

Workshop: How to use a recovery navigational support system to measure recovery and encourage social connections.

The recovery navigational support system is a tool used to support and train individuals supporting others in a recovery journey through an assessment of recovery capital. Recovery capital has been operationalised into a validated measure which can be used to identify strengths and to encourage the engagement in prosocial activities and groups that can improve personal recovery capital, social recovery capital and increase wellbeing. The research supporting this tool consists of studies in the U.K, the U.S and Australia and is actively used in recovery residences in Florida and HMP Holme House, a U.K based prison to encourage recovery in a rehabilitative culture. This work shop will provide individuals with an understanding of the concepts behind the tool which can be used with clients in recovery, how to administer the tool and the I.T system / phone-based app which accompanies it. This workshop will be beneficial to practitioners and individuals interested in the latest development of measuring and promoting change in an individual's recovery journey and translating measures of recovery capital into recovery-oriented care plans for use with peers or professionals.