



**GHENT
UNIVERSITY**

ADDICTION RECOVERY IN COMMUNITY REINFORCEMENT APPROACH (CRA) + CONTINGENCY MANAGEMENT (CM) PARTICIPANTS

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Promotor: Prof. Dr. Wouter Vanderplasschen

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I have no conflict of interest to report

ADDICTION RECOVERY

- **Personal and dynamic process of personal growth** (Dennis, Scott, Funk, & Foss, 2005; Laudet & White, 2010; Laudet, 2007; Best, Gow, Taylor, Knox, & White, 2011)
- **Abstinence ~ multiple life domains** (Fiorentine & Hillhouse, 2001; Laudet, & White, 2010)
- **Working towards a dignified and meaningful life where connectedness, hope, identity, meaning in life and empowerment matter** (Leamy, Bird, Le Boutillier, Williams & Slade, 2011)

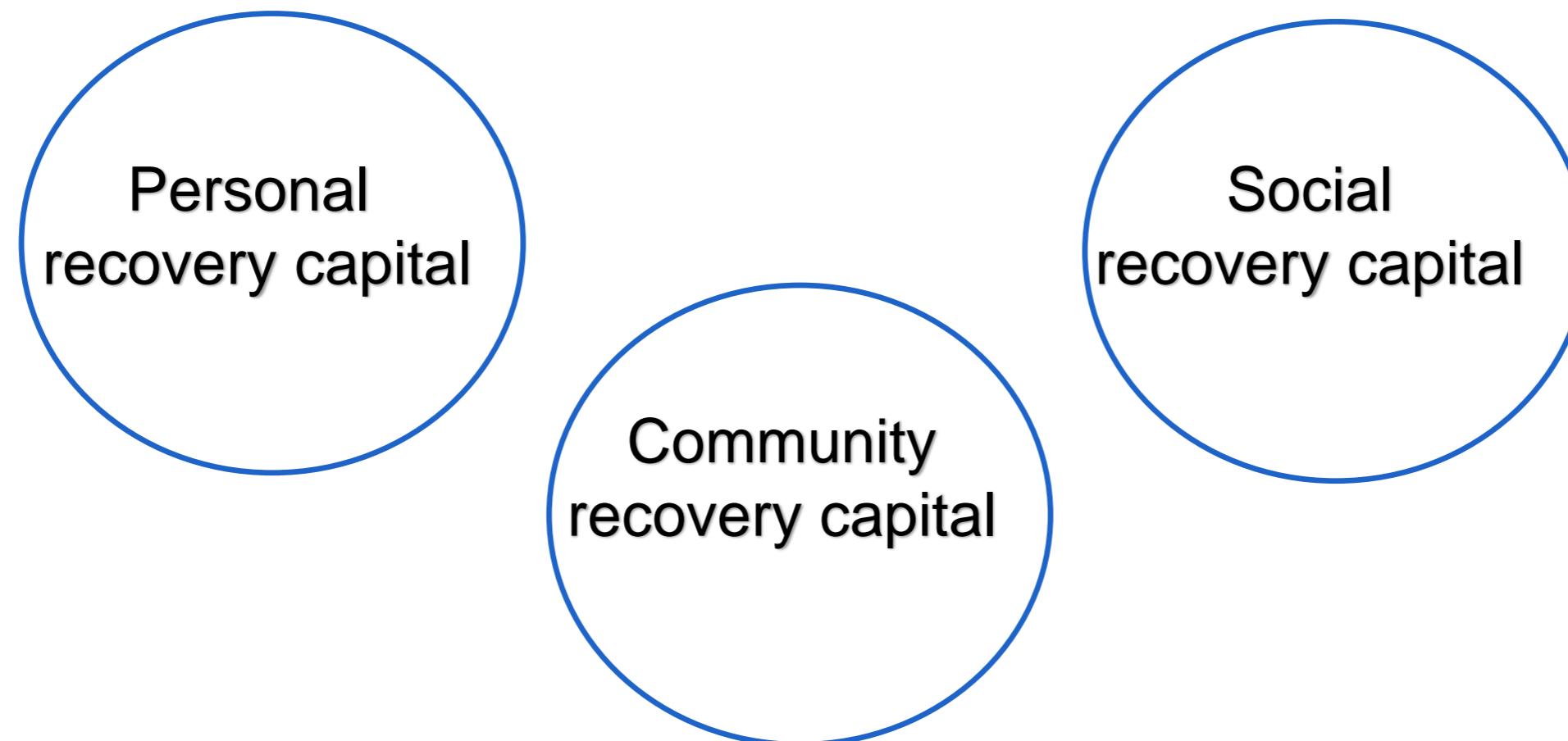
ADDICTION RECOVERY

- Impact on individuals, social network and communities

(Best, & Laudet, 2010)

- Recovery capital on different levels (Best et al., 2010; Laudet & White, 2008;

Best & Laudet, 2010; White, 2008, White & Cloud, 2008)



COCAINE USERS?

- Cocaine most frequent used illegal stimulant in Europe
- Different 'types' of users
- Traditional treatment not sufficient
- No pharmacological treatment
- Development of cognitive-behavioral interventions

CRA+CM

– CRA+CM De Kiem Ghent

- **CRA** focuses on (re)building a drug free lifestyle, where rewarding activities or contacts should outweigh the benefits of the cocaine using lifestyle (Moos, 2007)
