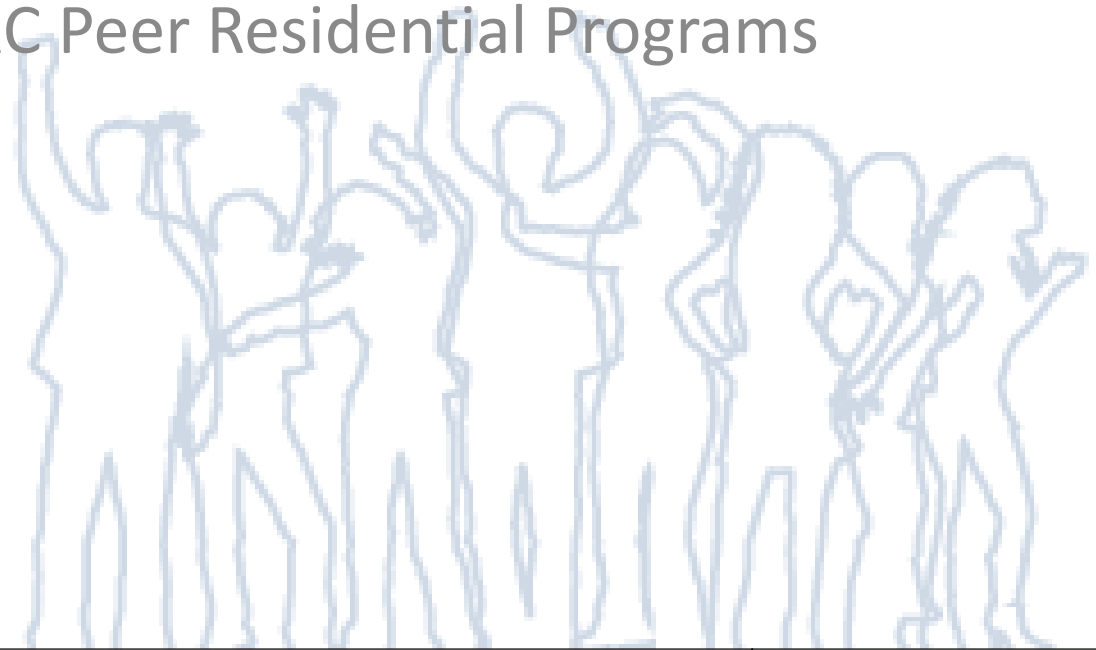


# Using sociograms to measure recovery – a focus on relationships

Bella Anderson

Manager SHARC Peer Residential Programs



# Outcome measurements

Yay! Outcomes not  
activities!

# Effective outcome measurements

- Must be meaningful to the **funding organisations**
- useful for the **funded programs** – measure success, identify challenges, create programs to meet clients' needs
- meaningful to **clients** – measure personal progress, identify personal challenges, re-create useful IRPs

# Common outcome measurements

- DUDIT – Drug Use Disorders Identification Test
- K10 – Kessler Psychological Stress Scale
- Basis 32 – Behaviour and Symptom Identification Scale – consumer rated tool (strong MH focus)
- HoNoS - Health of the Nation Outcomes Scales - behaviour, impairment, symptoms and social functioning – clinician rated

# Measuring our work

## Building Recovery Capital

- social capital
- physical capital
- human capital
- cultural capital

Best and Laudet (2010)



# Measuring recovery capital

- Physical: accommodation, money, resources to fund treatment options
- Human: skills, health, aspirations and hope – the personal resources allowing a person to prosper
- Cultural: values, beliefs and attitudes that (provide the person with the) ability to fit into dominant social behaviours (community)

