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Study aims

- To identify pathways to recovery for drug problems in England, Belgium and Netherlands
- To assess whether there are gender differences in the 'mechanisms of change' across the participating countries
- To review recovery pathways by three stages – early (less than one year), sustained (1-5 years) and stable (more than five years)
- To examine how changes in recovery may be influenced by public policy in this area

Study design

- To use multiple research methods:
- screening survey;
- cohort study;
- in-depth qualitative interviews;
- Photovoice;
- policy analysis

Mechanisms of behaviour change

1. Natural recovery
2. Mutual aid (12 step)
3. PBRSS
4. Residential treatment (TC and other)
5. Community treatment

Progress to date

- Life In Recovery – screening survey complete
- OSB
- OSF
- Qualitative interviews
- Photovoice (an initial workshop with 12 participants has been arranged)
- Policy analysis

Data collected to date

	LiR	OSB	OSF	Qualitative
Belgium	181	113	92	24
UK	311	118	84	27
Netherlands	230	136	126	28
Total	722	367	302 (82.3%)	79

Policy analysis

- Comparison of established recovery countries (Scotland, England) and countries with new recovery policies (Belgium, Netherlands)
- What are the levers of change?
 - How does policy work?
 - How is it evaluated?
- Three stages:
 - Focus groups with policy makers
 - Documentary analysis
 - Key stakeholder interviews