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REC-PATH study 1

Long-term recovery and its
relation to housing, crime and
occupation situation in individuals
with a history of drug addiction



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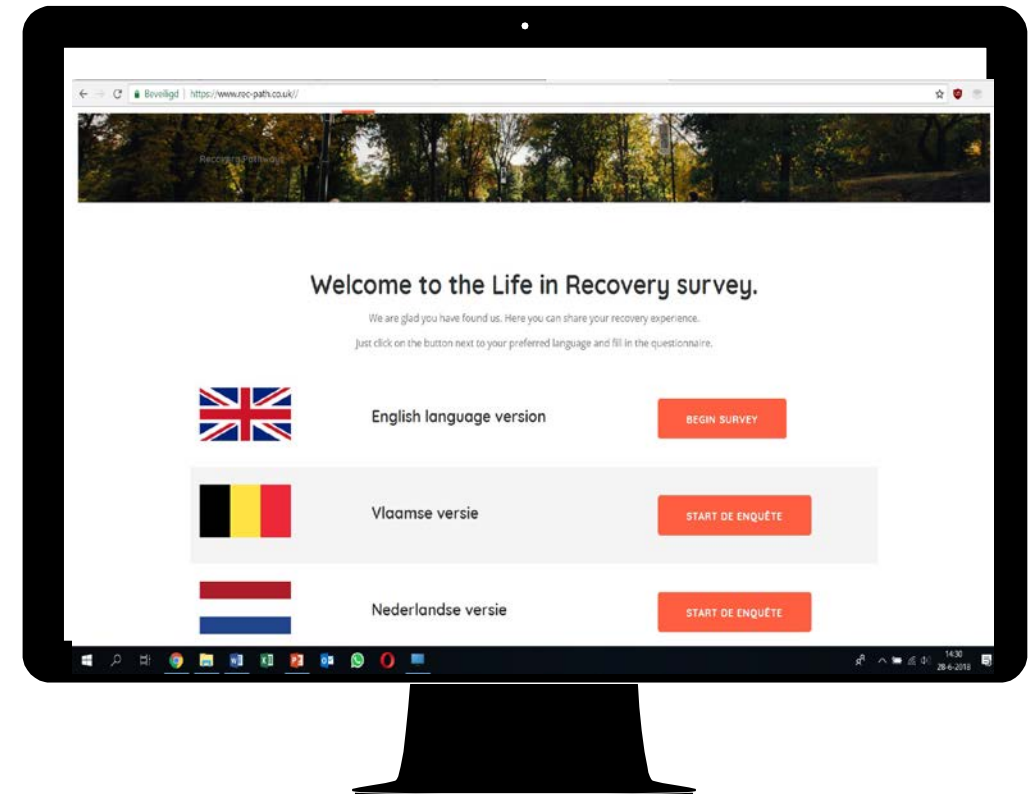


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Study design

- Life in Recovery survey, as used in:
 - U.S. (2012)
 - Australia (2015)
 - Canada (2017)
- Relation between time in recovery and life domains
 - housing problems
 - crime
 - occupational situation
 - substance use
- Interactions with gender





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Study sample

- Convenience sample
- Recruitment from different sources:
 - Online forums
 - Self-help networks
 - Facebook groups
 - Therapeutic communities
 - Peer based recovery support services
 - Twelve-step programs
 - Specialist outpatient treatment
 - Residential rehab
 - Research organisations



**Ever had a
problem with illicit
drugs?**

**Care to join an important
project about recovery?**



Life in Recovery Survey

Together with people who have overcome an addiction problem, or who are working on this, we want to show that recovery from addiction is possible. We want to find out more about your recovery, because sharing your experiences can help other people with an addiction.

Go to www.rec-path.co.uk or scan the QR-code with your smartphone and complete a short survey.

Questions or remarks? Please contact:

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Recruited **study sample** in the UK, Netherlands and Belgium (Flanders)

Sample Characteristics	n=722
Gender (men)	63.3%
Education	
Lower:	50.6%
Higher:	49.4%
Problem illicit substances (ever)	
Alcohol	70.1%
Cannabis	66.5%
Cocaine	62.6%
Amphetamines	56.6%
Ecstasy/MDMA	43.4%
Heroin	37.4%
Crack cocaine	33.1%
Age (mean years, SD)	41.2, 10.7
Recovery Stage	
Early (<1 year)	187 (25.9%)
Sustained (1-5 years)	290 (40.2%)
Stable (>5 years)	305 (42.2%)



