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Recovery, Desistance & Austerity

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“Desistance” from crime is:

- a process through which people cease and refrain from offending.
- a process which is very similar to the journeys that ‘addicts’ and ‘alcoholics’ make from active addiction to recovery.
- a change in identity and social networks.
- about a job, a house and new friends.
- a process that involves ending dependencies on professionally delivered services and becoming part of a positive social network.



Recovering from “addiction”:

- a process through which people cease and refrain from addictive behaviours.
- a process which is very similar to the journeys that persistent offenders make from being anti-social criminals to pro-social citizens
- a change in identity and social networks.
- about a job, a house and new friends.
- a process that involves ending dependencies on professionally delivered services and becoming part of a positive social network.



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Desisters and People in Recovery:

“do not blame themselves for their problems but hold themselves responsible for the solution to their own problems.” Shadd Maruna ‘Making Good’ 2008

“You are not responsible for being down, but you are responsible for getting up”

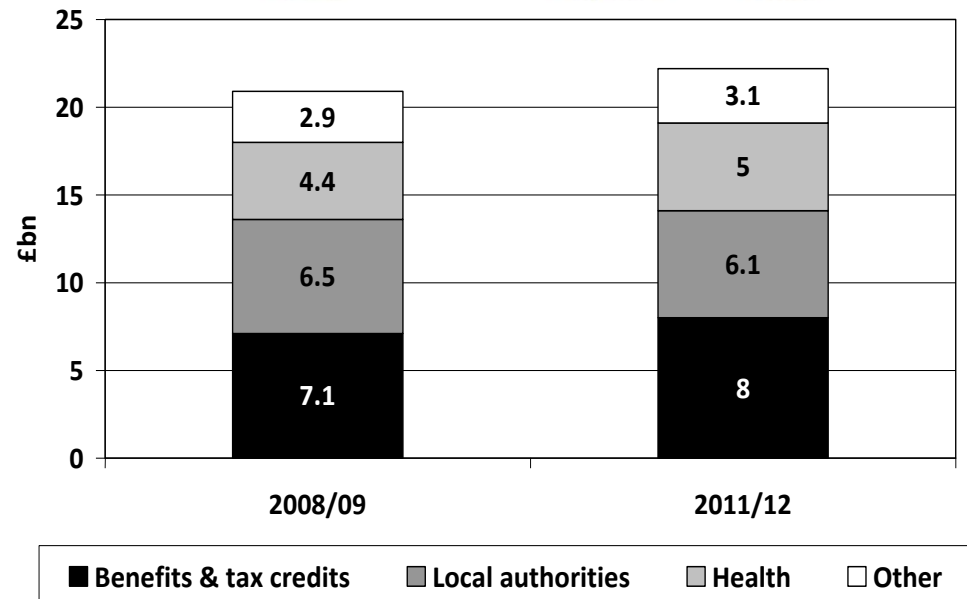
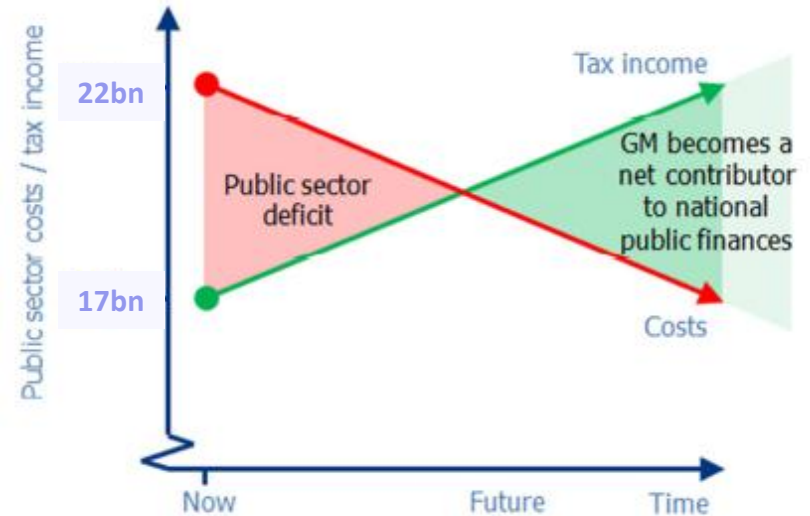
Both tears and sweat are salty, but they render a different result. Tears will get you sympathy; sweat will get you change.

