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Anna Beth Parlier-Ahmad
Virginia Commonwealth University

Lori Beck

Caitlin E. Martin

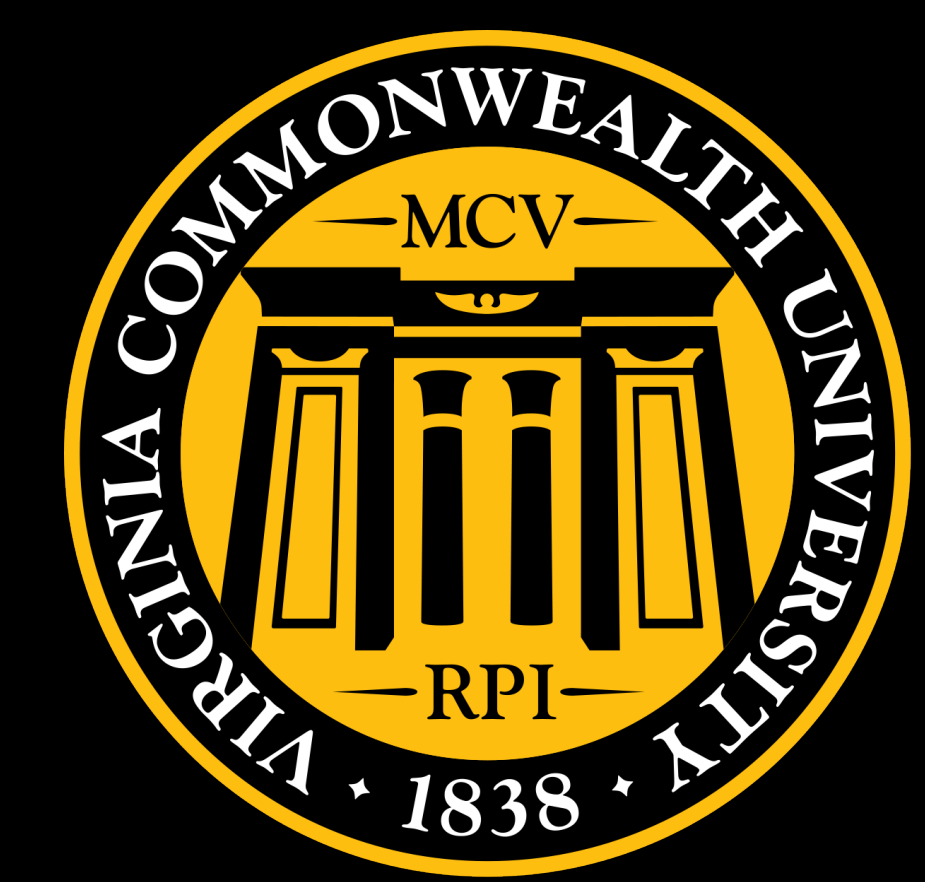
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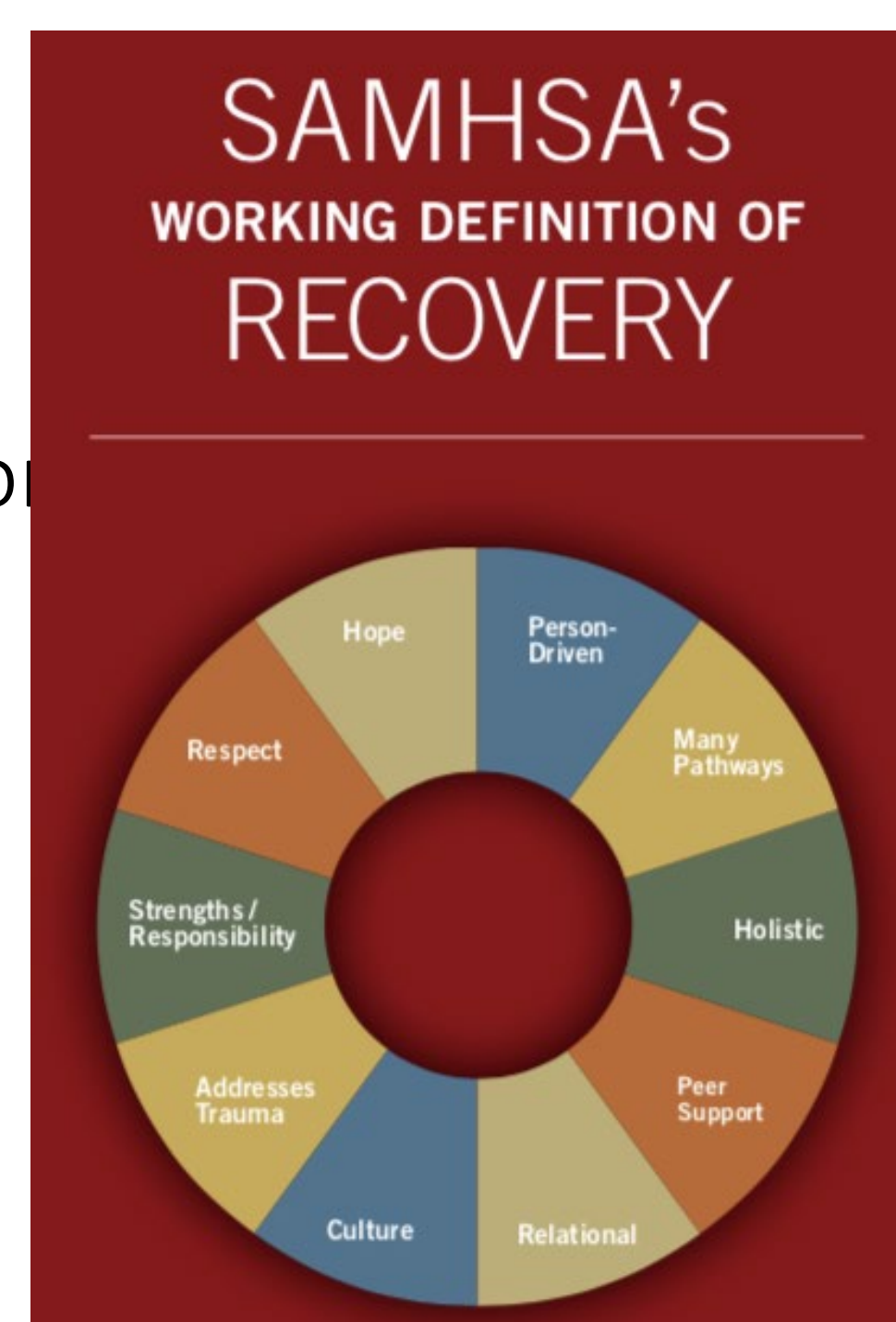
Multidimensional Recovery Among an Opioid Use Disorder Outpatient Treatment Population

