

Finding Value in Healing Spaces



8.6% of the US adult population are in recovery

(Center for Behavioral Health Statistics and Quality, 2022).



How did they get there?
How will they stay there?

Big questions for healing spaces

- What are you addressing?
- What are the causes?
- What are the solutions?
- Do you ever keep doing what does not work?

Why Evaluation?

Finding value is the goal of evaluation.

Mistrust of evaluation and research is common- evaluation has been used to publish, pathologize, diagnose, and treat. Evaluation results can be used to get funding, document progress, inform change, and prompt policy/action.

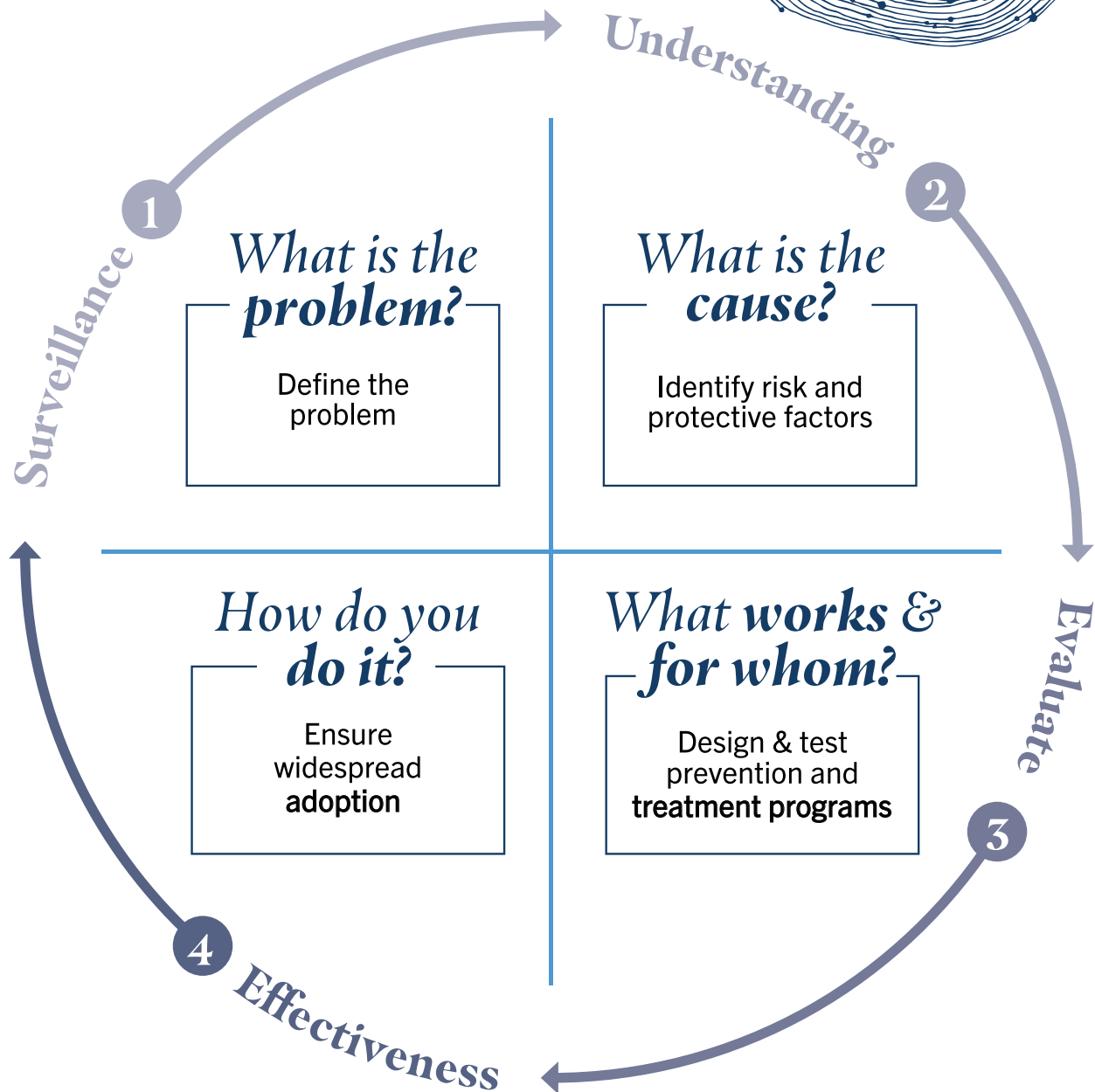
Steps in Evaluation

-  1. Create a logic model.
-  2. Outline and describe what you are doing.
-  3. Develop critical evaluation questions.
-  4. Select an evaluation design.
-  5. Plan data collection.
-  6. Analyze data—find meaning.
-  7. Share results, promote equity, elevate recovery and healing.



What does a holistic approach mean?

It means that we seek to understand first, the process never really ends until we exit. Relationships are at the center of all.





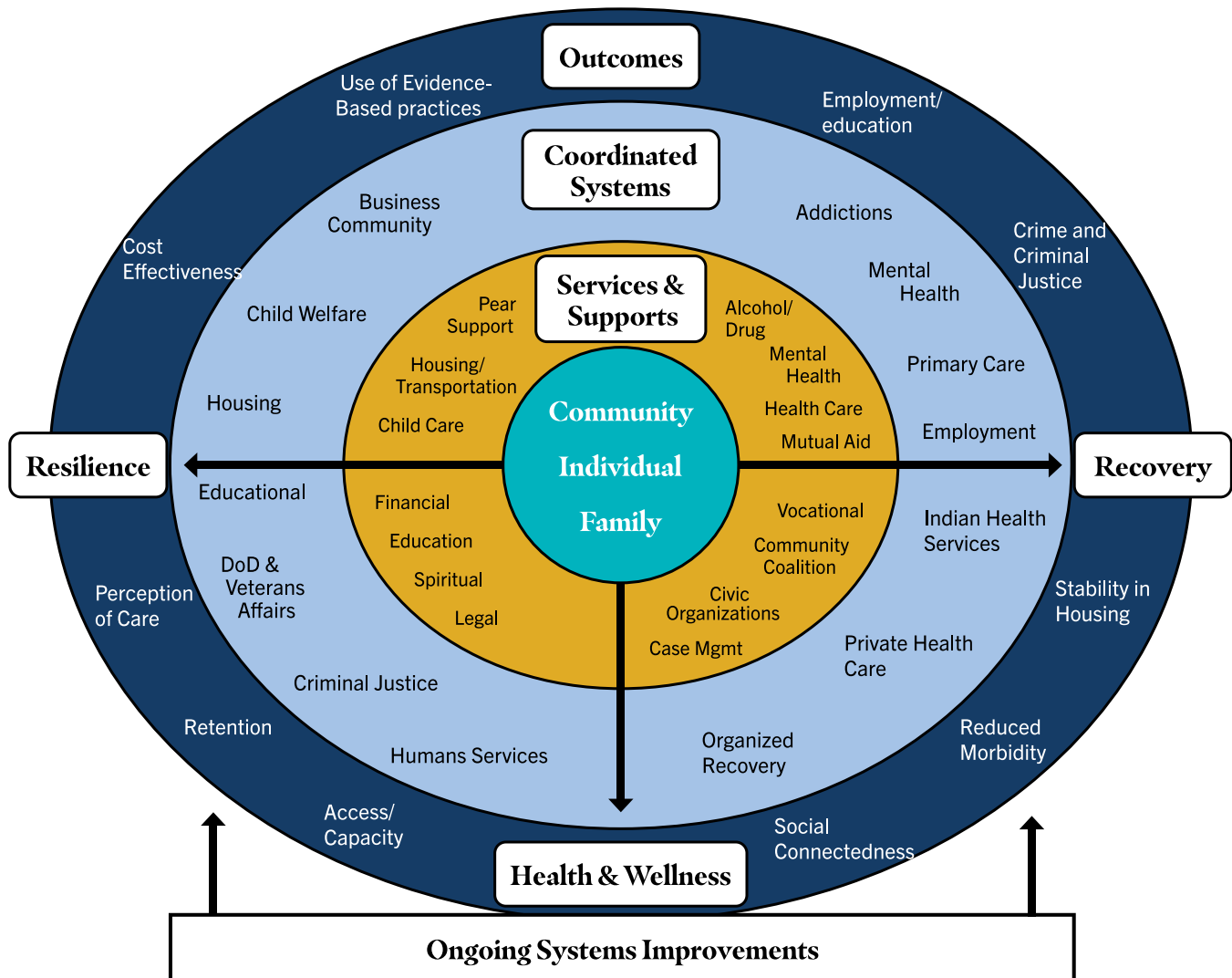
Critical Evaluation Question:

