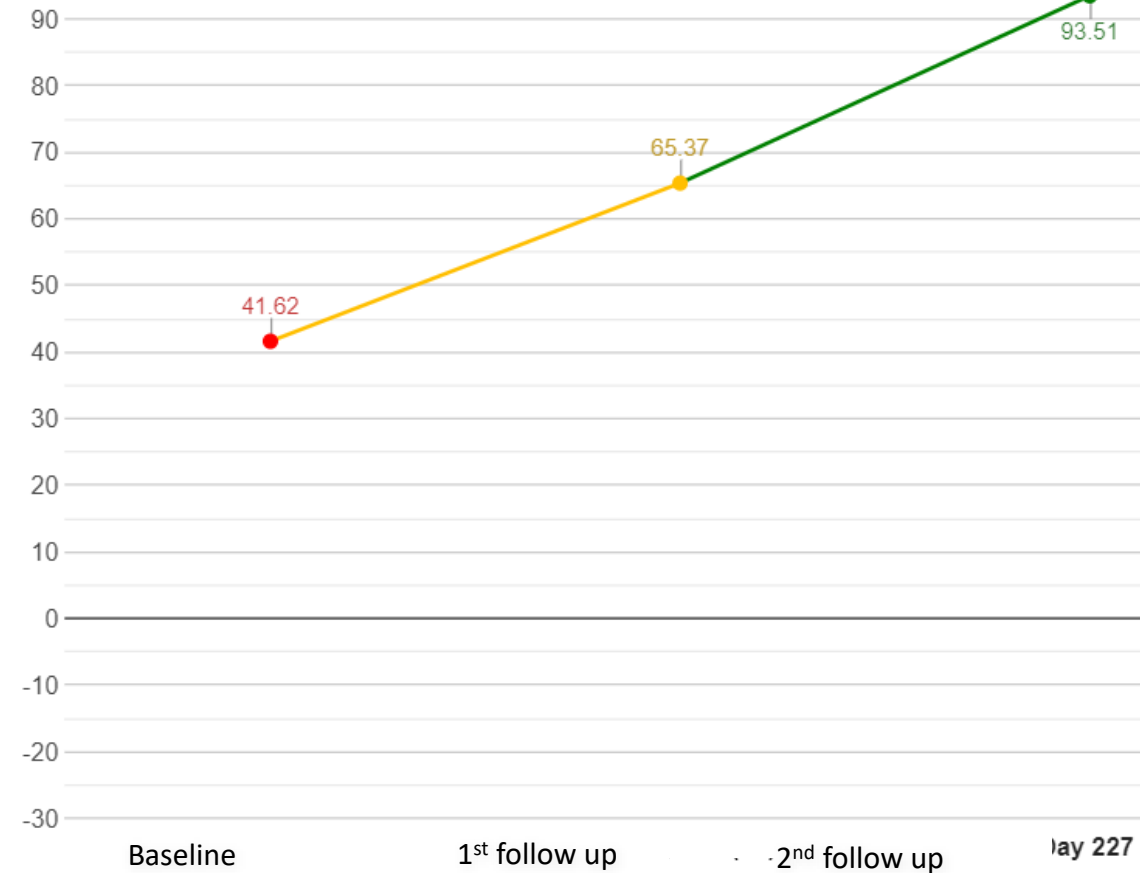




Recovery Capital Measures



RCI Longitudinal Change





Recovery Planning

Setting a goal



Specific Actions

When

Helpful people and useful thoughts

Strengths you have or need



Possible problems

Solutions

How useful was this map and discussion?

1 2 3 4 5 6 7 8 9 10

Name:

Staff:

Date:

