

# Recovery focused mentoring for clients of the injecting clinic

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Action on Addiction



## What was the recovery mentoring service?

Designed specifically to support people using the injecting clinics.

An entirely voluntary service offered to any client who would like a mentor.

Mentoring was planned to go on for a six month period.

The main aim was to help clients build **Recovery Capital**

The service was commissioned by SLaM and run by Action on Addiction.

Mentors were employed (on a volunteer basis) by SLaM.

## What was the recovery mentoring service?

The clinics operated at a 'hub' (at the Maudsley) and at 'spokes' (in Blackfriars and Greenwich).

The clients started at the 'hub' and when more stable could progress to the 'spokes'.

The mentors and clients agreed where and when meetings are to take place, within specified guidelines.

Mentors received regular supportive supervision.

# What is a recovery mentor?

The role of the recovery mentor is similar to that of a recovery coach.

Similar skills and approaches are used

Brief definition:

A recovery coach is a “community-based barrier remover”

The word “mentoring” implies a more personal, longer term relationship, with less of a fixed, task-based agenda.

A mentor could be said to be more ‘client-centred’, focusing more on development than on performance.

## The recovery mentors were trained to

- Develop a friendly relationship.
- Use active listening.
- Use the basic principles of Motivational Interviewing.
- Adopt a strengths/solutions focus.

## They were trained to

- Provide stage-appropriate recovery information & help identify potential problem areas.
- Provide linkages to recovery community and other supports.
- Use their knowledge of the local care pathway and how to navigate it.

## A recovery mentor might also

- Support those who need to gain basic skills in literacy, language and numeracy.
- Signpost clients to financial and other support services that may be available.
- Offer advice on job search methods (CV, interview skills, applications for support or referral to enhanced services)
- Help the client explore possible life progression paths – careers, education, recreation.
- Help the client evaluate what is and is not available and/or possible and to generate alternative possibilities.

## Mentor's activities

- Assist client in identifying areas of strength in recovery capital.
- Work with client to identify recovery goals.
- Assist client in developing a mentoring plan that utilizes existing recovery capital and develops additional capital in order to meet recovery goals.
- Provide helpful information and feedback in a non-judgmental and supportive way.
- Support the client in accessing and engaging with community based support services.



# Resources & Signposting

- Substance use services
- Housing & general support services
- Debt advice services
- Citizens' advice bureau
- Family & carers services
- Volunteer centres
- Legal advice services
- Sexual health services
- Mental health services
- Domestic abuse services
- Offender support

# Safety framework

**Importance of Confidentiality**

**Limits and Boundaries**

**Ethical Principles**

**Dealing with problems in the relationship**

# What is Recovery?

## **United Kingdom Drug Policy Commission (UKDPC) consensus statement:**

“The process of recovery from problematic substance use is characterised by voluntary sustained control over substance use which maximises health and wellbeing and participation in the rights, roles and responsibilities of society.”

## **Substance Abuse and Mental Health Services Administration (SAMHSA) working definition of recovery:**

(from mental health disorders and substance use disorders)

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

# What is Recovery Capital?

“Recovery capital refers to the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from AOD problems”  
(Granfield and Cloud 1999)

Examples of *internal* recovery capital include skills, experience, willingness to ask for help, a sense of self-efficacy, a sense of hope, and personal goals.

*External* forms of recovery capital include family relationships when they are there and still predominantly positive; employment, training or education; stable housing; connection with the recovering community; hobbies and participation in mutual-aid or other support groups.