How do people get well & stay well?

“If we don’t know where we are at, we don’t know where we are meant to be.”

- A Kelley 2018

Are you where you want to be? If you are not, how can you get there?

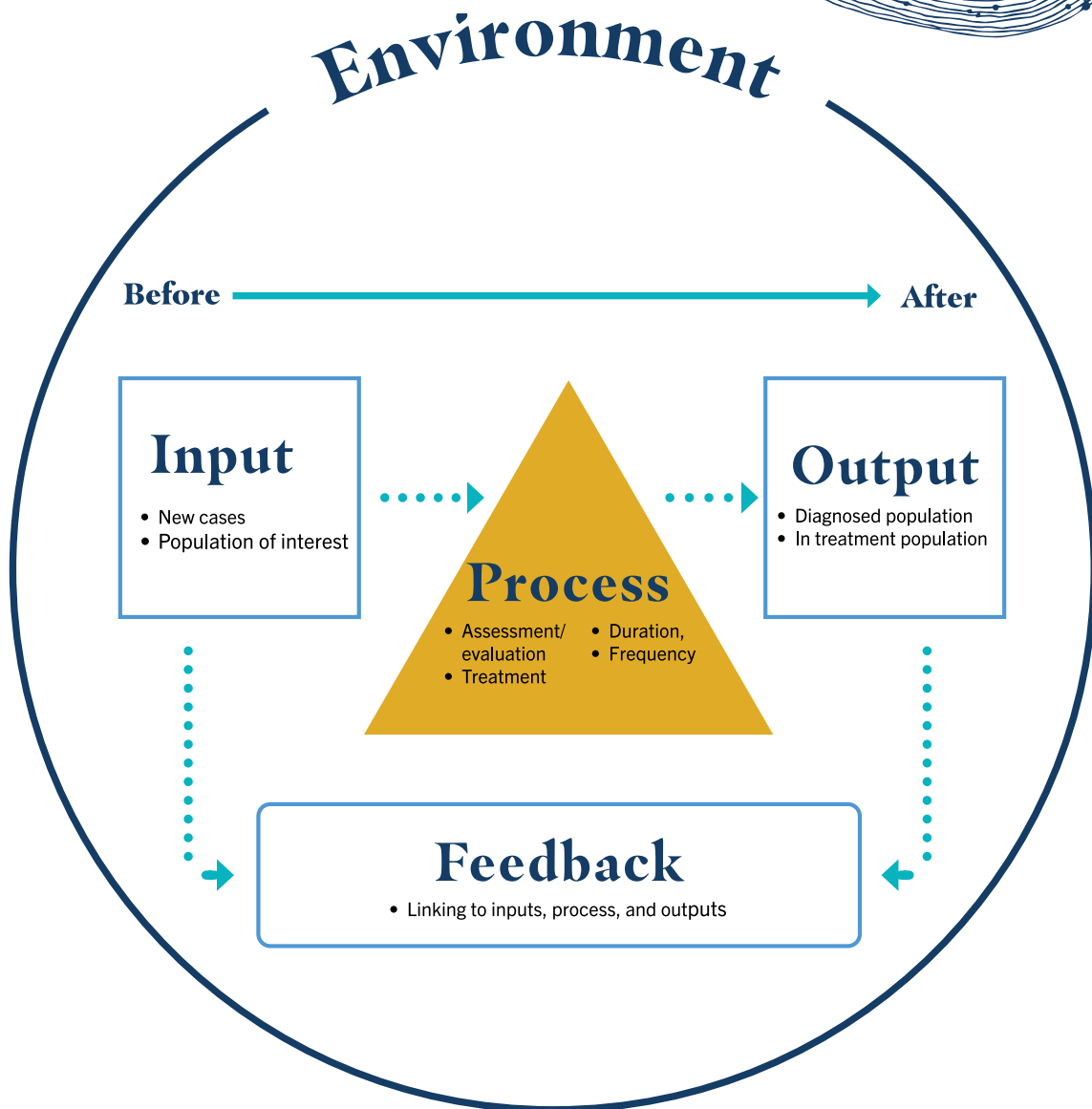


Recovery Oriented Systems of Care (Kelley, 2022)

These people and places are dynamic, intersectional, fluid, and not always predictable.



How does evaluation work in healing spaces?



Striving for Equity

People with milder addictions and more financial resources are more likely to recover. Recovery is not equitable yet—because of the differences in social determinants of health and structural conditions that perpetuate deaths of despair. A holistic approach to evaluation identifies inequities and advocates for targeting these in programming, policy, and outreach.



Tips for Evaluation in Healing Spaces

Work on healing yourself first

You cannot give what you do not have.

You cannot evaluate everything

We have tried and failed miserably. Focus your evaluation on what you don't know and what you think might have the biggest value or impact on recovery. Remember that not everything that can be counted counts.

Accept

A lot of recovery is unseen and unknowable. We cannot capture all of the thoughts and experiences of our relatives in recovery. We cannot know the higher power someone else knows— it is a unique and individual relationship. Just because you cannot name something or someone does not mean it isn't real.

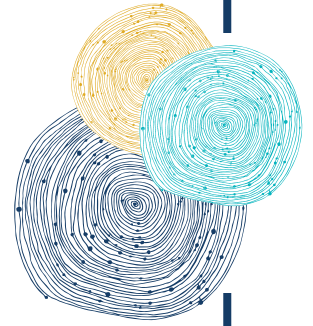
Find the story

Our lives are a collection of stories of the past and hope for the future. Sit with people. Find out who they are and how they live and heal.

Ride the waves

