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Well-Being and Recovery Functioning among Substance Users Engaged in Post-treatment Recovery Support Groups

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Abstract

There is a growing literature that seeks to evaluate the role of “recovery capital” in the resolution of substance use disorders. In this study, a structured instrument (the Assessment of Recovery Capital), along with an assessment of social networks among 176 former illicit drug users and drinkers, is measured in three locations in England. There were relationships between recovery capital and vocational activity (training or employment), physical health, psychological health, and overall quality of life, with larger social networks associated with enhanced personal and social recovery capital. The study demonstrates high levels of personal and social well-being—manifesting in engagement in community activities and strong social networks—among persons engaged in recovery support activities that was not linked to time in recovery.

KEYWORDS Recovery capital, quality of life, social networks, meaningful activities