The Power of REC-CAP



Universal starting point to recovery



Conversation starter



One-to-one evaluation



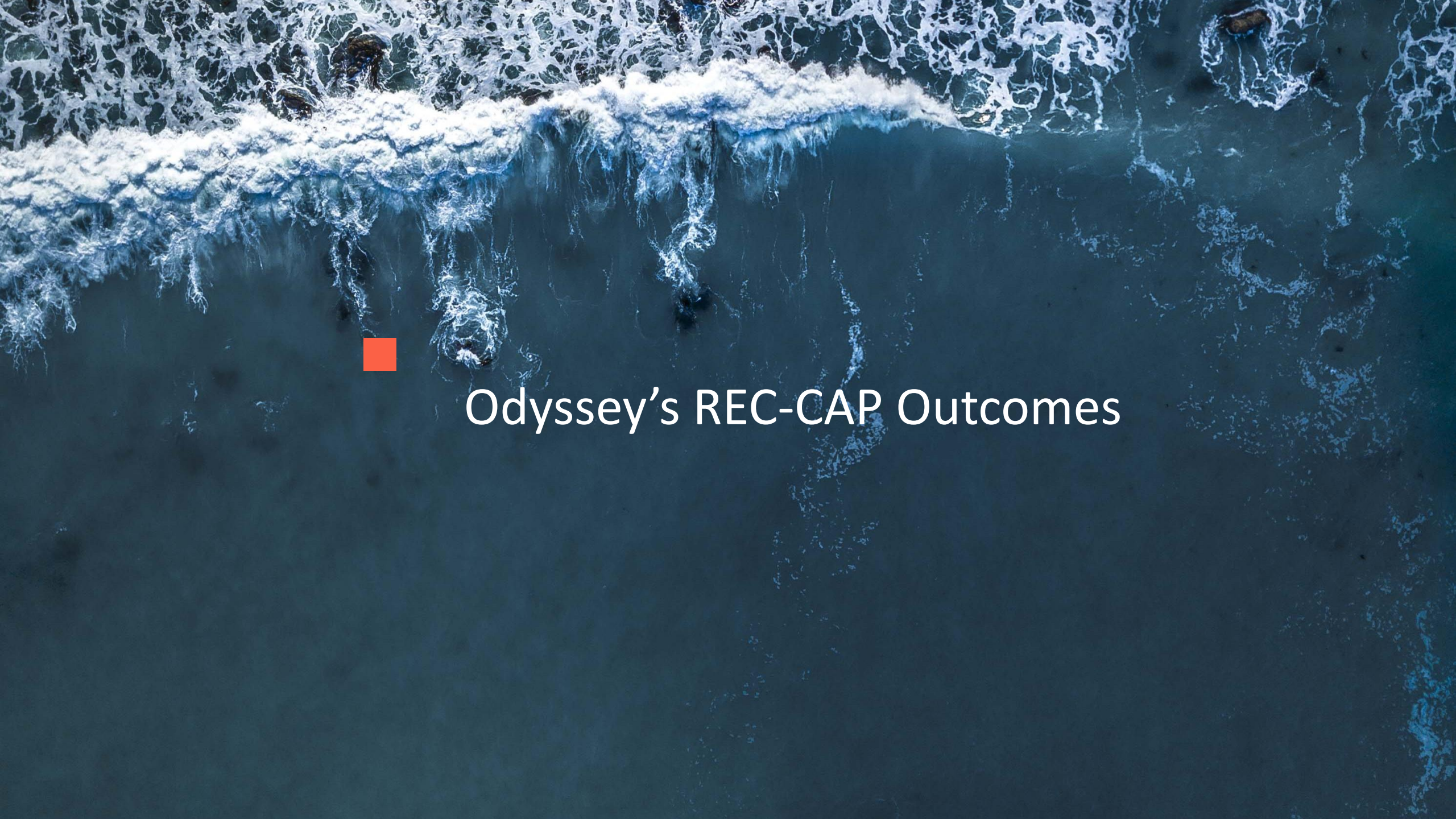
Innovative outcomes measure



Supported by robust research

“It’s encouraging to see how your personal goals change and develop over time during treatment”

