



Overview of Odyssey's REC-CAP data trends:

Collected between June 2019 - August 2023

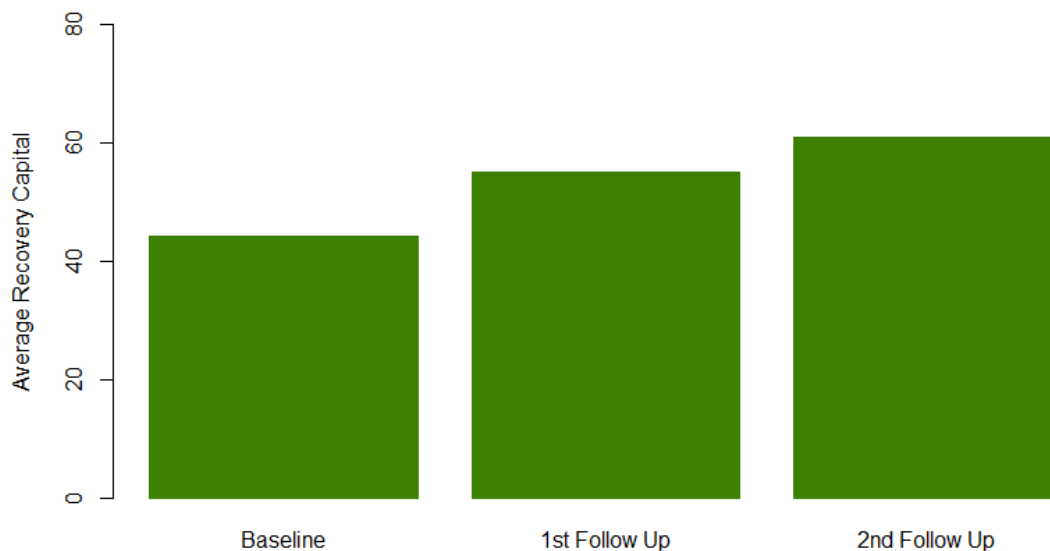
At Odyssey, a total of 490 people used the REC-CAP tool. A total of 176 kaimahi have received training.

Presented below are current trends on both positive and negative recovery capital areas, all measured in the REC-CAP evaluation. Positive recovery capital areas include wellbeing, personal and social recovery capital, recovery group participation, social support, and commitment. Negative recovery capital areas include barriers to recovery and unmet support and treatment needs.

Overall recovery capital scores

As shown in the graph below, average recovery capital scores increase over time. The average recovery capital scores are calculated by positive recovery capital minus negative recovery capital. From baseline assessment to 1st follow up we see a 22% increase in recovery capital score and from baseline to 2nd follow up we see a 39% increase in score.