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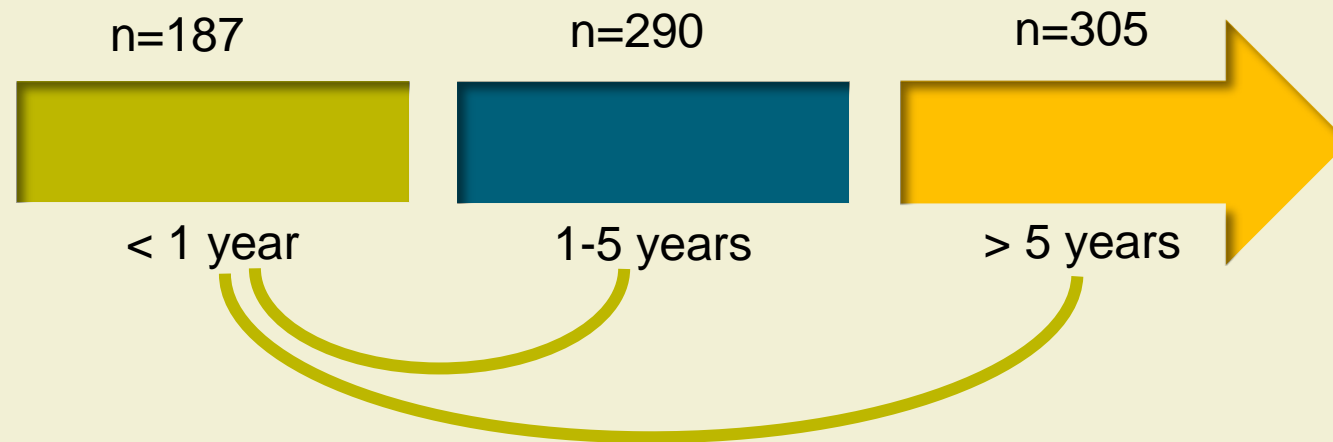
Long-term recovery and its relation to housing, crime and occupation situation

- Stages of recovery
 - Early = less than 1 year
 - Sustained = 1-5 years
 - Stable = more than 5 years
- Life domains: based on experiences from people in recovery
- Subjective inclusion: 'in recovery', 'recovered', 'had a problem, but not anymore'

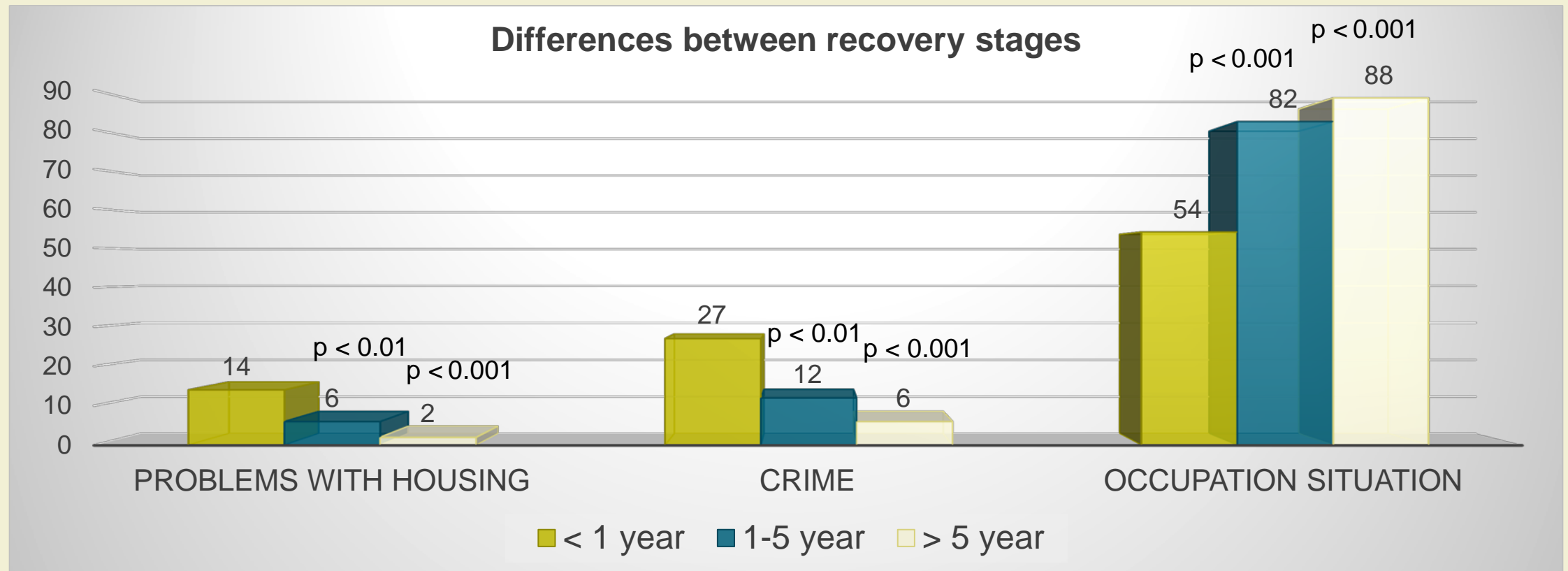
WILLIAM L. WHITE STAGES OF RECOVERY MODEL