Not healing and experiencing relapse is part of recovery. What works for one person may not work for someone else. We are all ripples in the ocean of life. Be kind and humble.

My Favorite Tips and Tools



G Drive and Google Sheets- for [interactive document creation, editing, and sharing.](#)

Qualtrics- for [online surveys and data collection.](#)

Apps- for staying in recovery spaces, my favorite is [Doya Natsu Healing Center's Path to Wellness App.](#)

Blogs- for telling and sharing stories with the world, see [Wix.com](#) or [WordPress.com](#) or [our website.](#)

Life Stories for Recovery A Generation, [from my class.](#)

Passive Data Collection- from websites, billboards, call centers, and more.

“We need collective knowledge about healing and recovery. We also need to create healing spaces that strengthen social support, housing, jobs, advocacy, meaning and purpose. Life comes down to choices and consequences. Not everyone has the same opportunities to make choices that heal. Evaluating recovery and healing must begin with this understanding. The rest is just in the details.”

-A Kelley

For more information about evaluation and healing, check out my books.

- [Treatment Program Evaluation](#)
- [Evaluation in Rural Communities](#)
- [Public Health Evaluation and the Social Determinants of Health](#)
- [Spiritual Healing for Trauma and Addiction](#)

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References Cited

Center for Behavioral Health Statistics and Quality. (2022). 2023 National Survey on Drug Use and Health (NSDUH): Final in-person screening specifications for programming. Substance Abuse and Mental Health Services Administration.

Kelley, A. (2022) Treatment Program Evaluation. Routledge, United Kingdom, pp.1-253

Kelley, A. (2018). Evaluation in rural communities. Routledge, United Kingdom, pp 1-216.