# Importance of social capital

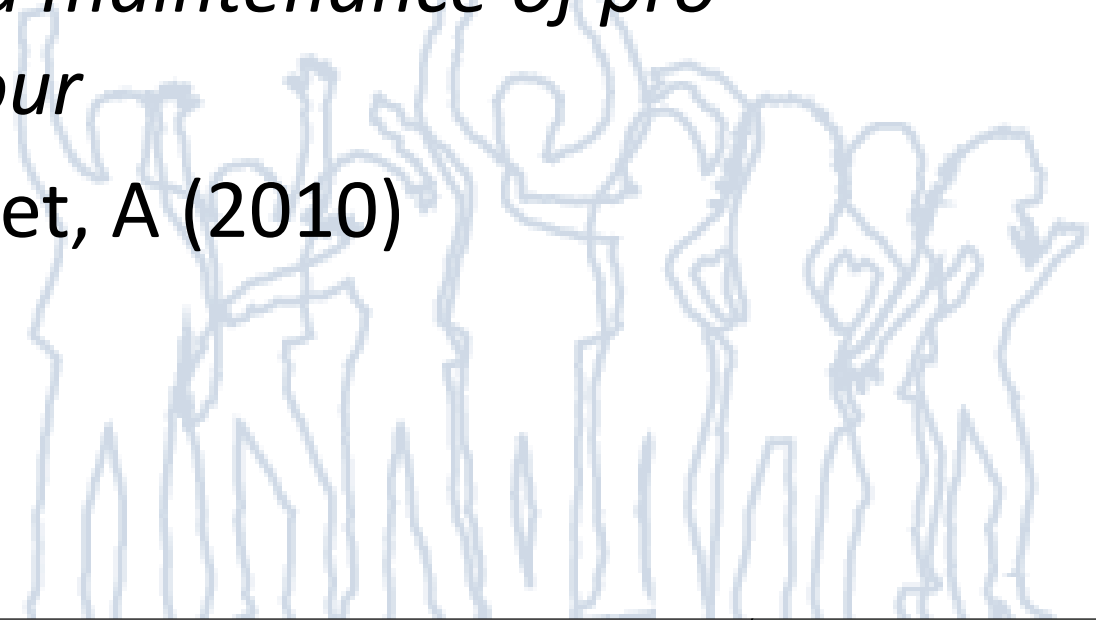
*Relationships offer us the opportunity to shape our identity, determine our social reality, realise our humanness and honour our health and wellbeing*

Furlong M (2013)