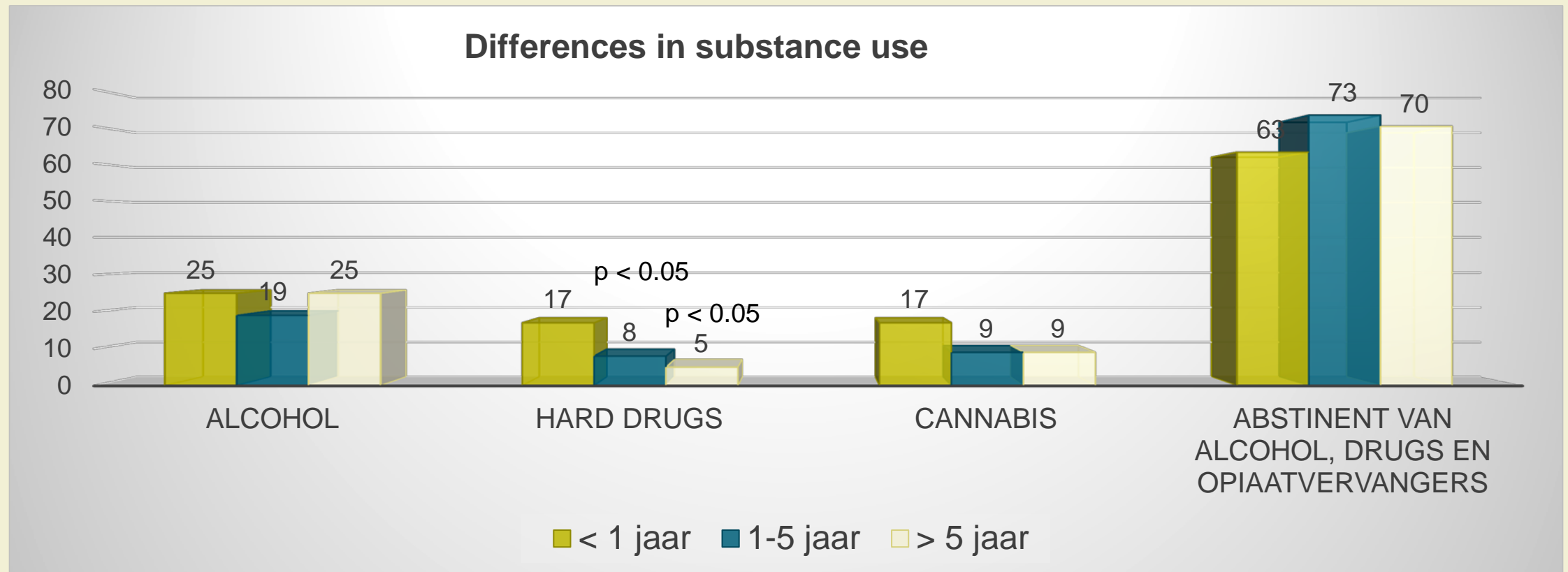
Stages of recovery (Life in Recovery survey, 2018)



Housing, Crime, Occupation situation by recovery stage



Substance use by recovery stage



Gender interaction

	Housing problems OR (95% CI)	
	Women	Men
Recovery Stage		
Early	1	1
Sustained	1.69 (0.31-9.29)	0.15 (0.05-0.44) ^{***}
Stable	0.13 (0.01-1.72)	0.13 (0.04-0.48) ^{**}

^{**} $p < 0.01$

^{***} $p < 0.001$



Strengths & limitations

strengths

- empirical exploration of recovery stages
- subjective definition of recovery
- taking research to new populations

limitations

- convenience sample
- time-frame of outcome measures limited



Conclusions & implications

- More time in recovery is associated with better living conditions
- We even found differences between 1-5 years and 5+ years in recovery
Long-term monitoring and support could be beneficial
- Substance use/abstinence: good indicator for stable recovery?
Too limited; include other life-domains
- More research on persons in (long-term) recovery





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Thank you for your attention!

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