Graph 1. Average recovery capital scores increase over time

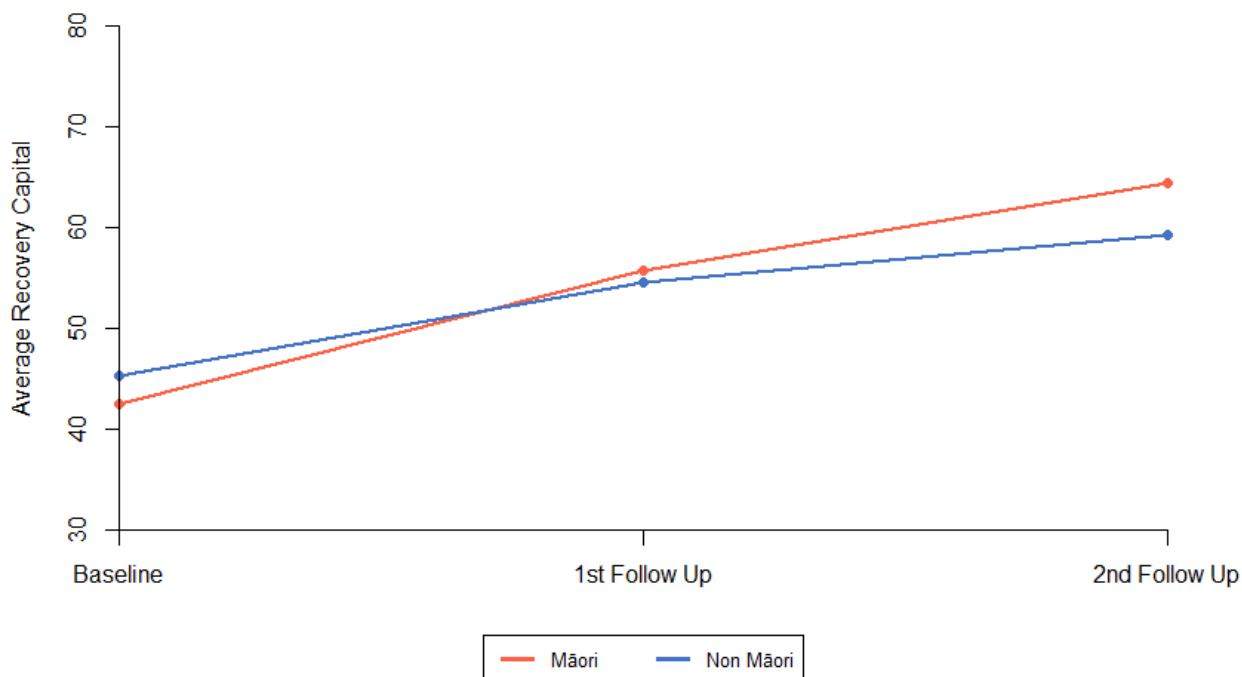


Average baseline scores for this data set have been collected on average 80 days into treatment. First follow up scores take place an average of 90 days later, second follow up scores are completed on average 40 days after that. We have completed a total of 463 baseline evaluations, 182 1st follow up and 83 second follow up across the services using, piloting or piloted REC-CAP.

Recovery capital by ethnicity

We are committed to achieving equitable health outcomes for Māori. We therefore split data to compare Māori and non-Māori scores. Our data, as shown in the graph below, tells us tāngata whai ora scores increase at a similar rate for Māori and non-Māori.

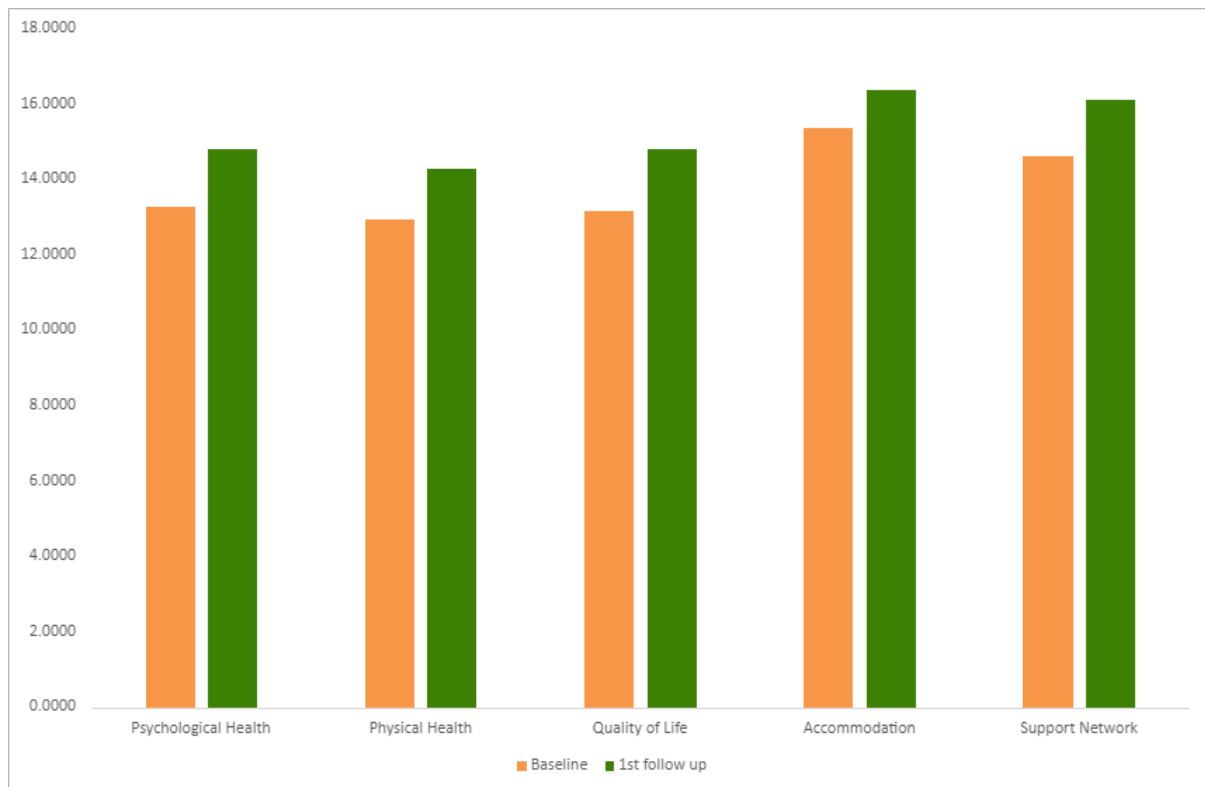
Graph 2. Average recovery capital scores for Māori and non-Māori