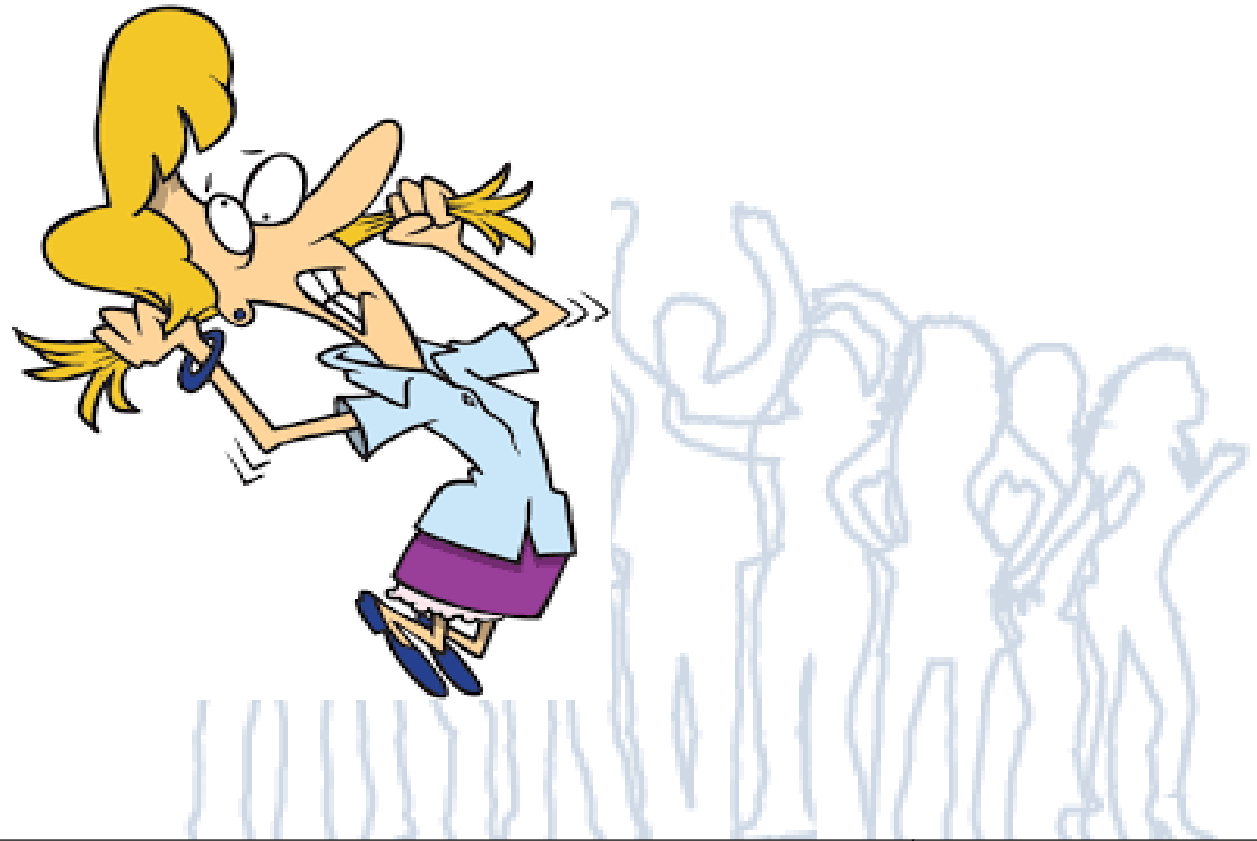
# Importance of social capital

- *... relationships also have the power to inspire hope, nurture change and support the development and maintenance of pro-recovery behaviour*
- Best, D and Laudet, A (2010)

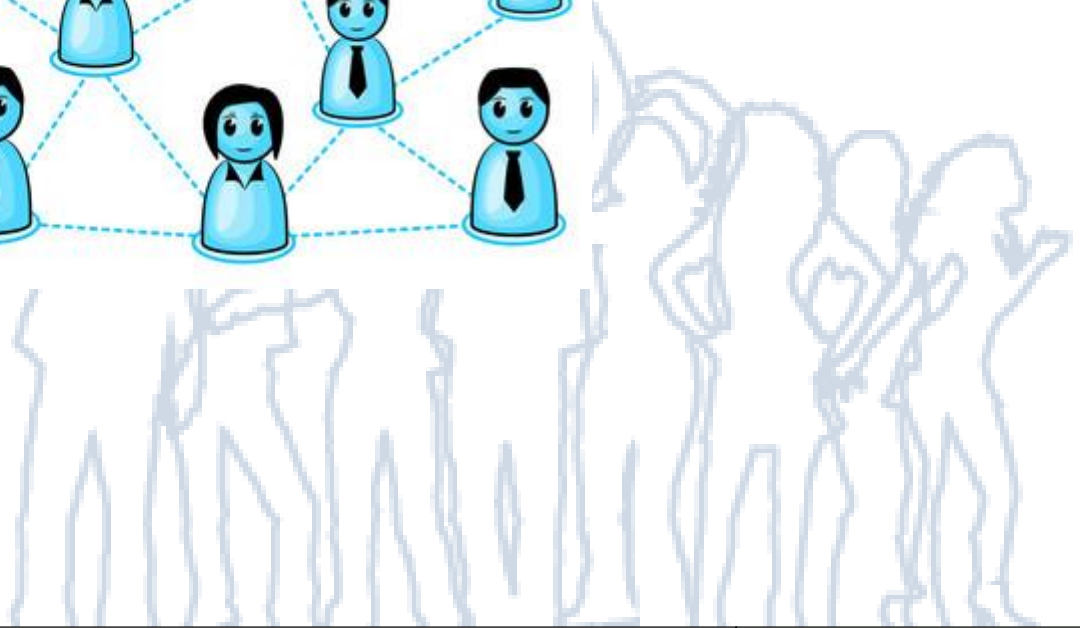
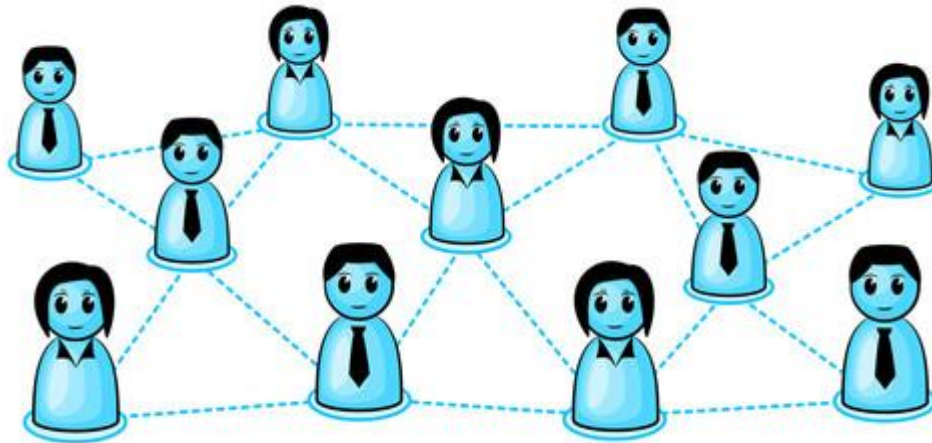