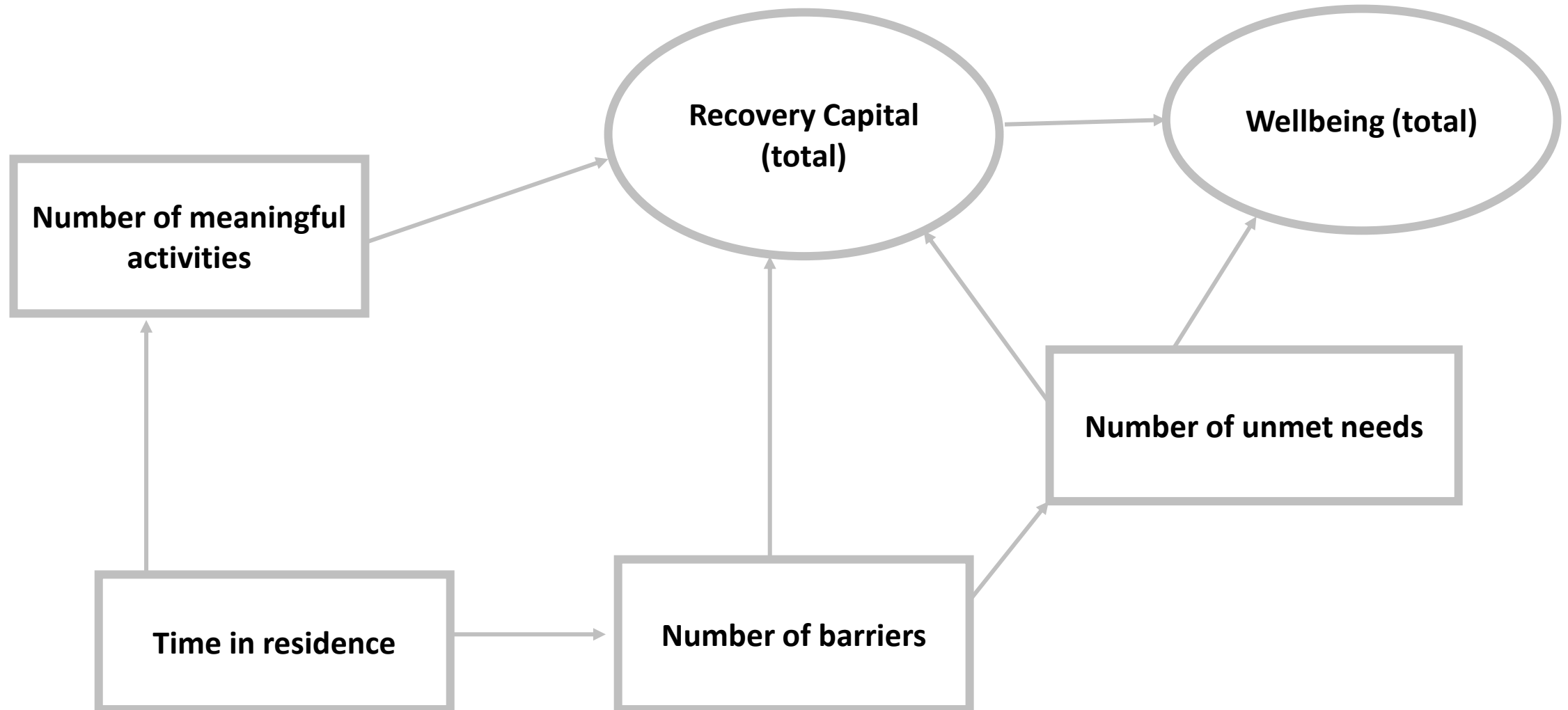
Tāngata Whai Ora Feedback



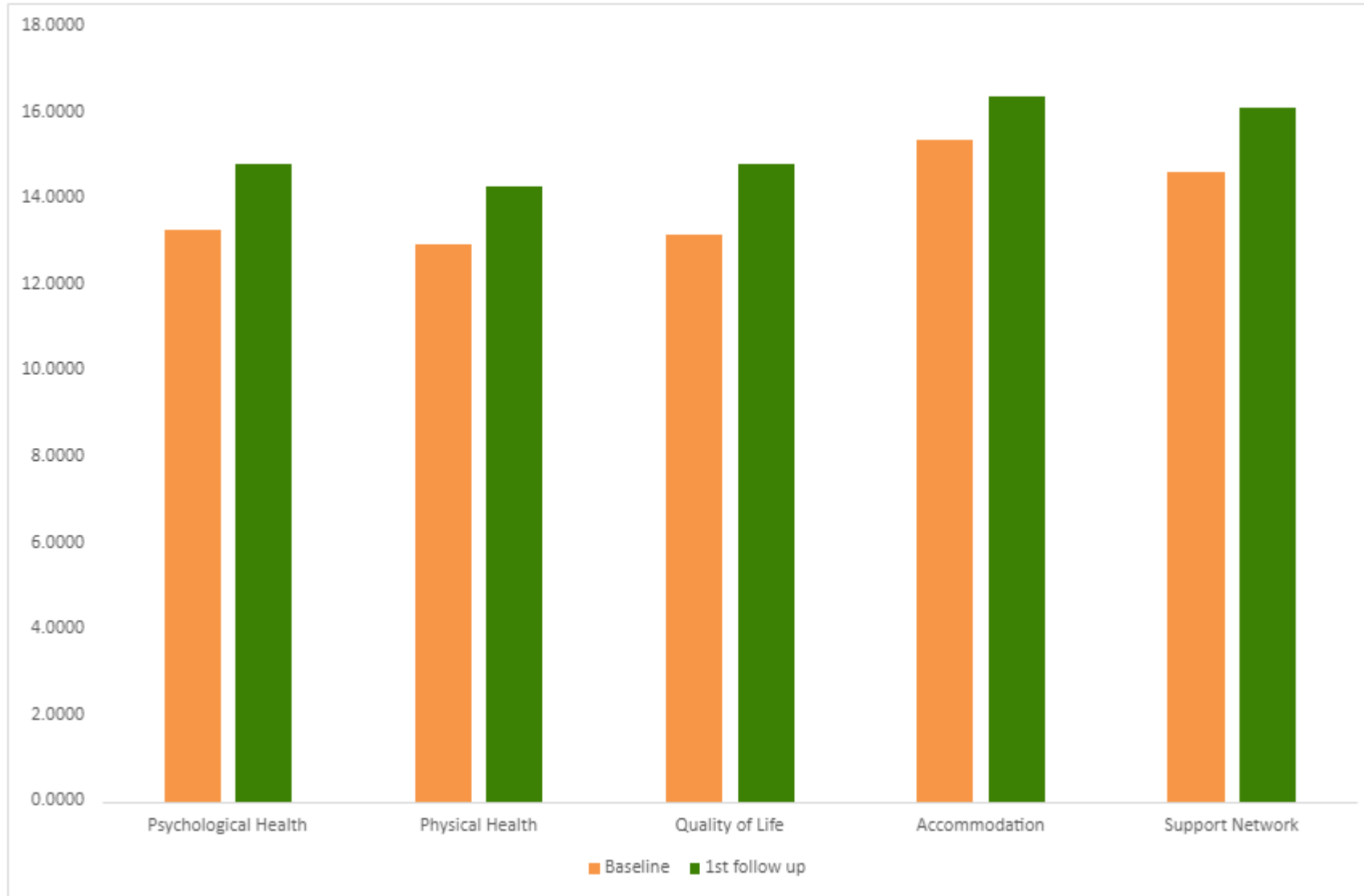