Areas of positive recovery capital

People consider five key wellbeing areas of their life: physical health, psychological health, quality of life, support networks, and accommodation. They then rate themselves in these areas on a scale of 1-20.

Graph 3. Average wellbeing scores for baseline and follow up REC-CAPs



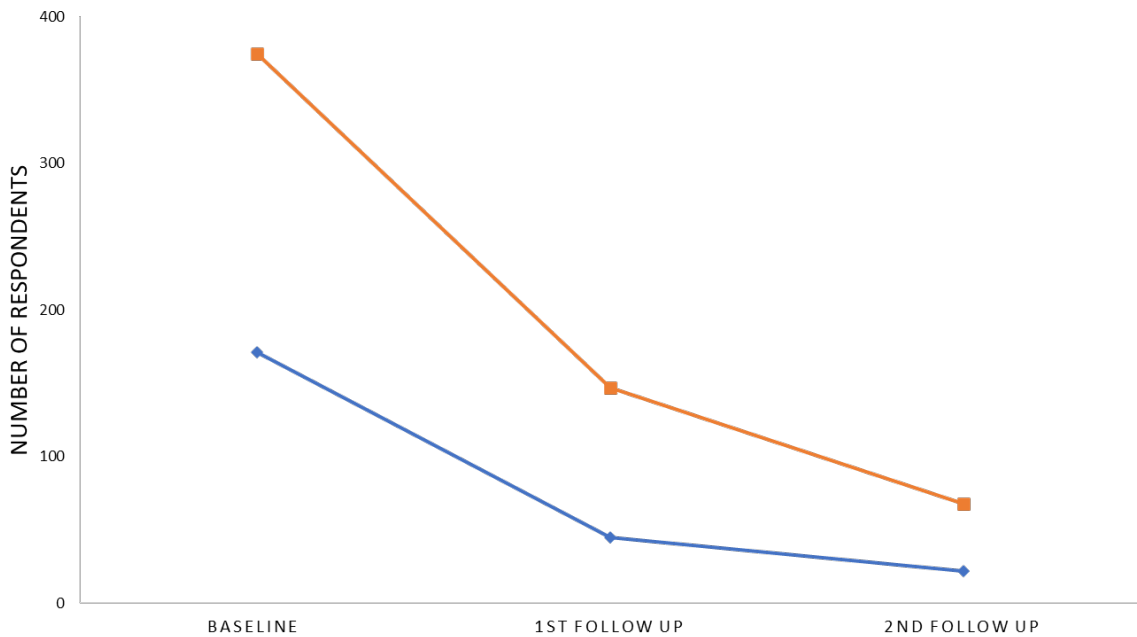
Areas of negative recovery capital

During residential treatment we see a reduction in people's barriers to recovery and unmet service needs. This refers to negative recovery capital – things that get in the way of a person's recovery journey. Barriers include criminal justice involvement, engaging in risky behaviour, substance-related harms, housing challenges, and not engaging in meaningful activities like work, study and volunteering. Support can be put in place once a person's barriers and unmet service needs are identified.

Barriers to recovery – accommodation, work, training, and volunteering

Graph 4. shows the reduction in accommodation challenges and engaging in work, training, and volunteering. In other words, this measures people's access to accommodation and their engagement in some form of meaningful activity.

Graph 4. Reduction in barriers to recovery over time



Unmet service needs

A few questions seek to understand if a person is engaged in particular types of professional services, if they are satisfied with those services, and whether they want extra support. Graph 5. shows people see a reduction in their need for mental health support and family relationship support.

Graph 5. Unmet service needs reduce over time

