

Recovery Capital and Situational Confidence Among Residents Living in Level II and III Housing and Taking Medications for Opioid Use Disorder (MOUD)

Purpose

We evaluated the relationship between recovery capital and situational confidence for people in recovery homes.

Situational Confidence

Individual confidence in resisting substance use in high-risk situations.

Recovery Capital

- Resources used to begin, support, and continue recovery
- Consists of the personal and social domain

Baseline Characteristics Of People Who Exhibited Higher Levels Of Situational Confidence

35+

Participants who were 35 years or older (51.7%)



Male (59.4%)



Non-Hispanic white (71.5%)



Received higher education (53.8%)

Situational Confidence and Recovery Capital Associations

Data collection: 267 residents were assessed with the Brief Situational Confidence Questionnaire (BSCQ)

66.7%
High Situational Confidence

63.7%
Social Recovery Capital

67.0%
Personal Recovery Capital

64.8%
Total Recovery Capital

Future Direction and Implications for Policy, Research, and Practice

- Allocate funds to support housing integration of recovery capital and situational confidence with educational organizations.
- Strengthen residence-based services and establish interprofessional recovery systems of care.
- Implement life skills development and clinical care to enhance residents' recovery capital, self-efficacy, self-esteem, mental health, stable housing, education, and employment.

Key Takeaways

- People with high social and personal recovery capital report higher levels of situational confidence compared to those with lower levels of recovery capital.
- Newer residents with an OUD have lower situational confidence when they first enter the homes, especially those residing there for shorter periods.
- Housing staff should work to increase situational confidence among people with an OUD, especially new residents with lower recovery capital scores.

Reference:

Obekpa, E. O., McCurdy, S. A., Schick, V., Markham, C., Gallardo, K. R., & Wilkerson, J. M. (2023). Situational Confidence and Recovery Capital Among Recovery Residents Taking Medications for Opioid Use Disorder in Texas. *J Addict Med*. <https://doi.org/10.1097/adm.00000000000012060>