- **CM** complements CRA with material rewards, such as vouchers which need to compensate the negative effects of reduced cocaine use directly (Moos, 2007; Higgins et al., 2008)

AIM

- Insight in addiction recovery in CRA+CM clients
- Insight in elements of support during the recovery process in CRA+CM

METHODOLOGY

SETTING:

- CRA+CM De Kiem Ghent

PARTICIPANTS:

- At least 3 months in CRA+CM program
- Finished the program at least 12 months prior to data collection
- $n=23$

INSTRUMENT:

- Individual semi-structured interviews with open questions

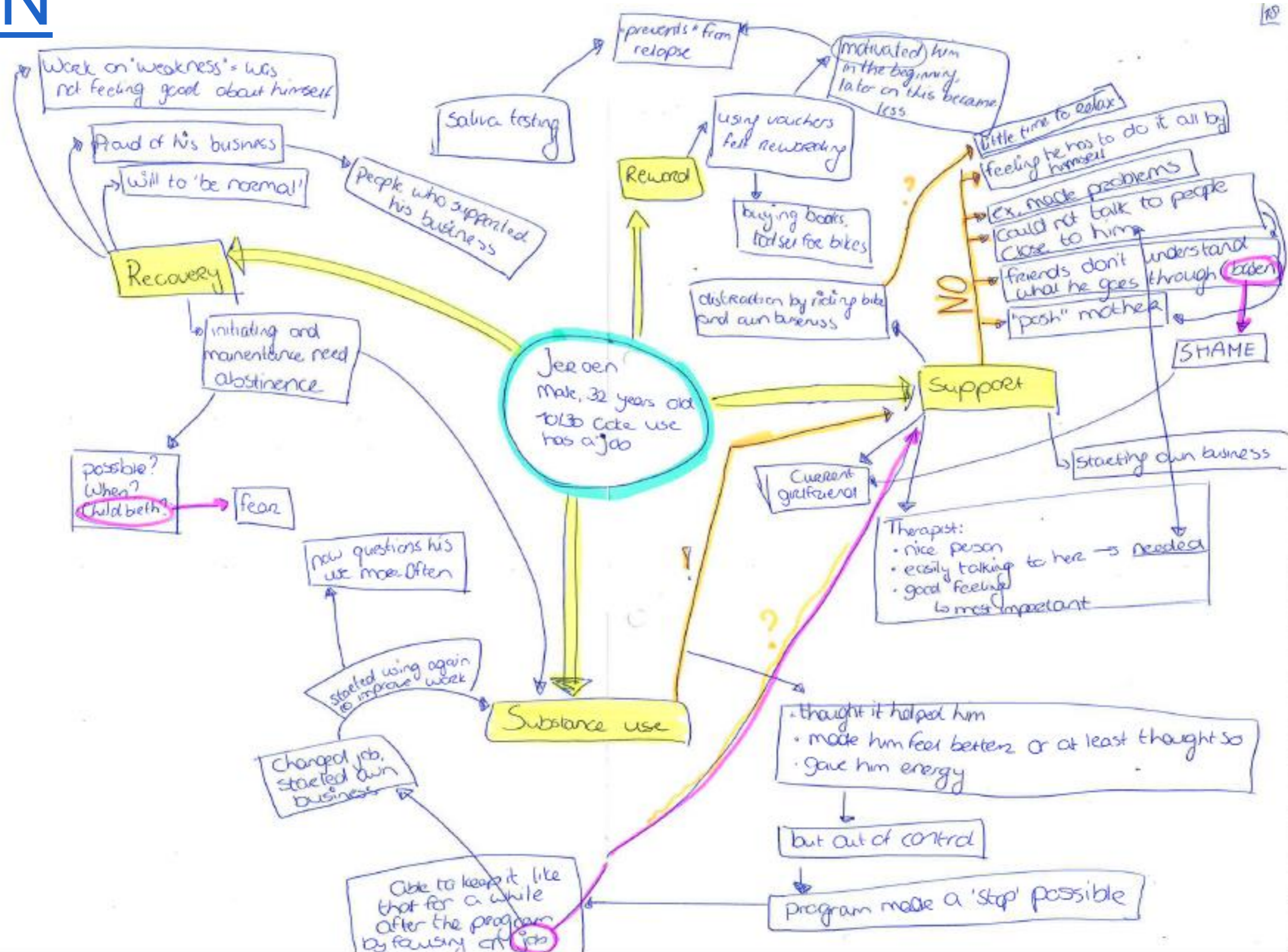
RECRUITMENT, DATA COLLECTION AND ANALYSIS