# Measuring social capital



# Sociograms



# Sociograms

Sociograms are graphic representations of a person's social network

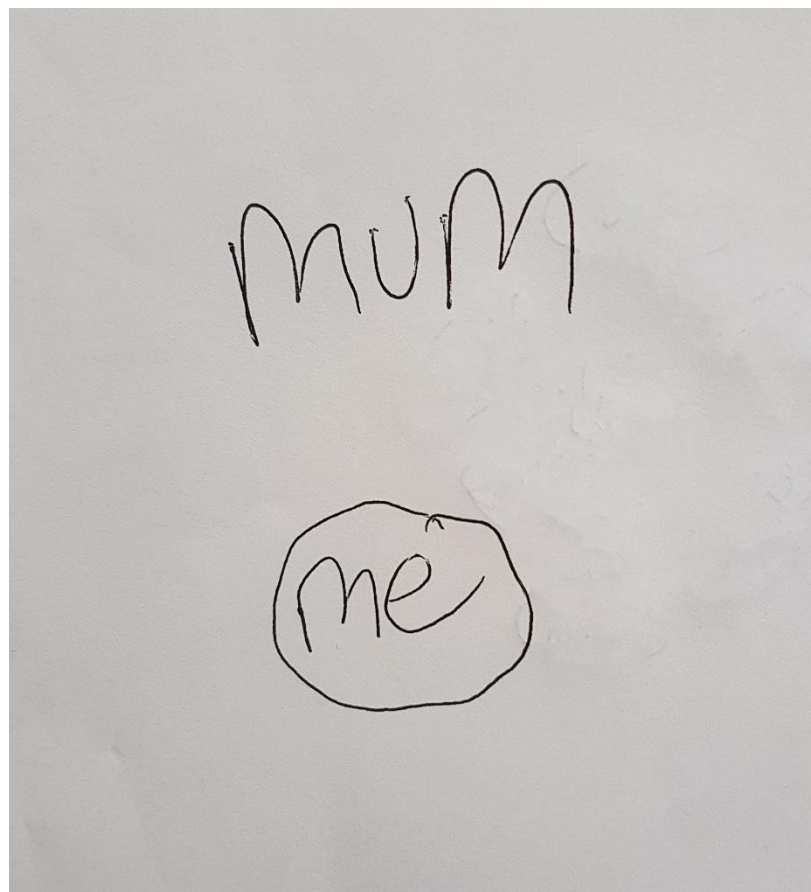
- can contain people no longer with us
- can include pets
- can include fantasy and the past that impacts on the person
- can include institutions

