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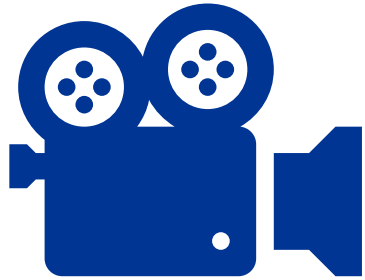


This menu allows you to **control**:

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Mutual Agreement

- Everyone on every PERU webinar is **valued**. Everyone has an expectation of **mutual, positive regard** for everyone else that respects the **diversity** of everyone on the webinar.
- We operate from a **strength-based, empathetic, and supportive** framework – with the people we serve, and with each other on PERU webinars.
- We encourage the use of **affirming language** that is not discriminatory or stigmatizing.
- We treat others as **they** would like to be treated and, therefore, avoid argumentative, disruptive, and/or aggressive language.



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Mutual Agreement (continued)

- We strive to: **listen** to each person, avoid interrupting others, and seek to **understand** each other through the Learning Network as we work toward the highest quality services for Centers of Excellence (COE) clients.
- Information presented in Learning Network sessions has been vetted. We recognize that people have different opinions, and those **diverse perspectives** are welcomed and valued. Questions and comments should be framed as **constructive feedback**.
- The Learning Network format is **not conducive to debate**. If something happens that concerns you, please send a chat during the session to the panelists and we will attempt to make room to address it either during the session or by scheduling time outside of the session to process and understand it. Alternatively, you can reach out offline to your PERU point of contact.



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- COE vision: The Centers of Excellence will ensure care coordination, increase access to medication-assisted treatment and integrate physical and behavioral health for individuals with opioid use disorder.



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Program Evaluation and Research Unit

Using the BARC-10 as a Tool for Client Engagement



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Learning Objectives

By the end of this module, you will be able to do the following:

- Define the concept of recovery capital and discuss its significance in substance use disorder (SUD) treatment and recovery.
- List the components of the Brief Assessment of Recovery Capital (BARC-10).
- Describe how to interpret BARC-10 scores and discuss what they indicate about a client's recovery resources.
- Discuss using the BARC 10 as a tool to engage clients



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Recovery Capital



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Recovery Capital Defined

“.... the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery.”



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Key Components of Recovery Capital

Social

The sum of resources each person has because of their relationships, and includes both support and obligations

Physical

Tangible assets, such as property and money

Human

The skills, positive health, aspirations and hopes, and personal resources that will enable the individual to succeed

Cultural

The values, beliefs, and attitudes that link individuals to the community



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Recovery Capital/Problem Severity Matrix

High Recovery Capital

High Problem
Severity/Complexity

Low Problem
Severity/Complexity

Low Recovery Capital



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Benefits of Addressing Recovery Capital

Improves Long-term Recovery Rates

Tailored Treatment Plans

Environmental Impact

Coping and Resilience

Trigger for Positive Life Changes

Enhanced Quality of Life

Goal Completion



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Brief Assessment of Recovery Capital (BARC-10) Overview



Development of the BARC-10

- Assessment of Recovery Capital (ARC)
 - 10 primary domains
 - 50 questions
 - Lengthy
- BARC-10
 - Covers primary domains
 - 2 to 5 minutes



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BARC-10 Domains

Substance use and sobriety	There are more important things to me in life than using substances
Global psychological health	In general I am happy with my life
Global physical health	I have enough energy to complete the tasks I set for myself
Citizenship and community involvement	I am proud of the community I live in and feel a part of it
Social support	I get lots of support from friends
Meaningful activities	I regard my life as challenging and fulfilling without the need for using drugs or alcohol
Housing and safety	My living space has helped to drive my recovery journey
Risk-taking	I take full responsibility for my actions
Coping and life functioning	I am happy dealing with a range of professional people
Recovery experience	I am making good progress on my recovery journey



