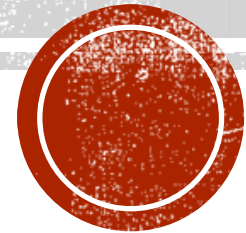


# RECOVERY AS HUMAN DEVELOPMENT: AN ASSESSMENT OF THE STREETSCAPES COMMUNITY-BASED REHABILITATION PROGRAMME

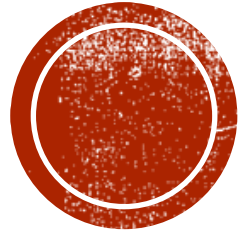
Chadley Bissolati | Department of Sociology | University of Cape Town



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- Aim and rationale
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- Methodology
- Findings
- Limitations and recommendations





**CONTEXT**



# RESEARCH CONTEXT

- This study focused on addiction as substance abuse – in the context of homelessness
- A different way of viewing addiction and recovery, where the focus is on the promotion of self-reliance and meeting people's needs in ways that are more holistic
- Recovery as a way in which people with a drug and/or alcohol addiction can meet their needs in ways that are synergic
  - Synergic refers to the ability to meet multiple needs simultaneously



# SUBSTANCE ABUSE PROGRAMMES

- Central issue with treatment programmes – they generally operate within a unimodal philosophy
  - Adhere to strict, rigid approaches that undermine the agency of those who enter these programmes
- Interventions aimed at addressing substance abuse amongst the homeless should not limit the way in which individuals are able to exercise their agency
- Likewise, individuals entering these programmes should not be solely dependent on these interventions with regards to their recovery efforts



# AIM AND RATIONALE

- **Aim:** to assess the extent to which the Streetscapes programme creates opportunities for beneficiaries to meet their needs in ways that help them become self-reliant
- Explored the relationship between human needs and opportunities created by the programme in relation to the promotion of self-reliance and recovery from addiction
  - Needs and satisfiers from the perspectives of the beneficiaries involved in the programme
- Allows Streetscapes to better understand the extent to which its interventions help beneficiaries learn to meet their needs
  - Able to further identify opportunities for beneficiaries to meet multiple needs simultaneously in ways that promote self-reliance



# RESEARCH QUESTIONS

*To what extent does the Streetscapes community-based rehabilitation programme create opportunities for beneficiaries to meet their needs in ways that help them become self-reliant?*

- How do beneficiaries within the Streetscapes programme understand recovery and self-reliance?
- How do beneficiaries meet (or attempt to meet) their fundamental human needs?
- What opportunities does the Streetscapes programme create that allow beneficiaries to learn to meet their needs in better ways?
- What factors outside of the Streetscapes programme create opportunities for beneficiaries to meet their needs?

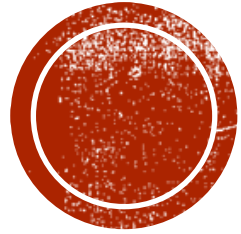


# LITERATURE REVIEW

- **Theme 1:** Discernible gap with regards to viewing addiction and substance abuse from a human development perspective
  - Two main perspectives: medical and social, where addiction is either a disease of the body and/or brain, or where it is a result of past trauma or one's social environment
  - Human development perspective - views addiction as the inability to meet needs that are fundamental to one's survival and, more importantly, one's wellbeing
- **Theme 2:** The relationship between homelessness and substance abuse is not definitive, i.e. we do not know whether one inherently causes the other to manifest
  - Drug addiction and homelessness are correlated, where substance abuse amongst the homeless is most prevalent when compared to the general population
- **Theme 3:** There are a number of treatment programmes catered to those who wish to abstain from using substances in harmful ways – I focus on two of them in particular
  - Pharmacological interventions and therapeutic communities each have their own strengths and weaknesses, and when combined offer an effective path to recovery







# THEORETICAL FRAMEWORK



# MAX-NEEF'S HUMAN SCALE DEVELOPMENT (HSD)

- At its core, HSD incorporates a needs-satisfier analysis which specifies a set number of human needs and ways in which to satisfy those needs
- Emphasises that *all* needs are equally important in the context of human development interventions
- The focus is not only on the satisfaction of unmet needs, but also how an individual can meet their needs in better ways
- Incorporates nine fundamental human needs (FHNs) which are said to be universally valuable in human development
  - This means that the concept of fundamental human needs is applicable to all contexts and to all types of communities



**Being**

**Having**

**Human  
Scale  
Development**

Subsistence

Freedom

Protection

Creation

Affection

Relaxation

Understanding

**Doing**

**Interacting**

Identity

Participation



# SATISFIERS

- **Destructive satisfiers**

- Where the intention is to satisfy a particular need, but actually ends up doing the opposite – impeding the satisfaction of that need while also making other needs difficult or impossible to meet

- **Pseudo satisfiers**

- Appears to generate a false sense of satisfaction of a particular need

- **Inhibiting satisfiers**

- Overemphasizes a particular need while concurrently preventing the satisfaction of other needs

- **Singular satisfiers**

- Only satisfies one particular need

- **Synergic satisfiers**

- Not only satisfies a particular need, but simultaneously contribute to the satisfaction of other needs



# SELF-RELIANCE

- Where beneficiaries are able to make decisions in their recovery journey, as well as their ability to meet their needs during this process
  - Promotion of self-reliance can be attained via the satisfaction of needs in synergic ways - meeting multiple FHNs simultaneously
- Beneficiaries should realise the way in which these needs can be met as a means of *critical awareness*
- Critical awareness does not only refer to an awareness of one's deprivations, but more importantly, to realise one's own capabilities and potential to grow
- Three key outcomes:
  1. Holistic satisfaction of FHNs correlates with increased well-being and life fulfilment
  2. By decreasing one's dependence on external resources, individuals are able to increase their sense of autonomy and deal with various life challenges
  3. An increase in self-confidence positively influences one's ability to adopt a change in behaviour



