

# **Recovery Capital of Concerned Significant (CSO) Others;**

## **Insights and Practical Applications from Low-Threshold Work at Tiltti**

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# TILTTI: Low threshold point for problem gamblers, close ones and families



- Gambling problems affect both gamblers and their Concerned Significant Others (CSOs)
- Around 790,000 CSOs in Finland
- CSOs should be seen as individuals with their own recovery needs

# RECOVERY CAPITAL; Master's Thesis Overview

## Qualitative research

- 10 thematic interviews: 8 spouses, 1 parent, 1 former partner (9 women, 1 man)
- Thematic analysis

## Key Results

- Five categories of CSO recovery capital identified

1. What factors do CSOs describe as supporting their recovery?
2. What factors do CSOs describe as hindering their recovery?

# What is Recovery Capital?

- Internal and external resources that support recovery
- Linked to natural recovery, strength-based orientation, and resilience
- Individual, dynamic, and context-specific

# Five Categories of CSO's Recovery Capital

1. Social
2. Human
3. Community & Societal
4. Financial
- 5. Related to the gambler**

# Social and Human Recovery Capital

## SOCIAL

Promoting: openness in family, support from family/friends, practical help, children's well-being

## HUMAN

- Promoting: awareness of problem, acceptance of emotions, hobbies, seeking help, ending enabling
- Hindering: anger, shame, anxiety, exhaustion, physical symptoms, emotional suppression

# Community & Societal and Financial Recovery Capital

## COMMUNITY & SOCIETAL

- Promoting: available services, peer support, gambling restrictions
- Hindering: stigmatizing services, lack of understanding, focus only on gambler, hard-to-find help

## FINANCIAL

- Promoting: CSO controls finances, financial clarity
- Hindering: debts, financial stress, uncertainty, long-term consequences

# Recovery Capital Related to the Gambler

- Promoting: abstinence, support, understanding impact, openness
- Hindering: denial, avoidance of responsibility

# How Recovery Capital is Applied at Tiltti Tiltti<sup>®</sup> with CSOs

- Used in peer groups, 1-on-1 support, psychoeducation
- Helps CSOs identify strengths and needs
- Supports emotional boundaries and empowerment

# How Recovery Capital is Applied at Tiltti with Gamblers

- Improves understanding of close ones' recovery journey and the factors that support or hinder it
- Recovery capital as a mirror for empathy
- Increases understanding of the close one's perspective and experience

# Practical Examples from Tiltti

- CSOs regain agency and voice
- Gamblers understand emotional toll on loved ones
- Shared language deepens recovery collaboration

# Why This Perspective Matters

- Gambling harm is relational
- Recovery capital highlights strengths and struggles
- Supports inclusive, strength-based services for whole-family recovery

**THANK YOU!**