- Clients who met inclusion criteria were contacted by professionals of De Kiem
- Interviews were audio-tape recorded, transcribed verbatim
- First analysis was done thematically by using Nvivo, a second analysis was done by using mind-maps

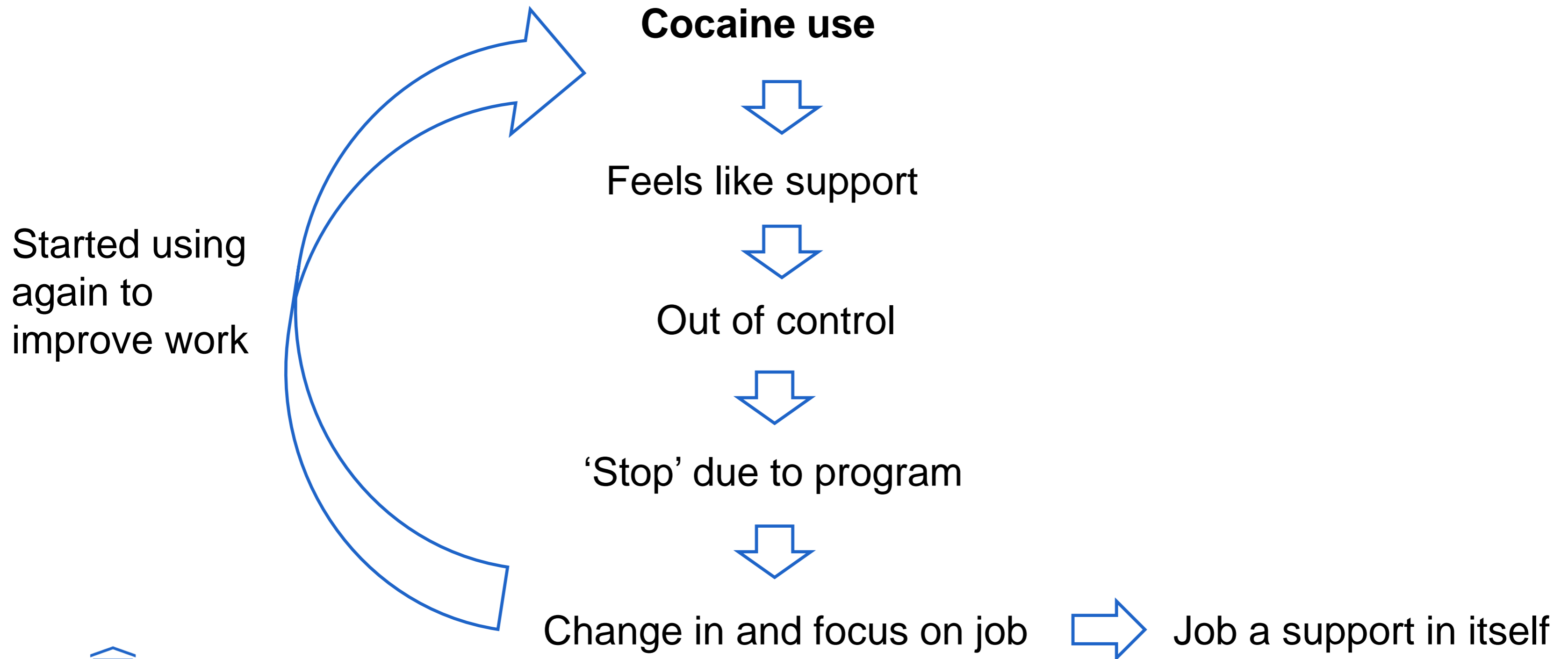
N=23	
Gender	Male: 17 Female: 6
Age	Between 23 and 45 Average age: 35,08
Cocaine use last month	N=8
Job	N=15
Time between end of program and interview date	14 - 47 months Average: 27,87 months

