

# The Intersection Between Recovery Capital and Authentic Leadership

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# Introduction

## Introduction

NH had 485 deaths from Opioid Overdose in 2016; a slight increase in 2017 with 488 deaths and 2018 reported a dramatic decrease to 364 deaths. Naloxone administration by EMT's in NH in 2016 was 2,895; 2017 was 2,774, and 2018 was 2,234

This literature review seeks to ask the question of whether those in recovery, and are Recovery Coaches have a leadership style aligned with authentic leadership.

To date, there has been no journal articles or other material that I have found that incorporates a leadership style with recovery capital and characteristics of those in long-term recovery or those who have graduated from a Recovery Coaching framework.

## Recovery

“a voluntarily maintained lifestyle composed characterized by sobriety, personal health, and citizenship

(Betty Ford Institute Consensus Panel, 2007).”

## Recovery Capital

Divided into three groups:

Personal Recovery

Family/Social Recovery

Community Recovery

## Authentic Leader Qualities

Self-Awareness

Self-Regulation (or internalized moral perspective)

Balanced processing

Relational transparency

# Methods and Results



## Methods

Mixed-Methods was used to collect qualitative and quantitative data using the Authentic Leadership(ALQ) 16 item questionnaire and 5 interview questions developed to assess Recovery and Leadership.

33 surveys administered via closed Facebook group of Recovery Coaches trained in 2016 & two interviews with individuals in long-term recovery. Used coding on narratives to report the important information within the interviews. Both the results and a manuscript of the interviews are found in the appendices

## Results

On the ALQ scale of 1-5, 1 being strongly disagree and 5 being strongly agree. 2/3rds of respondents were women.

Surprising results include 94% agreed or strongly agreed that they can list their 3 greatest weaknesses.

82% agreed or strongly agreed when reporting listening closely to ideas of those who disagree. 73% agree or strongly agree that they let others know who they truly are as a person.

Data was cross tabulated using gender.

# Discussion, Conclusion, References & QA

## Discussion

Through this literature review process and research are that recovery from a substance use disorder, recovery capital, authentic leadership, and their intersections have not been reviewed or studied together.

Multiple researchers disagree on terminology, traits, characteristics, and analysis using all three subjects of recovery, recovery capital, and authentic leadership

Due to short timeframe, only 2 interviews could be completed with this accelerated coursework.

## Conclusion

There will never be a day that we will not have drugs and alcohol play a role in heartbreak, the question that needs to be asked and answered is why do so many starts in the first place?

Authentic Leadership asks us to be self-aware, have the ability to internalize moral perspectives, develop a balanced processing, and relational transparency- all skills not bestowed to someone suffering from addiction

## References

What is recovery? A working definition from the betty ford institute. (2007, October). Retrieved May 27, 2019, from [https://www.ncbi.nlm.nih.gov/pubmed/?term=Betty Ford Institute](https://www.ncbi.nlm.nih.gov/pubmed/?term=Betty+Ford+Institute)