(Jesse Jackson)



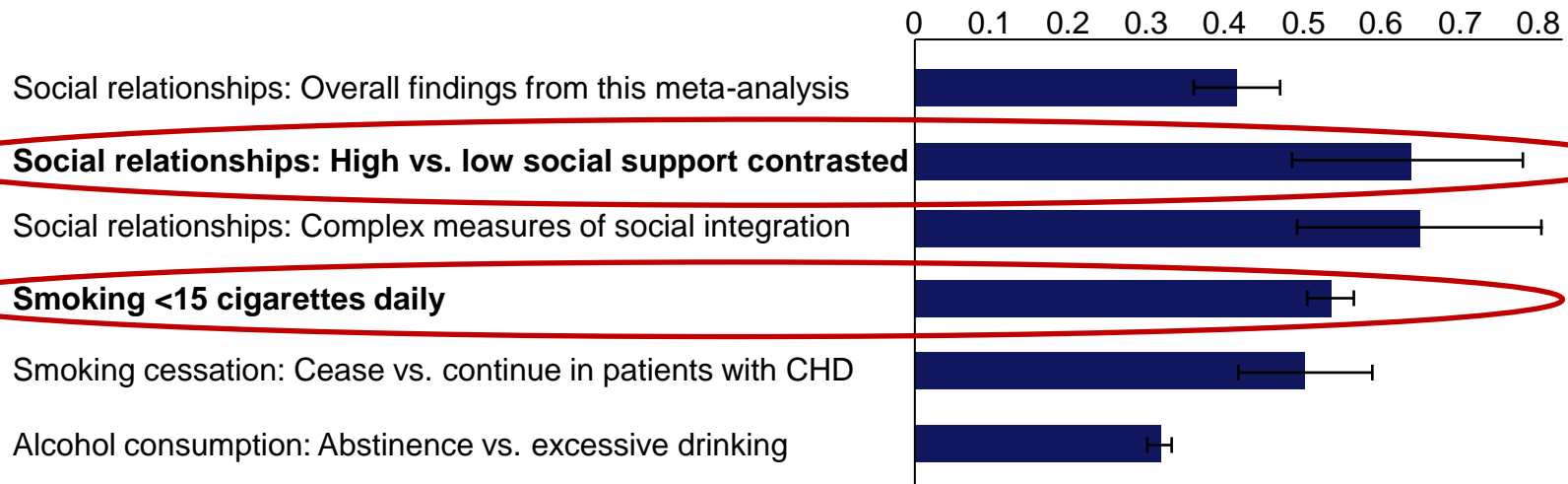
Austerity & Public Service Reform in Greater Manchester (GM)

- GM spends around £5bn more than our total tax contribution
- Total tax take estimated at £17bn. Significant investment in growth. GM economy more resilient than most
- Need to sustainably reduce £22bn public spending
- Total spend has actually increased since 2009, despite the cuts
- Proportions have changed – more on welfare benefits: costs of failure
- New delivery models that move people towards self-reliance





Social relationships have big impact: comparative odds of decreased mortality



Social relationships have as great an impact on health outcomes as smoking cessation, and more than physical activity and issues to address obesity



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The process of moving towards self reliance

(FOR THOSE WHO CAN MAKE IT!)

Treatment



- Positive Social Network
- Mutual Aid
- Recovery Community



BIO

PSYCHO

SOCIAL



Setting the standard for recovery: Physicians' Health Programs

DuPont RL, McLellan AT, White WL, Merlo LJ, Gold MS.

J Subst Abuse Treat 2009 Mar;36(2):159-71. doi: 10.1016/j.jsat.2008.01.004

- Abstinence-based
- use of treatment programs selected for their excellence.
- abstain from any use of alcohol or other drugs of abuse assessed by frequent random tests typically lasting for 5 years
- close linkages to the 12-step programs of Alcoholics Anonymous and Narcotics Anonymous (and SMART?)
- **78%** of participants had no positive test for either alcohol or drugs over the 5-year period of intensive monitoring.
 - ***Q. what % should we expect of our “clients” and “patients”***



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Q. Who do you spend your time with in a typical week?