Odyssey's REC-CAP Outcomes

Time in residence + meaningful activities has positive outcomes

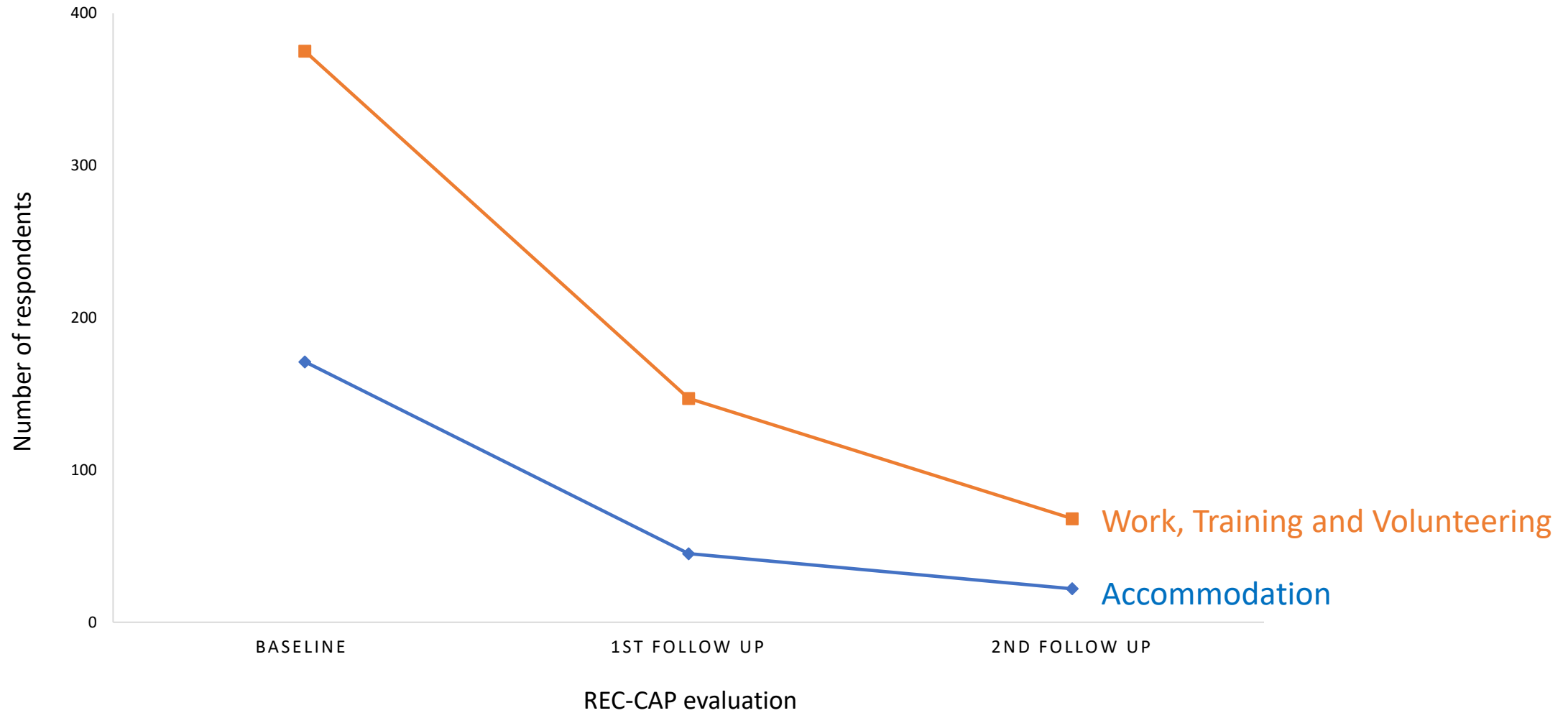
