



# An assessment of provider perspectives on client barriers in substance use recovery



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## Introduction

- In 2021, SAMHSA reported that 46.3 million individuals in the United States met the DSM-V criterion for having a substance use disorder (SAMHSA, 2023)
- However, in 2022 only 26% of those individuals received treatment for their substance use disorder (SUD) (American Addiction Centers)
- This study aims to understand barriers involved in initiating and sustaining substance use treatment

## Participant Demographics

\*Demographics listed below were collected from participants at one site.

- Average age: 42.2
- Average years of service: 12

Gender	
Male	0 (0%)
Female	5 (100%)
Race	
White	3 (60%)
Black/African American	1 (20%)
Hispanic/Latino/ Spanish Origin of any race	1 (20%)

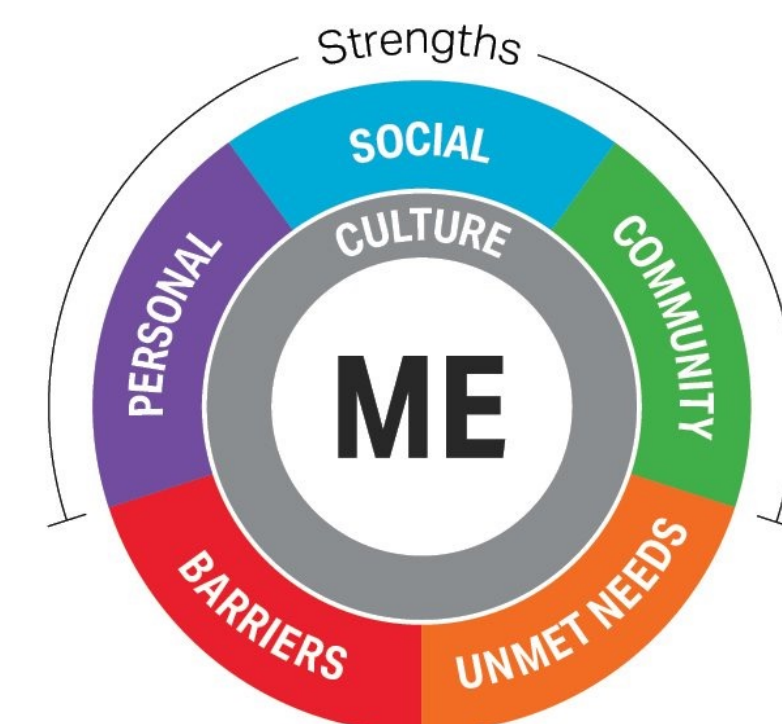
Provider Role	
Grant Manager	2 (40%)
Substance use disorder (SUD) Clinician	3 (60%) - 2 registered nurses - 1 physician assistant

## Study Aims

- Gather insight from providers regarding a wide range of barriers that clients experience in substance use recovery
- Utilize data and information about barriers to inform proposed changes to the current REC-CAP assessment

## REC-CAP Assessment

- Recovery capital is a method of understanding the amount of support an individual possesses and receives (Granfield et al., 2001)



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- David Best – an English psychologist - recently created an expansive measure of recovery capital called the REC-CAP assessment
- Initial studies show that utilizing the REC-CAP assessment at various points throughout substance use recovery is an effective way to measure progress (Best, 2023)
- The barriers to recovery domain in the current REC-CAP assessment addresses common barriers including housing, substance use, risk taking (needle sharing), involvement with the criminal justice system, and employment
- However, the current assessment does not account for a larger variety of barriers – both internal and external

## Methods

- Participants were recruited from two treatment provider agencies in Tarrant County (4-6 participants per site)
- Participants filled out an informed consent document that included consent for audio and video recording of the focus group followed by a demographics questionnaire
- A 1-hour focus group was conducted per provider site on Zoom
- Focus group recordings were transcribed and redacted prior to data analysis

## Interview Guide

A semi-structured will be utilized to ask questions about barriers that providers have witnessed clients facing. Using a codebook and Atlas.ti coding software, thematic analysis will be conducted on transcribed interviews.

## Sample Interview Questions:

- What are the most common barriers that you see clients facing in substance use recovery?
- What internal barriers do you see as a pattern that many of your clients face?
- What external barriers do you see as a pattern that many of your clients face?
- Are there any unique barriers that you don't normally see or hasn't been mentioned that you have seen in a client?

## Hypotheses

- We expect emphasis on barriers that are already addressed in the REC-CAP assessment including housing, unemployment, and risky behaviors.
- Likewise, we anticipate discussion over additional internal and external (systemic) barriers including those below

Internal
Stigma surrounding SUD treatment
Lack of perceived need for care
Awareness of treatment options
External
Transportation
Insurance/ Medical Coverage
Geographical Proximity to treatment services

## Phase 2 Development

- Phase 2 of the study will test the validity of proposed amendments to REC-CAP assessment
- Proposed amendments will be evaluated through surveying clients currently in substance use treatment and recovery

## References

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