Identifying and changing social networks

***Positive
Pro-
Recovery
people IN***



***Negative
Anti-
Recovery
people OUT***





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Bridging Social Capital

“We are people who normally would not mix” AA Big Book





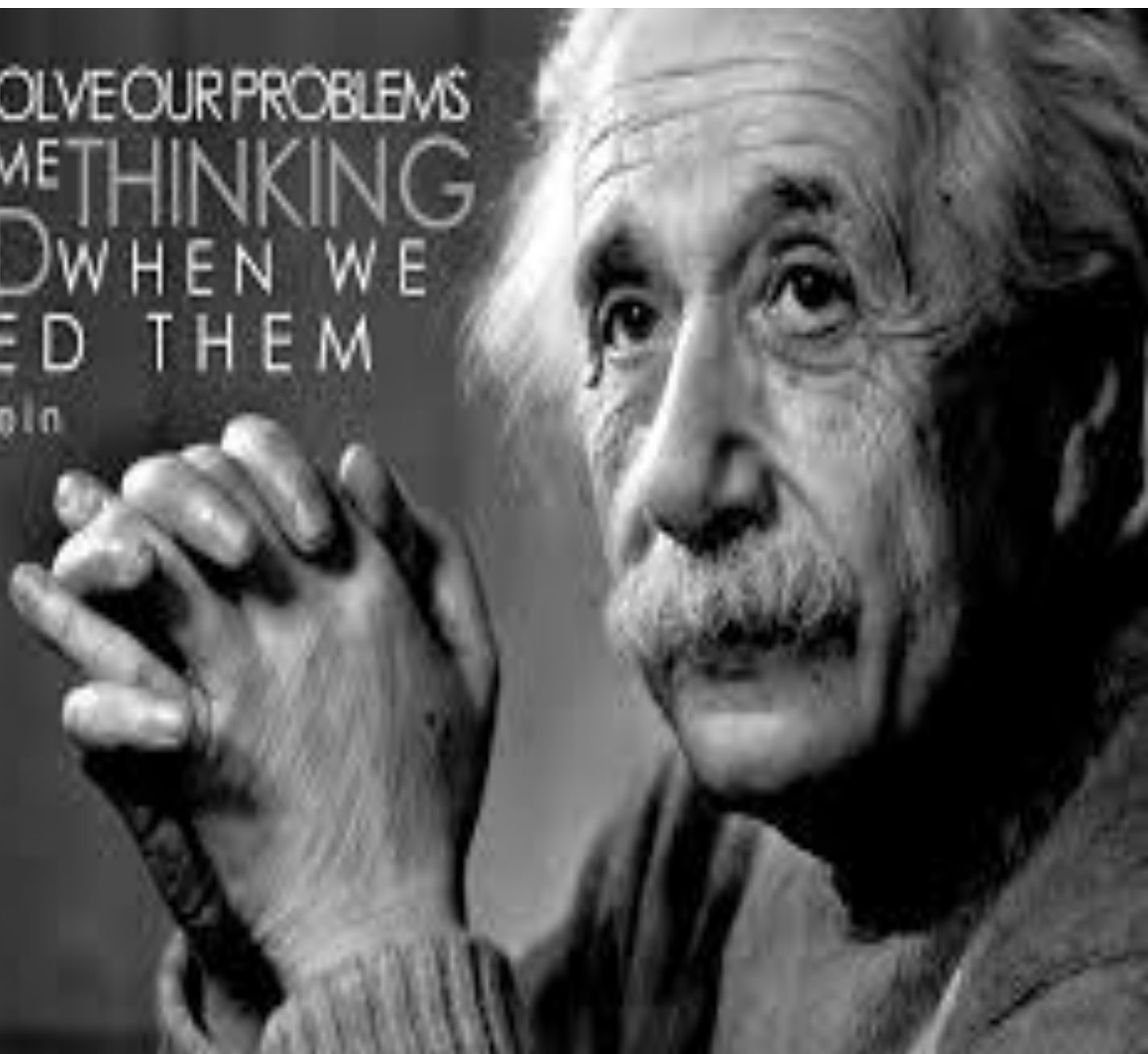
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“Alcoholics” & “Addicts” alone & thinking:



WE CANNOT SOLVE OUR PROBLEMS
WITH THE SAME THINKING
WE USED WHEN WE
CREATED THEM

- Albert Einstein





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CONNECT

(Five ways to wellbeing)





Getting Started? A Map...

TOPIC	ACTION	SCORE 5=High 1=Low				
		5	4	3	2	1
Connect	<ul style="list-style-type: none">•SMART RECOVERY•AA, NA, CA, OA...•Weight Watchers•Stop Smoking Groups•Peer Led Groups					
Be Active	<ul style="list-style-type: none">•Exercise					
Give	<ul style="list-style-type: none">•Volunteering•Community Involvement					
Keep Learning	<ul style="list-style-type: none">•Further Education•Hobbies					
Take Notice	<ul style="list-style-type: none">•Mindfulness•Spiritual Activity					