

Using the Transtheoretical Model to conceptualise peer mentors' recovery from substance use.



Dugdale, S.¹, Elison, S.¹, Davies, G.¹, Ward, J.¹, Dalton, M.²
¹Breaking Free Online, Manchester; ²Crime Reduction Initiatives, Leeds



Peer mentors are a valuable support to people recovering from substance use difficulties. However, there is a paucity of evidence regarding the benefit of peer-led recovery to peer mentors.



With evidence suggesting that peer mentoring may lead to relapse, it is important to investigate the effects of this role on peer mentors' recovery.



One way to understand the effects of the role on recovery is through the Transtheoretical Model. Of particular importance is the maintenance stage and how the role keeps peer mentors within this stage to avoid relapse.

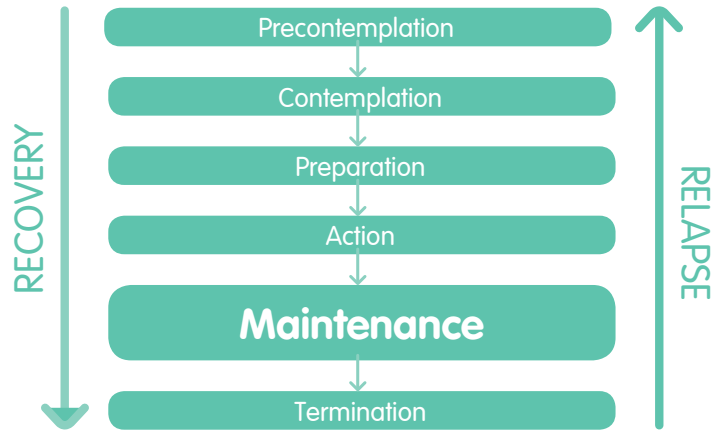
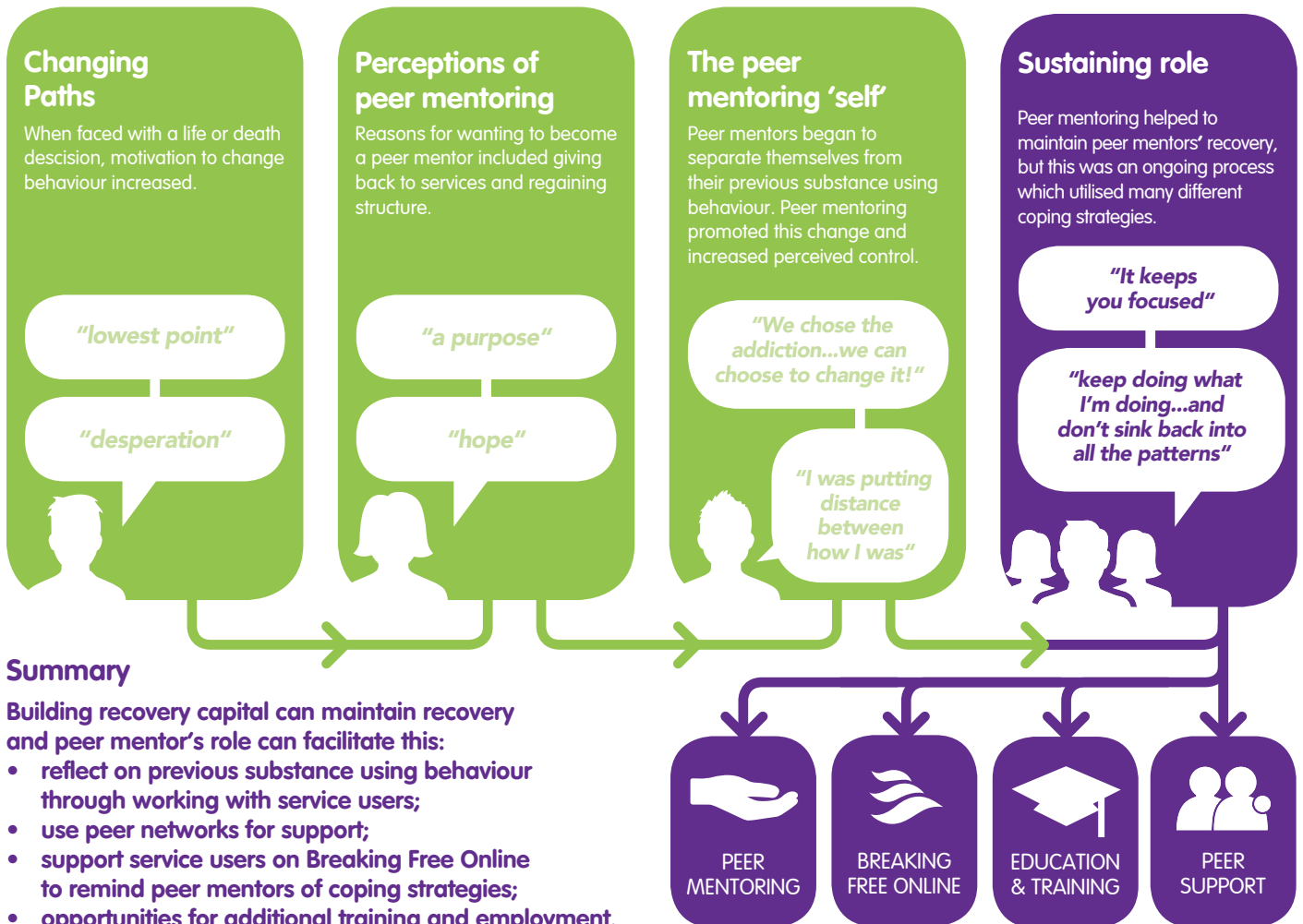


Figure 1. The Transtheoretical Model

Peer mentors from Crime Reduction Initiatives were invited to attend interviews. Thematic analysis was used to investigate experiences of recovery maintenance.



References:

Best, D., & Laudet, A. (2010). The potential of recovery capital. London: RSA.
 Prochaska, J. O., DiClemente, C. C., & Norcross, J. C. (1992). In search of how people change: applications to addictive behaviors. *American Psychologist*, 47(9), 1102-1114.