Cano et al, 2017



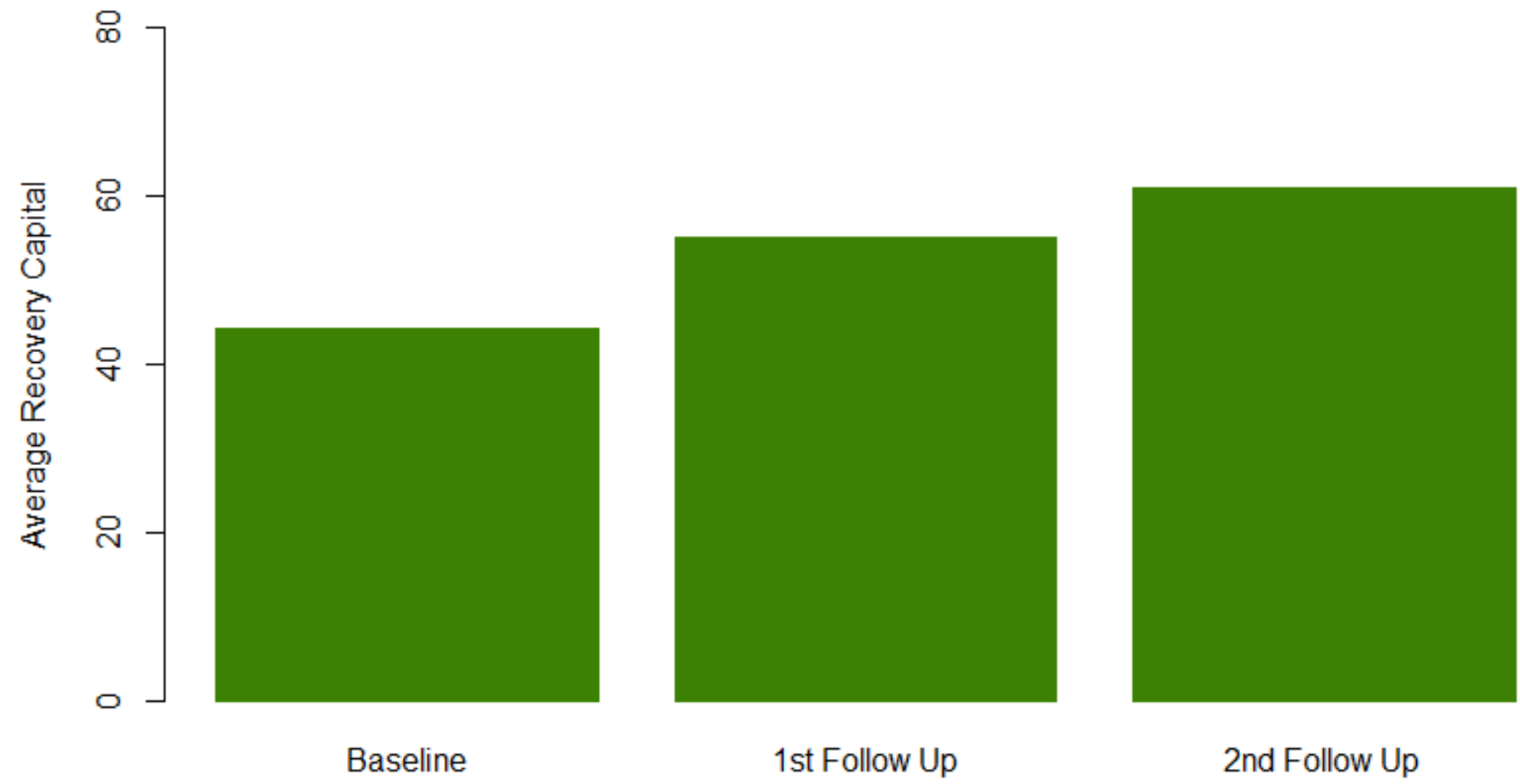
Average wellbeing scores for baseline and follow up REC-CAPs



