



Social networks are dynamic for youth in recovery: Qualitative findings

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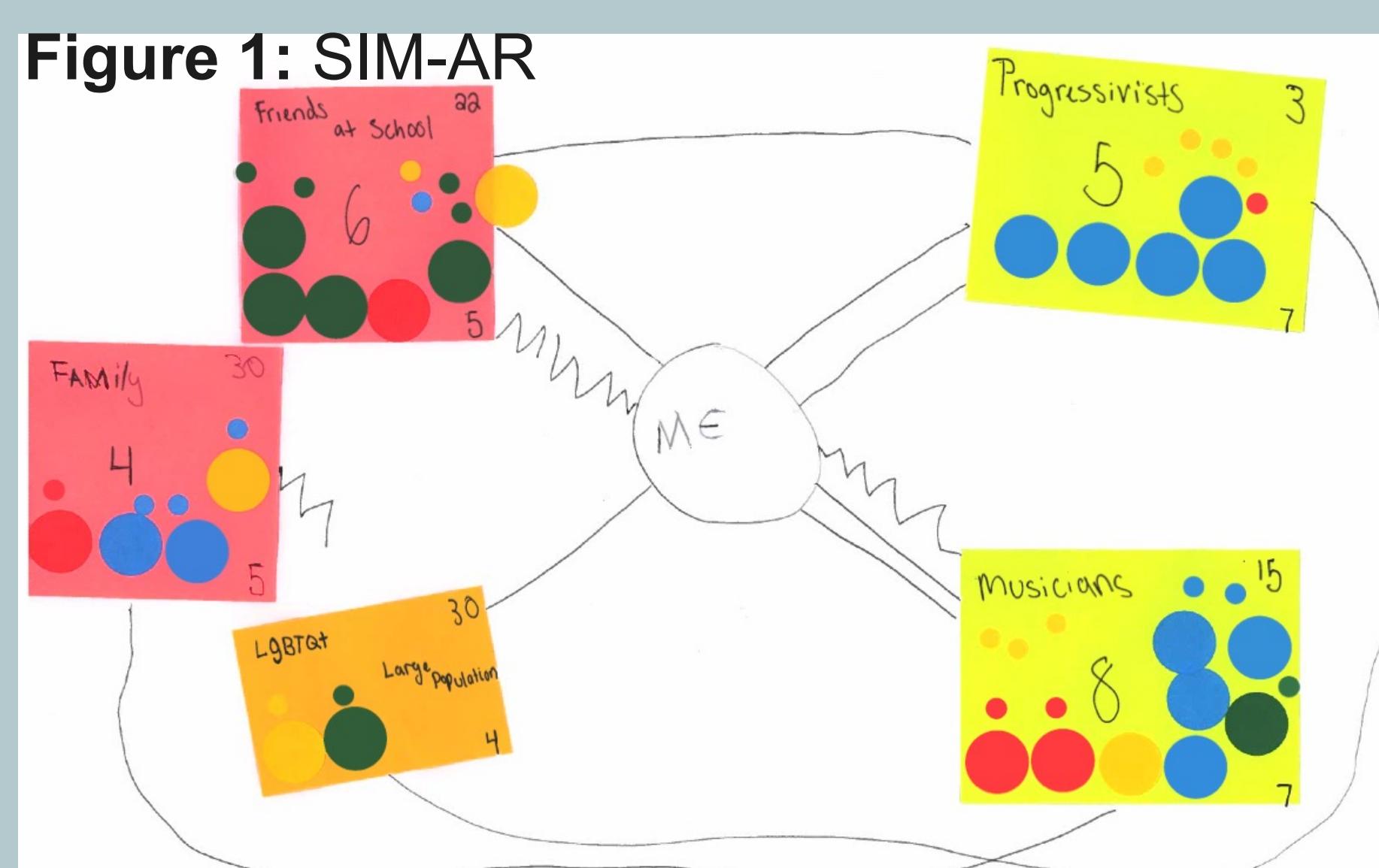
Background

Adolescent substance use recovery is a dynamic process influenced by many factors, especially one's social network. The *Recovery Capital for Adolescents Model* is a developmentally informed conceptualization of recovery capital. Yet, little is known about how the composition and influence of social networks are experienced by youth in recovery from substance use.