RESULTS

JEROEN

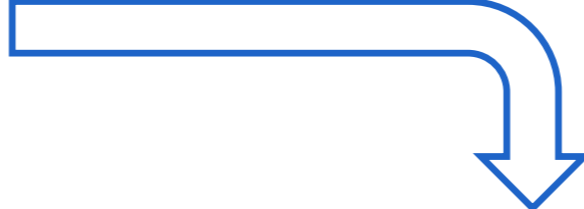
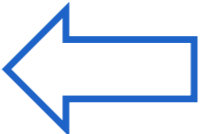



SUBSTANCE USE – DOUBLE TROUBLE



SUPPORT WHEN YOU NEED IT

(Lack of) 'support'

- All alone, no one to talk to
 - 'Posh' mother
 - Ex who caused problems
 - Friends don't understand
 - Shame
 - Little time to relax
- 
- 
- 
- + Therapist in the program
 - + Starting own business
 - + Cocaine
 - + Current girlfriend
 - + Distraction (hobbies, job)

RECOVERY AS THE GREAT UNKNOWN

Recovery

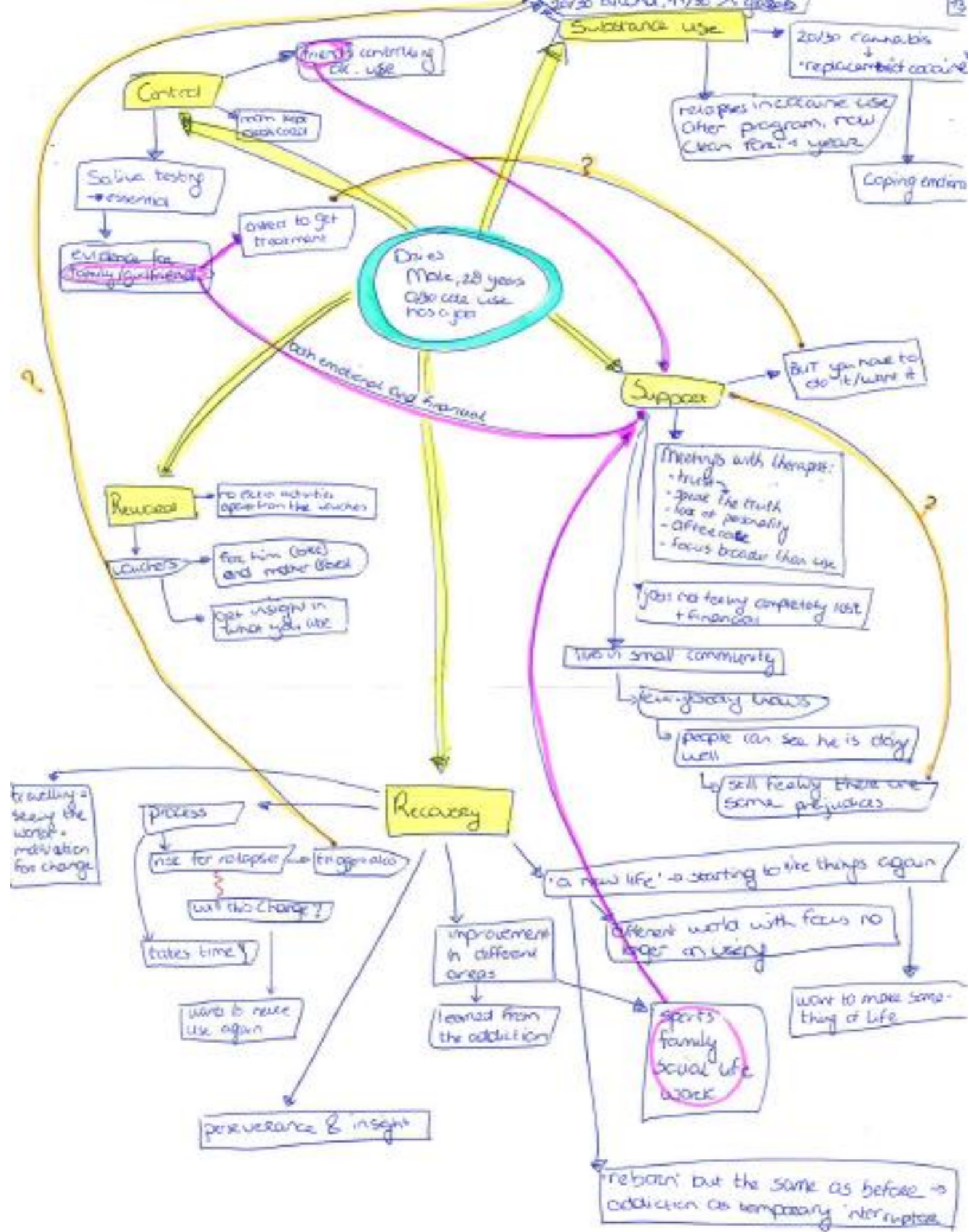
↳ Abstinance! ⇒ Possible? When? ⇒ Fear!

↳ Will 'to be normal'

↳ Needs to work on 'weakness'