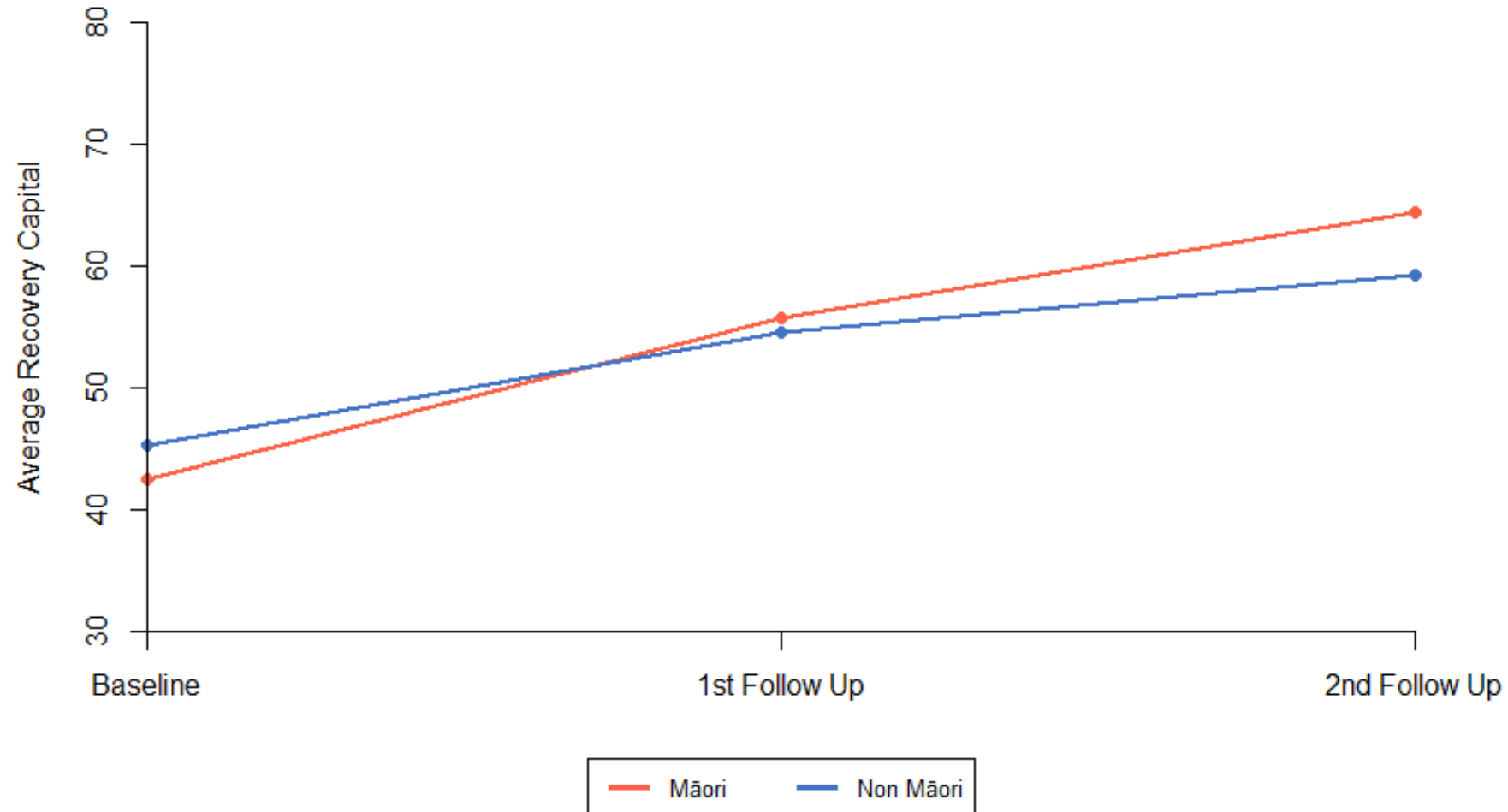
Reduction in barriers to recovery over time