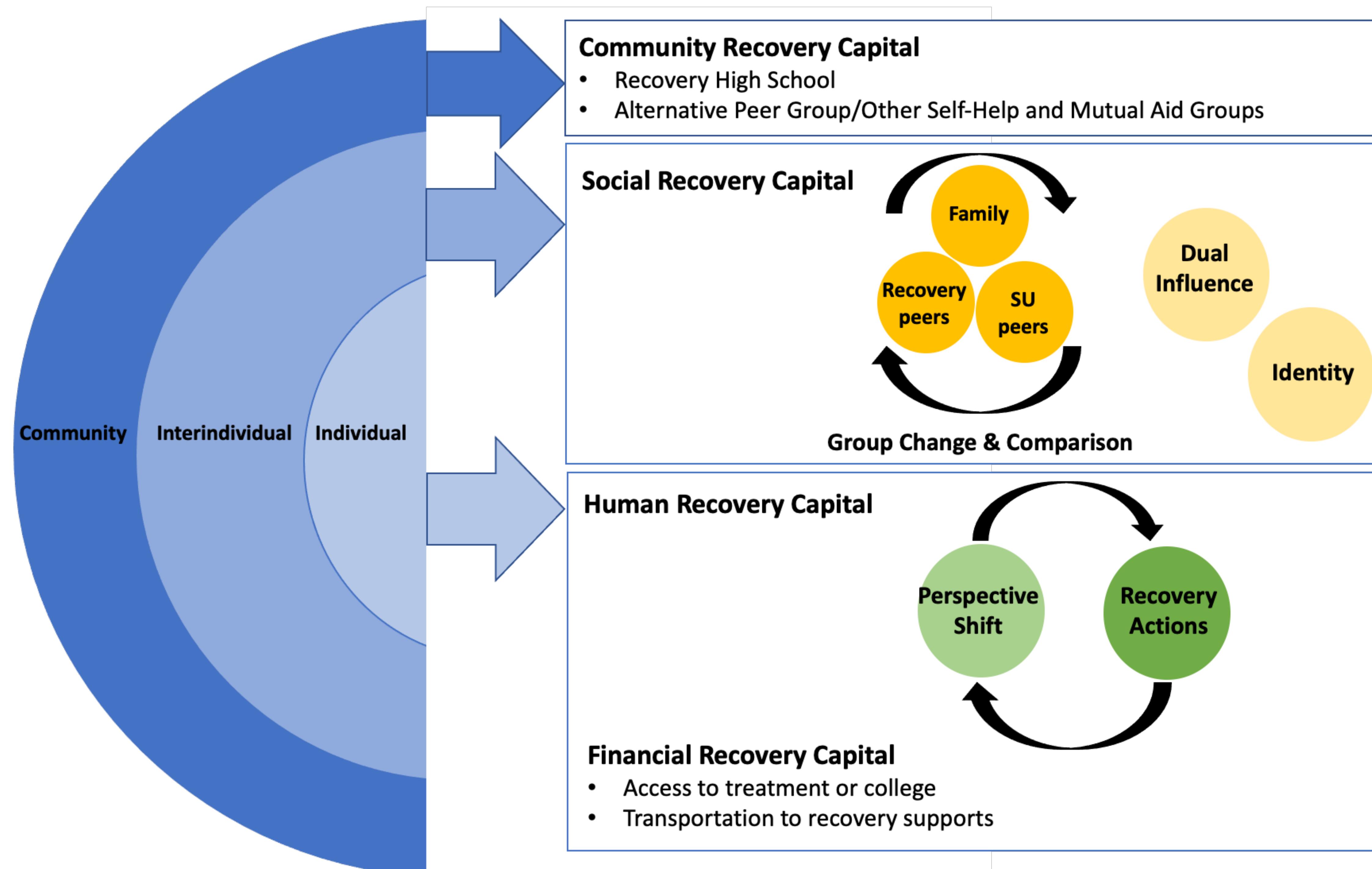
AIM. Understand how social influences increase access or act as barriers to building recovery capital among adolescents.

Methods

- Youth 17-19 yrs. (n=10) in recovery
- All Recovery High School students
- Complete Social Identity Map for Addiction Recovery (SIM-AR) and semi-structured interview
- Constant comparative method using RCAM domains



Emergent Themes



"I've also come to terms with the fact that people kind of come and go, and just moving on with your life **doing what I need to do for myself** is really important, and **I can't latch on to people** like I used to." Male age 17

"I think I **connect to [using friends]** more, because there's **just no judgement**" Male age 19

"It's just good to **see the strides I've made** to improve the people in my life actually play out." Female age 18

It's complicated, because [best friends] **understand**, and they **want to help**, but it's like **I can't tell them don't drink just because I don't drink**, right, and they're always going to let me drink with them." Female, under 18

Conclusions

- **Dynamic change** permeates adolescent networks during recovery.
- Shared substance use history and **non-judgmental attitudes** are key to connections.
- Social recovery capital is **deeply intertwined** with human, financial, and community recovery capital.
- SIM-AR may be a **useful clinical tool** to spark dialogue and reflection.

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