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Using the BARC 10

BARC-10 as a Tool for Engagement

- Discussing the 10 different areas measured by BARC-10 could help broaden a client's understanding of their own recovery process.
- Questions are answered on a scale from "Strongly Agree" to "Strongly Disagree," allowing for nuanced self-assessment.
- Answers in the "Agree" range indicate strengths, while "Disagree" responses highlight potential barriers to recovery



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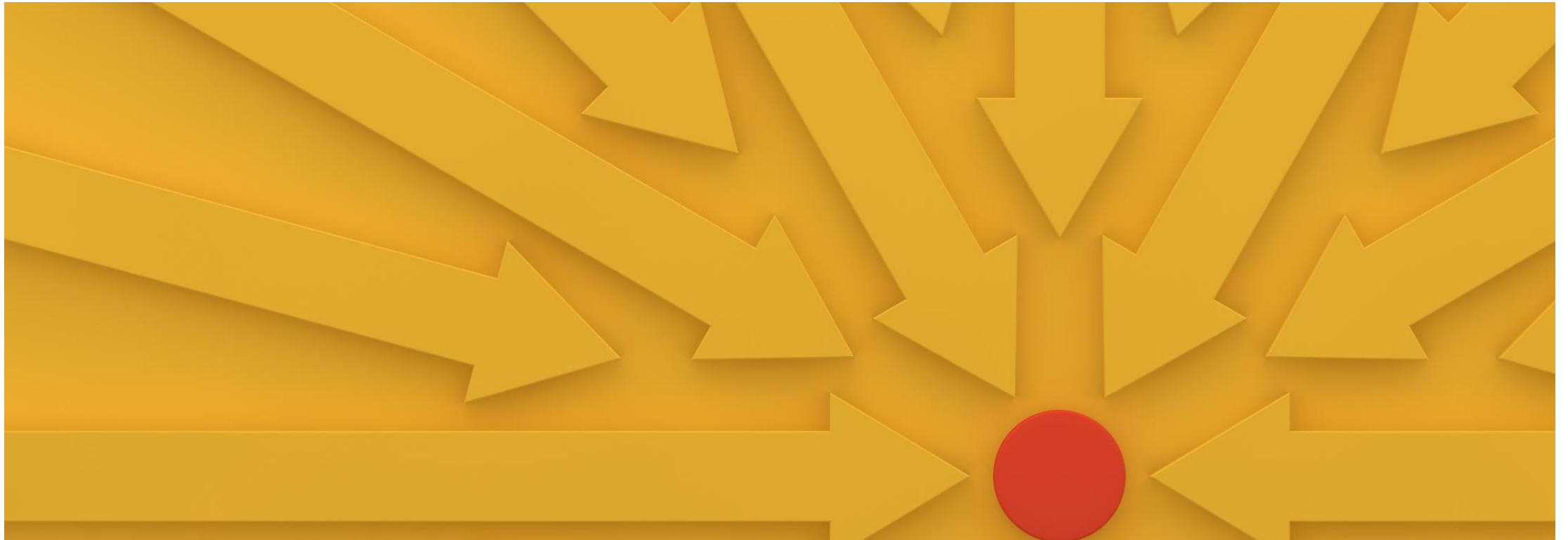
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MI Readiness Ruler



BARC-10 as a Tool for Recovery Planning



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BARC-10 as a Tool for Measuring Progress

Individual
Progress

Organizational
Progress



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Delivering Surveys



Consider Literacy and Health Literacy

- Individuals with OUD are more likely to have low literacy and health literacy compared to the general population.
- Low health literacy can make accessing and navigating healthcare systems more challenging.
- Research emphasizes the need to assess health literacy in healthcare settings for targeted support



Other Survey Delivery Tips

1

Provide the Purpose

2

Explain the Process

3

Describe Follow Up



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Interpreting BARC-10 Scores



BARC-10 Exercise

- Example BARC-10
- Follow up questions
- Possible service connections
- Recovery related goals



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Questions?



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