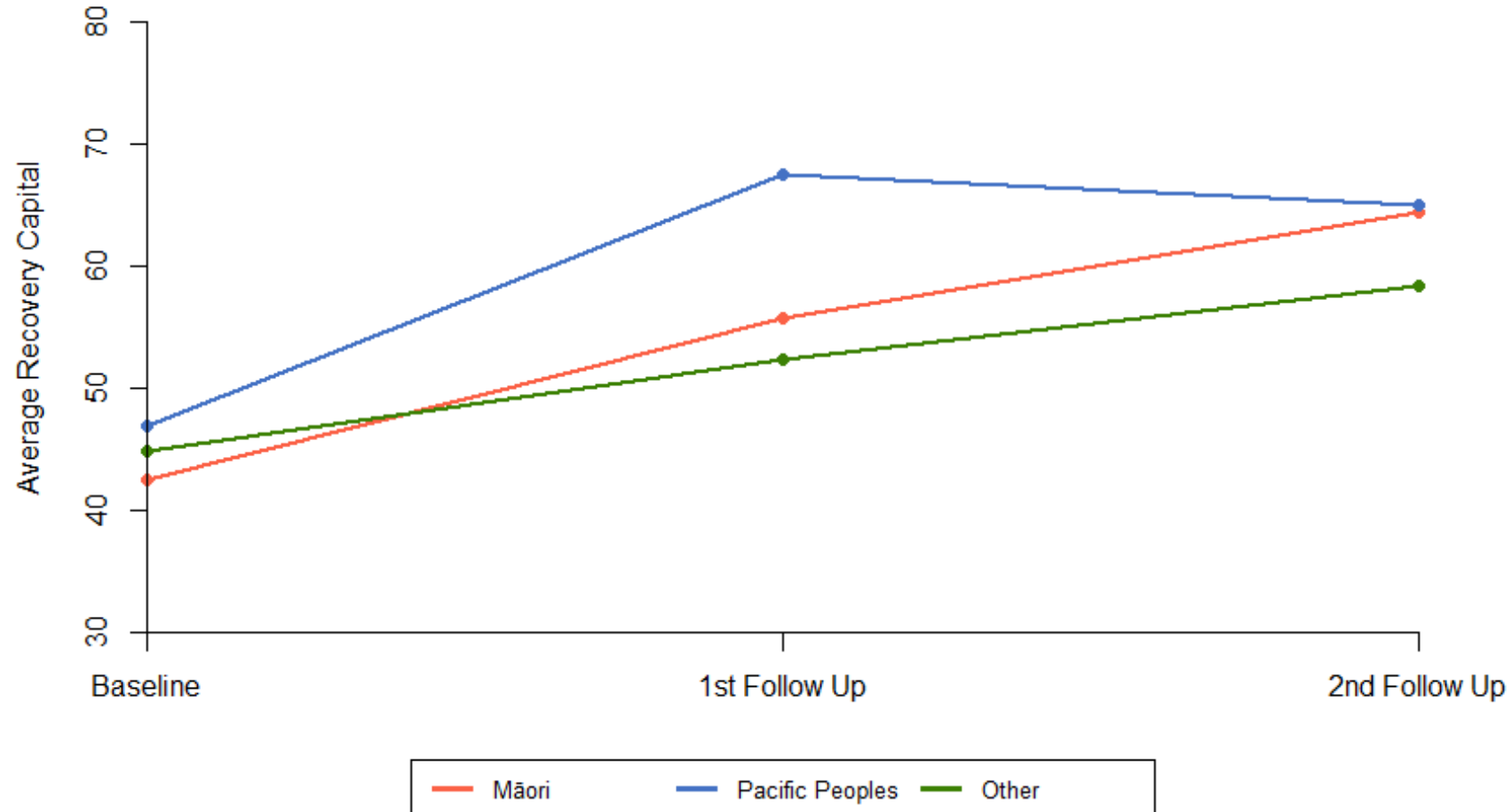
Average recovery capital scores increase over time



Average recovery capital scores for Māori vs Non- Māori



Average recovery capital scores for Māori, Pasific Peoples and Others





Embedding at Odyssey

Recovery Capital and REC-CAP acceptability in New Zealand

Culture is seen as a key aspect in a persons' recovery that is intertwined throughout all areas of recovery capital



