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)
COCAIN 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 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
<table>
<thead>
<tr>
<th>N=23</th>
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<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Male: 17</td>
<td></td>
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<tr>
<td>Female: 6</td>
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<tr>
<td>Age</td>
<td></td>
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<tr>
<td>Between 23 and 45</td>
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<td>Average age: 35.08</td>
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<tr>
<td>Cocaine use last month</td>
<td>N=8</td>
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<tr>
<td>Job</td>
<td>N=15</td>
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<tr>
<td>Time between end of program and interview date</td>
<td>14 - 47 months</td>
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<tr>
<td></td>
<td>Average: 27.87 months</td>
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RESULTS
SUBSTANCE USE – DOUBLE TROUBLE

Cocaine use
- Feels like support
- Out of control
- ‘Stop’ due to program
- Change in and focus on job

Job a support in itself

Started using again to improve work
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

- Abstinence!  
- Possible? When?  
- Fear!

- Will ‘to be normal’

- Needs to work on ‘weakness’

- Feeling proud of own business
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

Support

Friends; control alc. use

Work
Living in small community (~ prejudices)
Family and partner

Meetings with therapist CRA+CM:
- Trust, able to tell the truth
- Person as a whole
- Aftercare

BUT you have to do it / want it yourself
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

– 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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