



Tietoa & tukea pelaamisen hallintaan

SUPPORTING RECOVERY

Supporting recovery: experiences from information and support point Tiltti// www.tiltti.fi// 2.6.2019





Tiltti is a low threshold information and support point concentrating on harms caused by gambling since 2010

Aim is to give information, support and peer-support throughout the recovery process

Our work is based to dialogue, in which we build understanding of problem gambling and recovery together with problem gamblers and those close to problem gamblers





150-180 first visits per year

2017 average amount of harms experienced of gamblers who had sought help from Peliklinikka was 28.

financial 92%

emotional or psychological 92%

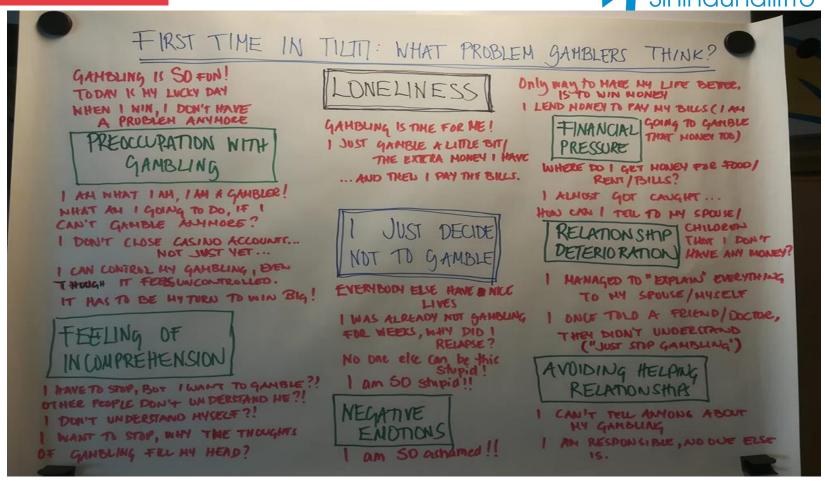
health-related 91%

social relationship 91%

National Institute for Health and Welfare (THL)







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RECOVERY-ORIENTED SYSTEM OF CARE

CHIME

Connectedness – being connected in positive way to other people, peer support

Hope and optimism – belief in recovery, motivation to change, positive thinking, having dreams and aspirations

Identity – regaining positive sense of self, overcoming stigma

Meaning – Living meaningful and purposeful life

Empowerment – Focusing on strengths, inclusion in community and decisions about support and help

Scottish Recovery Network





RECOVERY MANAGEMENT

Three changes in the continuum of care:

- 1. Intensify pre-treatment recovery support services to strengthen the engagement process, enhance motivation for change, remove environmental obstacles to recovery, and determine whether the individual/family can initiate and sustain recovery at this stage without additional professional intervention
- 2. Intensify in-treatment recovery support services to enhance treatment retention and effects by keeping treatment recovery focused
- 3. Shift the focus of treatment from acute stabilization to support for long-term recovery maintenance

RECOVERY MANAGEMENT: William L. White, MAErnest Kurtz, PhDMark Sanders, 2006





RECOVERY CAPITAL

The essence of recovery is a **lived experience of improved life quality** and a **sense of empowerment**; that the principles of recovery focus on the central ideas of **hope**, **choice**, **freedom and aspiration that are experienced** rather than diagnosed and **occur in real life settings** rather than in the rarefied atmosphere of clinical settings. **Recovery is a process** rather than an end state, with **the goal being an ongoing quest for a better life**

Recovery capital refers to the sum of resources that may facilitate the process

David Best & Alexandre B. Laudet 2010

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Four components to recovery capital:

- 1. Social capital is defined as the sum of resources that each person has as a result of their relationships, and includes both support from and obligations to groups to which they belong
- 2. Physical capital is defined in terms of tangible assets such as property and money that may increase recovery options
- **3. Human capital** includes skills, positive health, aspirations and hopes, and personal resources that will enable the individual to prosper.
- **4. Cultural capital** includes the values, beliefs and attitudes that link to social conformity and the ability to fit into dominant social behaviours

David Best & Alexandre B. Laudet 2010





SUBJECTIVE IMPACT OF GAMBLING ON QUALITY OF LIFE

- 1. Loneliness
- 2. Financial pressure
- 3. Relationship deterioration
- 4. Feeling of incomprehension
- 5. Preoccupation with gambling
- 6. Negative emotions
- 7. Avoidance of helping relationships

Bonfils, Grall-Bronnec, Caillon, Limosin, Benyamina, Aubin & Luquiens 2018

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