↳ Feeling proud of own business

DRIES



SWITCHING SUBSTANCES

Substance use

Cocaine: clean for 1 year

Alcohol: 20/30 days, 15/30 > 5 glasses



Friends control alcohol use



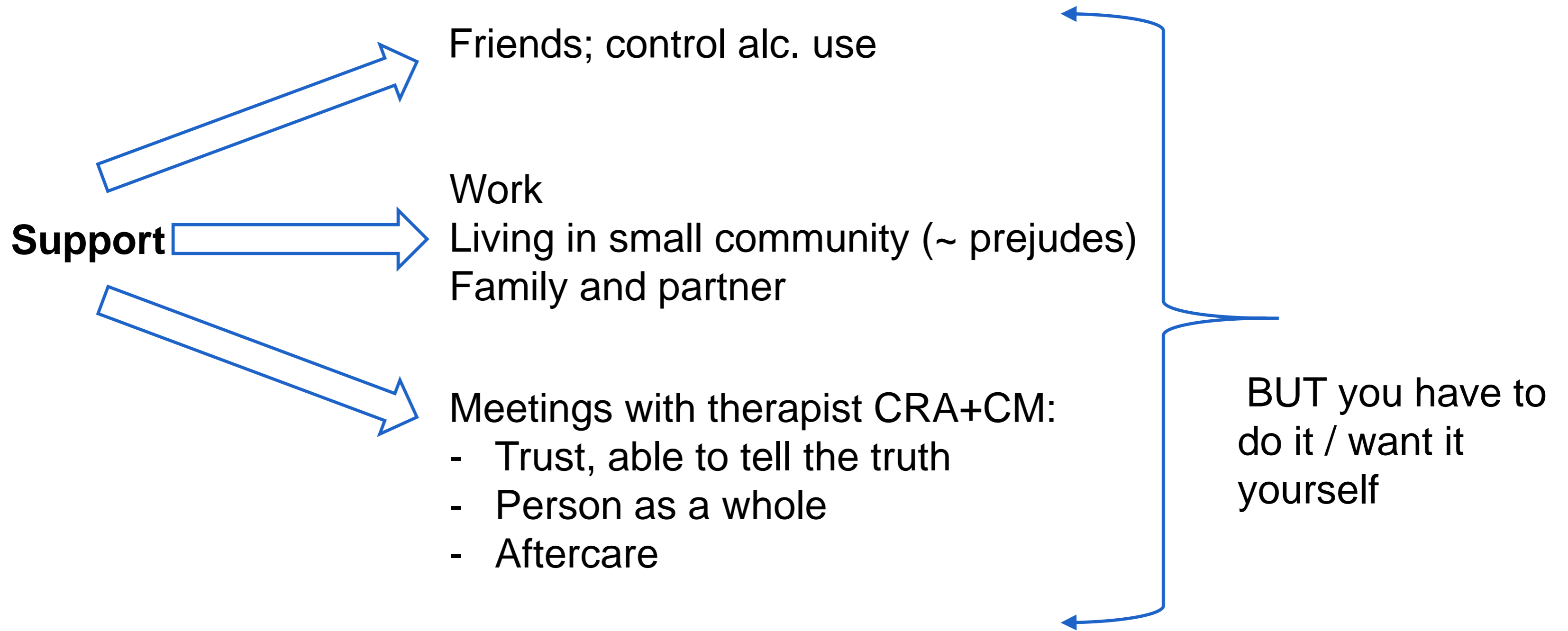
Alcohol important trigger for relapse in cocaine

Cannabis: 20/30 days  Replacement of cocaine



Coping with emotions

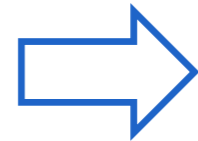
ME AND MY NETWORK



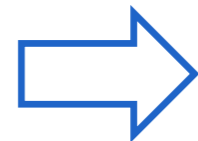
A NEW ME OR THE OLD ME?

Recovery

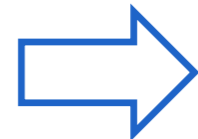
'A new life'



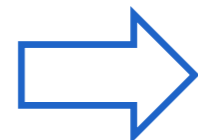
Different world, no longer only focusing on using



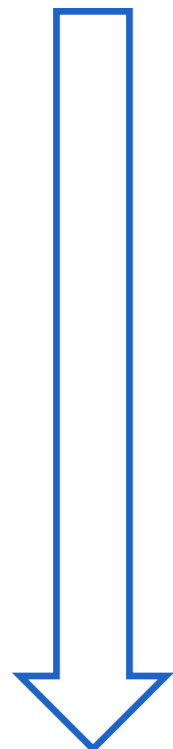
Starts to like (doing) things again



Wants to make something of his life



Learned from addiction, improvements in different areas



'Reborn' but the same

CONCLUSIONS

CONCLUSIONS

- Recovery as a personal process with commonalities
- Work as important but sometimes also a difficult element
- Support is crucial (personal strengths, social network, treatment) and the lack of support must be addressed
- The right time and motivation
- Struggle with (not) using - substitute addictions?
- Reinventing oneself or getting reconnected to the old self?

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