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Recovery Vital Signs

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As research develops around recovery, it is critical that we develop appropriate metrics for measuring recovery rather than merely abstinence from substances. When a patient visits the doctor's office, someone collects their pulse, blood pressure, and temperature. When a patient says they need Substance Use Disorder Treatment, a clinician performs a multi-dimensional assessment to determine the level of severity of need. In the first example, this is done because these objective measurements have been agreed upon and clinically demonstrated to be valid indicators of the patient's health. In the second case, subjective measurements of things like the patient's potential for relapse and mental state comprise the diagnosis. Unfortunately, in recovery, we do not have an agreed-upon set of metrics that define recovery, so we end up saying things like, someone is doing "good" or their recovery is "fine".

Recovery Vital Signs are an attempt to quantify and qualify recover This session will offer specific information on a variety of evidence-based practices surrounding recovery outcomes. There will be robust discussion regarding items like the BARC 10, Outcome Rating Scale, Relationship Rating Scale and their efficacy. Frequently changes in items like recovery capital and other measures can be predictive of recurrence of use or other challenges. Topics Included will be the set of Recovery Vital Signs currently in use by Faces & Voices of Recovery. In addition we are exploring the use of social determinant data and its predictive value in recurrence of use and other challenges. We are currently curating a data set of more than 40,000 records that have been collected from Recovery Community Centers around the country.