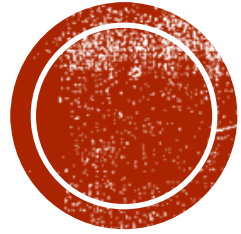
# METHODOLOGY

- Case study design
- Documentary research
- Semi-structured qualitative interviews
- Sample: 10 total
  - 8 beneficiaries (participants)
  - 2 staff members (informants)
- Thematic data analysis



# HSD MATRIX

Axiological needs	Existential needs				Dominant satisfier
	BEING	HAVING	DOING	INTERACTING	
Subsistence					
Protection					
Affection					
Understanding					
Participation					
Relaxation					
Creation					
Identity					
Freedom					



# FINDINGS





# BENEFICIARIES' UNDERSTANDINGS OF RECOVERY

- When asked to define what recovery means, beneficiaries generally described their personal experiences on their journey to becoming sober
- Participants described the way in which any and all income would be spent on drugs and/or alcohol, sometimes even at the expense of buying essential items such as food
- Another key theme that emerged was the need for space, time and support



# BENEFICIARIES' UNDERSTANDINGS OF SELF-RELIANCE

- One way in which participants understood self-reliance was in relation to independence and the ability to support oneself
- Participants also understood self-reliance in relation to taking responsibility and having more self-control
- Reference to a particular mindset was also mentioned throughout the interviews



*“I’m [at] that point now where I see what I’ve done in my life is wrong to myself, and that I need to fix it by myself. Because if I’m not [going to] fix it, nobody’s [going to] fix it for me. I am responsible for that by myself and for myself.” (Rachel, 18/06/2021)*



# HOW BENEFICIARIES MET OR ATTEMPTED TO MEET THEIR NEEDS

- Before joining the Streetscapes programme, needs were mostly satisfied in synergic ways
- A number of singular satisfiers were also identified, largely in relation to meeting the need for *Subsistence*
- Inhibiting, destructive and pseudo satisfiers were also identified, suggesting that participants met or attempted to meet certain needs in ways that impaired the possibility of satisfying other needs
- Noticeable gaps with regards to participants' ability to meet their FHNs, especially *Creation* and *Freedom*



*“On the street, [no], we don't have our freedom, because law enforcement chase[s] us that side, that side, that side. They take our stuff. [We] don't actually have freedom on the street”*

*(Claire, 03/06/2021)*



# OPPORTUNITIES CREATED THAT ALLOWED BENEFICIARIES TO MEET THEIR NEEDS IN BETTER WAYS

- Overall, a bimodal pattern of how FHNs are being met within the Streetscapes programme
  - Met their needs in ways that are both singular and synergic
- No evidence to suggest that beneficiaries are meeting their needs in ways that are destructive or inhibiting
- If we associate synergic satisfiers with the promotion of self-reliance, and self-reliance as impacting one's recovery efforts, then a dominant pattern of synergic satisfiers suggests that the Streetscapes programme has positively affected participants' recovery journey, as well as their overall wellbeing



*“...where I am also, I greet the people in the morning. The neighbours, they know me by now, they greet ... when I put out the bin for the dirt and everything” (Jacob, 04/05/2021)*

*“... they see a different person, not the one I used to be, you see, a totally different person now” (Jacob, 04/05/2021)*

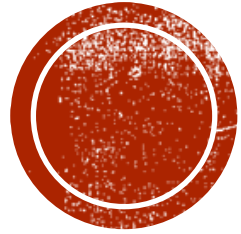


# THE EXTENT TO WHICH THE STREETSAPES PROGRAMME PROMOTES SELF-RELIANCE

- Only two external influences were identified with regards to how participants meet their needs (MATRIX and reconnecting with families)
  - Suggesting that Streetscapes is primarily responsible for participants meeting their needs in better ways
- By providing significantly more opportunities for participants to meet their needs in better ways (via synergic satisfiers), Streetscapes is able to promote self-reliance amongst its beneficiaries
- There were more satisfiers overall when participants joined the programme
  - Noticeably more synergic satisfiers after joining the programme
- These satisfiers did not hinder the satisfaction of other FHNs, i.e. they were not destructive, inhibiting or pseudo satisfiers







# CONCLUDING REMARKS

# LIMITATIONS

- Human Scale Development is complex and fairly resource-intensive (time consuming) to implement
- Due to the COVID-19 pandemic, face-to-face field work was not possible
  - The HSD framework is most valuable when conducted as a workshop/focus group, where all participants are simultaneously involved in the process
- The key findings can be attributed to the limited scope and time frame of the research conducted
  - Longitudinal studies are required to focus on the long-term effects of the relationship between self-reliance and recovery



# RECOMMENDATIONS

- Useful to adopt or incorporate HSD into one's interventions or research practices
  - First crucial step would be to identify negative satisfiers (destructive, inhibiting or pseudo satisfiers) and address them accordingly
- With regards to the Streetscapes programme, singular satisfiers were identified as a dominant pattern in how participants met their FHNs
  - Although this may not have inherently negative effects on beneficiaries' ability to satisfy other FHNs, it does limit the promotion of self-reliance
- More opportunities outside of the programme that may allow beneficiaries to meet their FHNs independently of Streetscapes
  - Beneficiaries are generally not utilizing resources outside of Streetscapes to meet their FHNs



**THANK YOU FOR YOUR TIME!**