Universal starting point to recovery

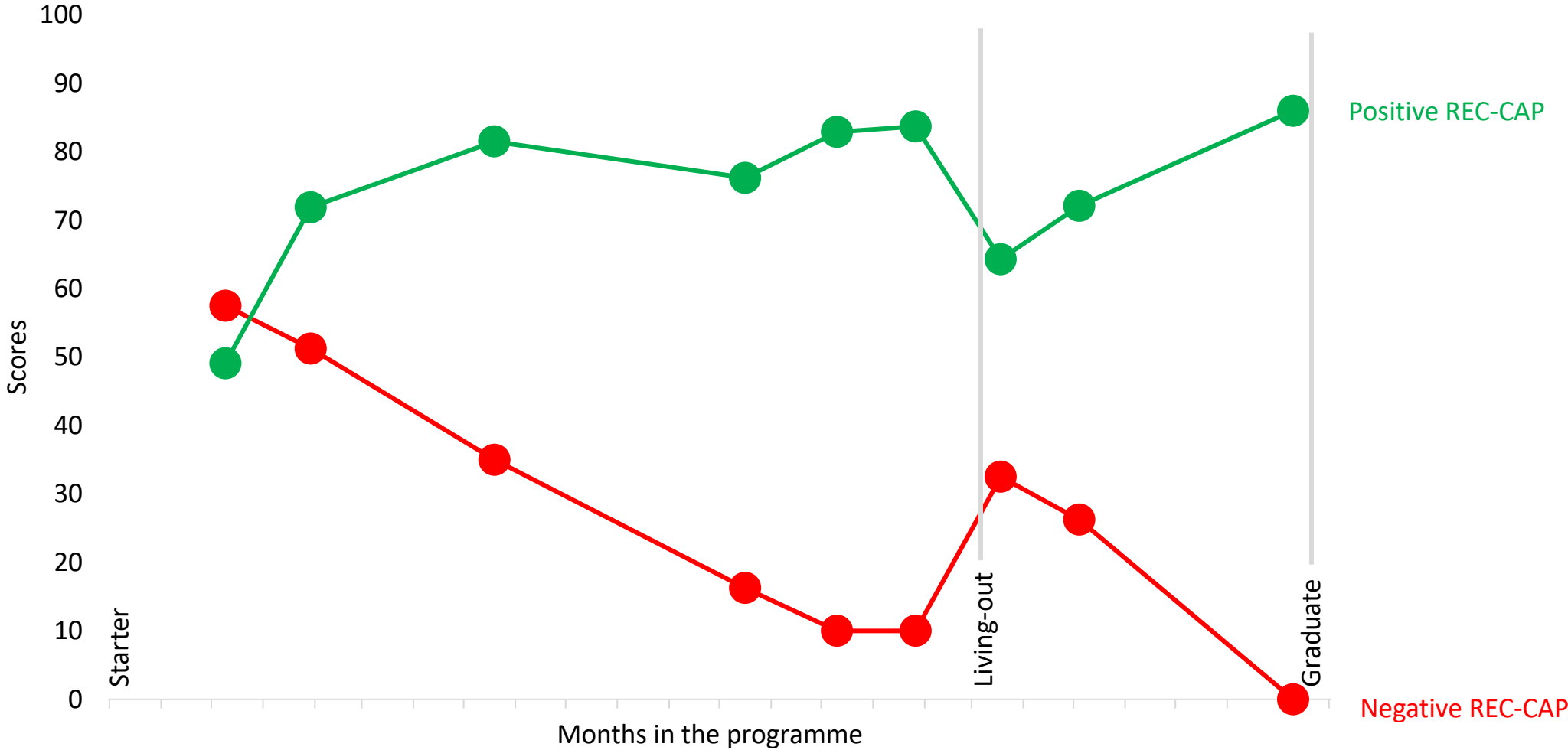
It is important to have staff who represent you that can present the model and tool in a way that is relatable

REC-CAP Champs Model

Celebrate
Hope
Advocate
Monitor
Peer learning
Support



The Recovery capital changes over time for a graduate from Te Wairua residential treatment programme



Ted's journey using REC-CAP

He Hikoi Mātūtū 2020



**Celebrate
being in
recovery
and have
fun!**



To watch please visit:

<https://vimeo.com/879125700/4d5eff285f?share=copy>

For full video please visit:

<https://vimeo.com/667035970/3d553f55b4?share=copy>



■ Thank-You
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