There is no *right* way to create them

# Sociograms at assessment

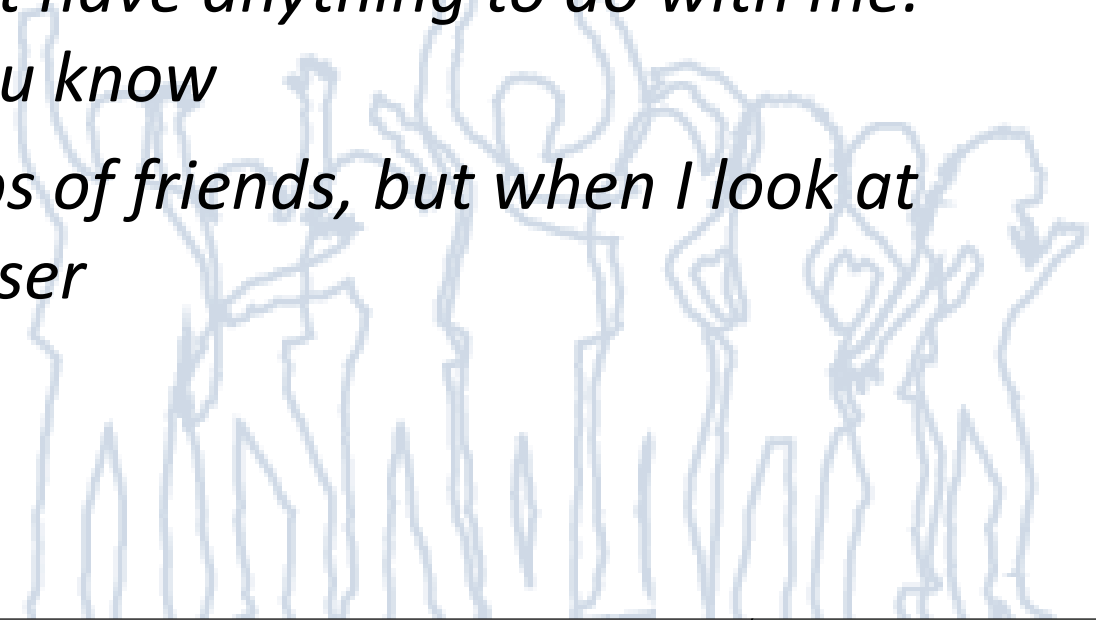
- We give assessees a piece of paper and some pens / pencils
- We explain that we'd like them to create a map of their relationships / connections
- We suggest that they put themselves in the middle of the page and arrange their connections around themselves to reflect their importance / closeness