# Getting the picture

Recovery Coaching Participant Self-sufficiency Matrix

Assessment of Recovery Capital, Self-esteem & Self-efficacy

Prioritising – what is most important to the client

Building a Mentoring Plan

# Getting the picture

## Assessment of recovery capital (ARC)

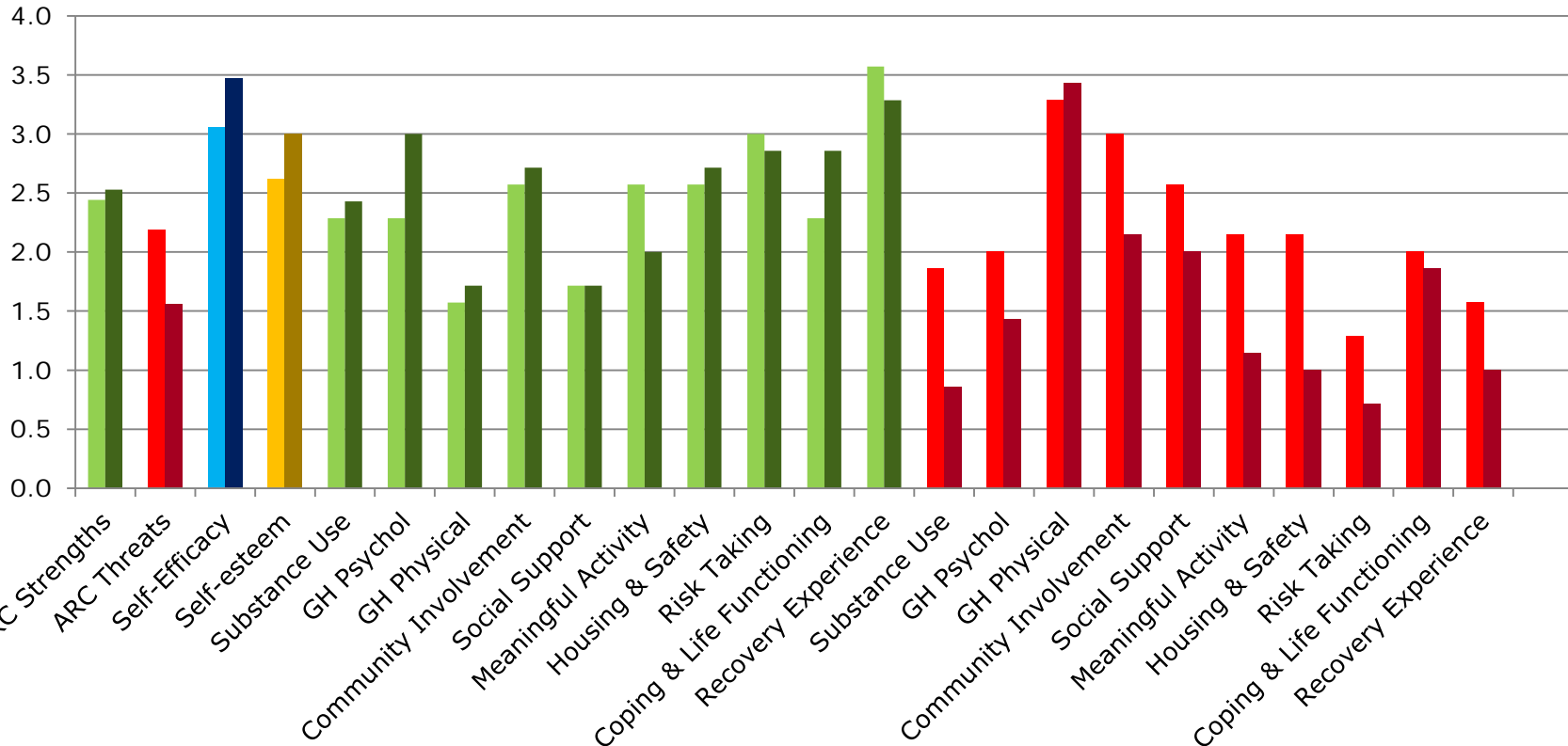
- A visual depiction of the assessment of resources available to the client to support their recovery.
- Consists of 10 domains and provides a self reported indicator of the basic dimensions of recovery capital.
- Maps out the strengths the client has and what domains those strengths are in.
- Helps to indicate areas for the recovery mentor and mentee to focus on.

# Getting the picture

## Clients evaluation of self & treatment (CEST)

- A visual depiction of the assessment of the strength of the client's self esteem and self efficacy.
- Used in conjunction with the ARC as a way of linking recovery capital to the client's motivation and engagement in treatment processes.
- Helps to indicate areas for the recovery mentor and mentee to focus on.

# ARC and CEST outcomes



Paired samples t-test (95% CI) (n=7):

ARC strengths	p=0.37 (NS)
ARC threats	p=0.025
CEST self-efficacy	p=0.044
CEST self-esteem	p=0.018



# ARC and CEST outcomes – comparison with 9 week abstinence-based day programme