Anna Beth Parlier-Ahmad, MS, Lori Beck, BS, & Caitlin E. Martin, MD MPH

Patients taking medication for OUD in outpatient treatment can initiate and sustain the recovery process.

INTRO:

- A paradigm shift to a holistic definition of recovery is underway
- SAMSHA's four recovery dimensions include: Health, Home, Community, & Purpose
- Recovery capital (RC) captures individual factors that support recovery and may differ by gender
- RC has not been investigated among a contemporary clinical OUD population; such information could inform needed recovery-oriented care systems in the opioid crisis



Objectives:

- 1) Describe and compare RC among an OUD outpatient treatment population by gender
- 2) Identify the relationship between RC and length of treatment episode.

METHODS:

Participants: N=126 on buprenorphine for OUD

Design: Cross-sectional, electronic survey (July-Sept 2019)

Study Domains: sociodemographics, mental health, chronic pain, social support, SUD severity, & RC. Length of treatment episode was abstracted from Virginia's PMP

BARC-10: Brief Assessment of Recovery Capital; score ranges 1-6 (items) & 10-60 (total); higher score=higher RC

Analyses: Descriptive statistics, Chi-square & Mann Whitney U, Multivariate linear regression ($p \leq 0.05$)

RESULTS:

- N=126; 57 (45.2%) men and 69 (54.8%) women (Table 1)
- Overall high mean scores on BARC-10 (45.08 ± 9.73) with minimal gender differences (Table 2)
- Length of current treatment did not predict RC ($p=.599$)
- Higher social support associated with higher RC ($p<.001$).

CONCLUSIONS:

- Recovery capital was high
- Gender differences were minimal.
- More work is needed to understand and improve the utility of recovery capital in clinical practice and to identify effective interventions across recovery dimensions.

RESULTS:

Table 1. Patient Characteristics

Participant Characteristics	N=126
Age (Mean \pm SD)	42.6 \pm 12.3
Race	
White	34 (27.4%)
Black	84 (67.7%)
Other	6 (4.8%)
Homelessness (past 12 months)	47 (37.3%)
Mental health comorbidity	69 (55.2%)
Chronic pain	47 (40.2%)
Social Support (Mean \pm SD; range 1-5)	3.51 \pm 1.06
Number of treatment episodes [Mean (range)]	3.1 (0-40)
Length of current treatment episode in days [Mean (range)]	282.3 (5-365)

Table 2. SAMSHA'S Recovery Dimensions for Study Population

SAMSHA Recovery Dimensions & BARC-10 Items	Total N=126 (Mean \pm SD)	Men N=57 (Mean \pm SD)	Women N=69 (Mean \pm SD)	P-value
Health				
I have enough energy to complete the tasks I set for myself	4.33 \pm 1.40	4.53 \pm 1.28	4.17 \pm 1.49	.196
Home				
My living space has helped to drive my recovery journey	4.33 \pm 1.51	4.23 \pm 1.41	4.42 \pm 1.59	.261
Community				
I am proud of the community I live in and feel a part of it	3.71 \pm 1.64	3.95 \pm 1.6	3.52 \pm 1.67	.147
I get lots of support from friends	3.97 \pm 1.49	3.95 \pm 1.44	3.99 \pm 1.54	.809
I am happy dealing with a range of professional people	4.82 \pm 1.20	4.67 \pm 1.12	4.94 \pm 1.26	.064
Purpose				
I regard my life as fulfilling and without the need for using drugs or alcohol	4.37 \pm 1.41	4.3 \pm 1.4	4.42 \pm 1.43	.568
There are more important things to me in life than using substances	5.33 \pm 1.36	5.21 \pm 1.31	5.43 \pm 1.4	.011
I take full responsibility for my actions	5.21 \pm 1.15	5.02 \pm 1.17	5.38 \pm 1.11	.013
In general, I am happy with my life	4.12 \pm 1.48	4.05 \pm 1.43	4.17 \pm 1.53	.542
I am making good progress on my recovery journey	4.88 \pm 1.18	4.6 \pm 1.24	5.12 \pm 1.08	.008
BARC-10 total score	45.08 \pm 9.73	44.50 \pm 9.48	45.57 \pm 9.97	.367

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