# Example of first sociogram

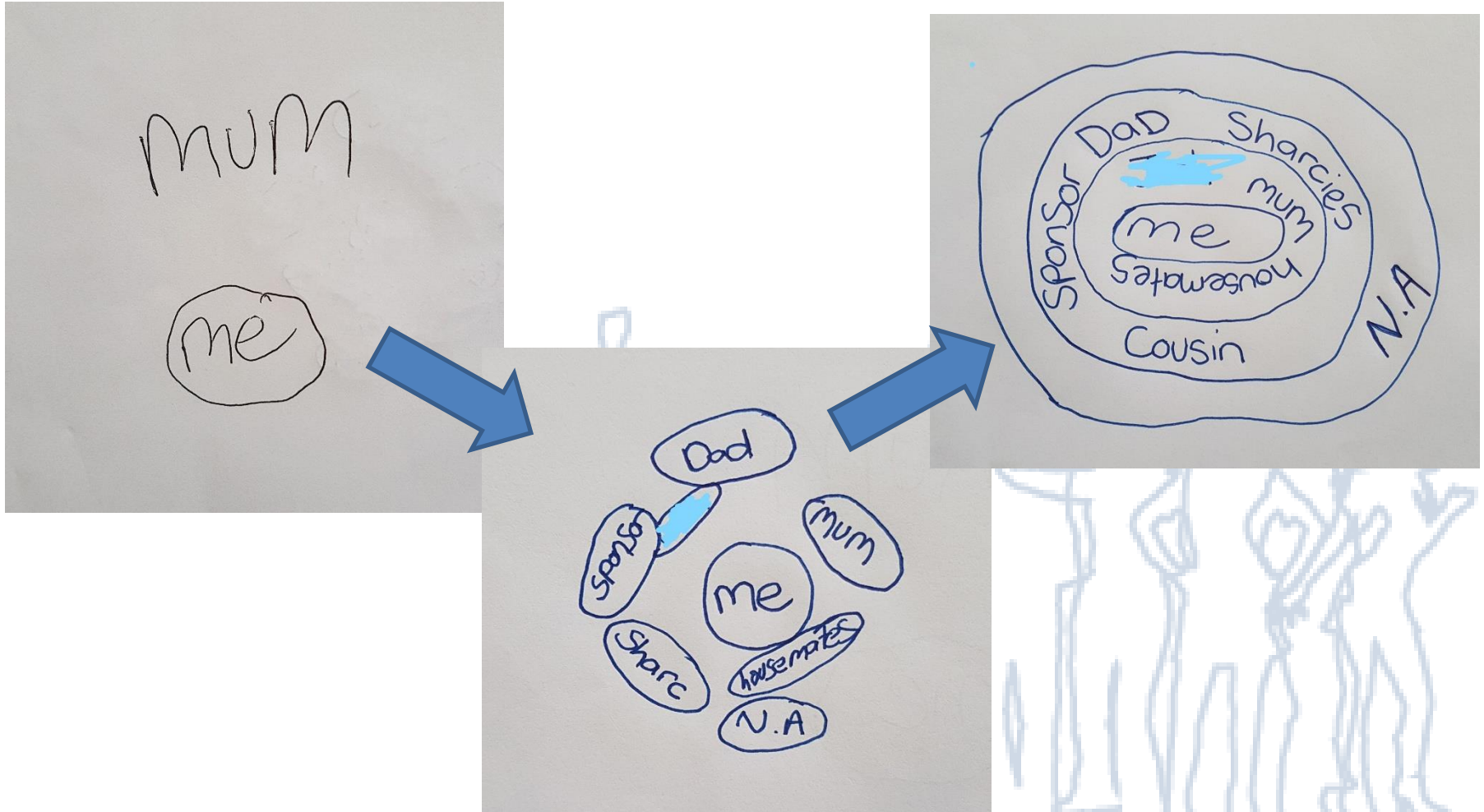


# First sociogram reflections

- *I'm really shocked. It (isolation) just sort of happened*
- *My old mates won't have anything to do with me. School friends ... you know*
- *I used to have heaps of friends, but when I look at this, everyone's a user*
- *Dad's not there*



# Example of sociogram review



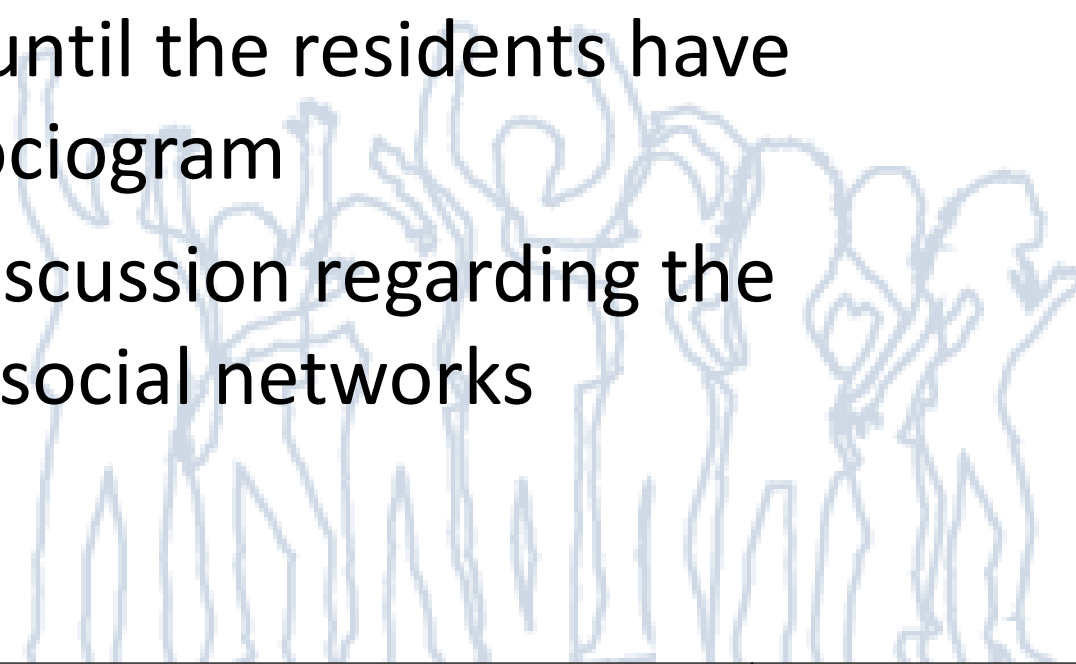
# Follow up sociograms

- *It's good to see the changes*
- *I only had my grandma but now I've got all of you*
- *Do I put my cricket team on the list?*
- *It makes me sad to see that one (the first sociogram) I knew I was lonely but this brings it back. It was fxxked*

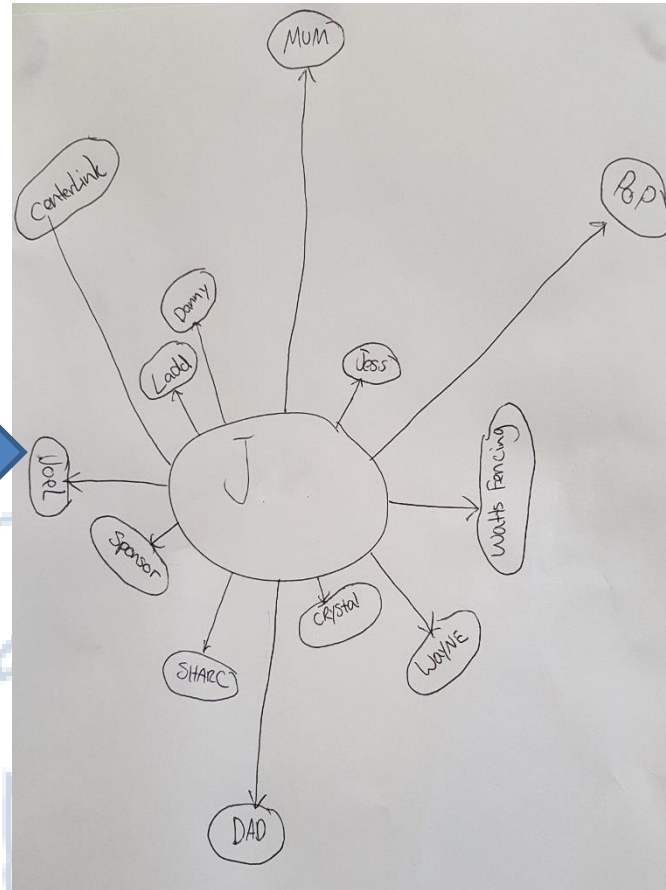
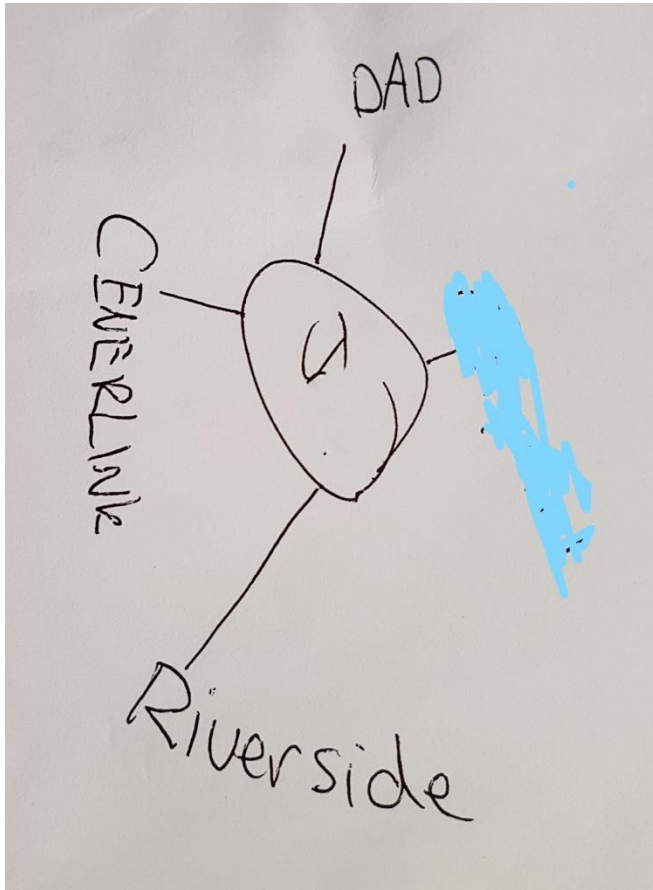


# Sociograms in group - process

- Confirmation of group guidelines
- We bring in the older sociograms but don't distribute them until the residents have created a new sociogram
- We encourage discussion regarding the changes to their social networks

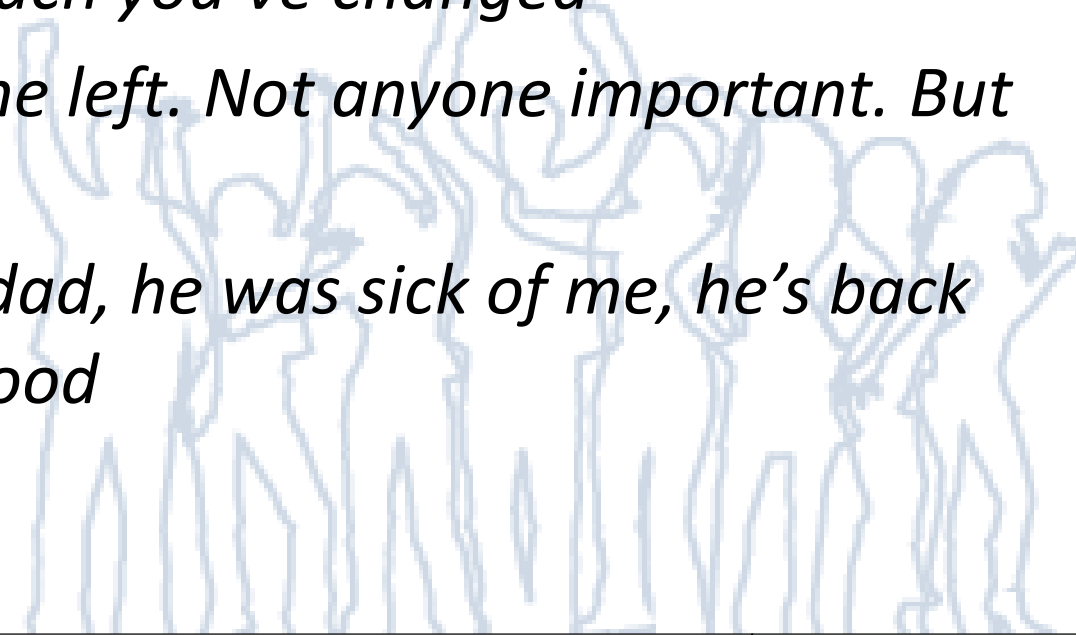


# Example



# Sociograms in groups

- *I really like that these make things really clear. I was really sad. I remember that*
- *You can see how much you've changed*
- *There wasn't anyone left. Not anyone important. But things are different*
- *I wasn't talking to dad, he was sick of me, he's back in my life and it's good*



# Sociograms as outcome measurement

- Sociograms are useful for program review and personal reflection
- offer a genuine description of a person's re-engagement with the community, relational resources and connections
- offer opportunities for profound discussions and reflection / brief interventions
- can be used in individual and group sessions

# Questions



# References

Best, D. & Laudet, A. (2010) The potential of recovery capital, RSA Projects; Royal Society for the Arts. UK

Furlong M (2013) Building the client's relational base – a multidisciplinary handbook. The Policy Press UK

SHARC

140 Grange Rd

Carnegie 3121

[www.sharc.org.au](http://www.sharc.org.au)



Self Help Addiction Resource Centre