



“I was too afraid to even answer the phone...”



Social Capital and Family Empowerment
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Impact of MH/AOD use on Families



Common experiences of Care-giving include:

- Depression and anxiety
- Reduced self-esteem
- Increased financial stress
- job security issues
- Complex loss and grief
- Social isolation
- Violence and trauma
- Felt and enacted stigma

Stigma



- Courtesy Stigma
- Shame, Blame and Contamination (Corrigan & Miller, 2004)
- Carers' own mental health is directly impacted by a reduction in coping effectiveness, and the “double jeopardy” of increased symptoms of depression in a climate of social isolation effectively “eroding the morale” of carers
- Increased anxiety, depression and social isolation

Social Capital



“Whereas physical capital refers to physical objects and human capital refers to the properties of individuals, social capital refers to connections among individuals – social networks and the norms of reciprocity and trustworthiness that arise from them” Putnam (2000).

- “Death of community”

Social Capital – Types



Social Capital is typically understood along three dimensions

- Structural and Cognitive
- Bonding and Bridging
- Vertical and Horizontal

McKenzie (2008)

Social Capital – Types



- ***Structural Social Capital*** – relationships, networks, associations which link people together
 - What people do
- ***Cognitive Social Capital*** – the experiential aspect of social capital
 - What people feel/experience
 - Typically measured as a sense of belonging, trust and reciprocity

Social Capital – Types



- ***Bonding Social Capital*** – homogeneity between people in groups, loyalty, exclusivity
 - Intra group ties
 - Family Support/Recovery groups, Rotary etc.
- ***Bridging Social Capital*** – outward focused links between groups in society
 - The bridge/ties between different groups
 - Multiculturalism

Social Capital – Types



- ***Horizontal Social Capital*** – between people of similar social strata in society
 - Encompasses other types of social capital
 - “Pockets of Disadvantage”
- ***Vertical Social Capital*** – between different levels/strata of society
 - Ability to access justice/resources
 - Particularly relevant to the idea of empowerment/dealing with systems/hierarchy

Social Capital and Social Inclusion



“Social inclusion is about being able to participate in and contribute to social life – in economic, social, psychological, and political terms. To do this requires having personal capacity as well as access to employment and/or other social roles” (MHCC, 2007)

- Recent push towards Social Inclusion as contemporary mental health policy
- Aims: link individual to people/services and networks in the community in order to build structural, cognitive social capital

Social Capital and Mental Health



- Low social capital linked to increased risk of psychiatric morbidity – independent of demographics, education and SES (McCulloch, 2001)
- De Silva, McKenzie, Harpham & Huttly (2005) Systematic review, 21 papers, found increased cognitive social capital linked to less incidence of common mental disorders such as depression and anxiety
- Most recently – High levels of community participation linked to high levels of social cohesion linked particularly strongly to mental health (Berry & Shipley, 2009; Berry & Welsh, 2010)

Links to AOD use/Recovery



Increased social capital has also been linked to;

- Decreased drinking and risk taking behaviour on college campuses (Weitzman & Kawachi, 2000; Weitzman & Chen, 2005).
- Avoidance of intoxication prone drinking in the general population (Hyypa and Maki, 2003) and;
- Decreased community violence (Sampson, Raudenbush & Earls, 1997)



Social Capital offers a “promising concept” in research, however...

- Major issue - Conceptualisation of Social Capital
- Methodological issues – Measurement at the Individual vs Ecological level
 - Repetition of studies
 - Validation of measures
- “Mutual Dependency” of variables – (McKenzie, Whiteley & Weich, 2002).

Australian Context



- Australian Community Participation Questionnaire – attempts to resolve methodological issues and provide validated measure of community participation to allow comparison/follow up (Berry, Rodgers & Dear, 2007)
- Measured Participation (structural) and Social Cohesion (cognitive) social capital
- Findings: Higher levels of participation in the “Big 7” associated with decreased levels of psychological distress.
- Linear relationship between increased participation in the Big 7 and decreasing psychological distress.



The “Big 7” types of community participation

- Contact with immediate household
- Contact with extended family
- Contact with friends
- Contact with neighbours
- Religious observance
- Participation in organised community activities
- Interest in current affairs

Stigma and Social Capital



- Stigma and prejudice linked to social distance (Corrigan et. al., 2001)
- Links between social network, stigma and empowerment vary depending on nature of diagnosis (Lundberg, Hansson, Wentz & Björkman, 2008)
- Withdrawal and secrecy are common coping strategies for anticipatory stigma actively erode empowerment (Vauth, Klein, Wirtz & Corrigan, 2006)
- Group membership, high levels of reciprocity and trust between neighbours and linked to decreased levels of shame, blame and judgement (Sivaram et. al., 2009)

The Recovery Village study



Overview

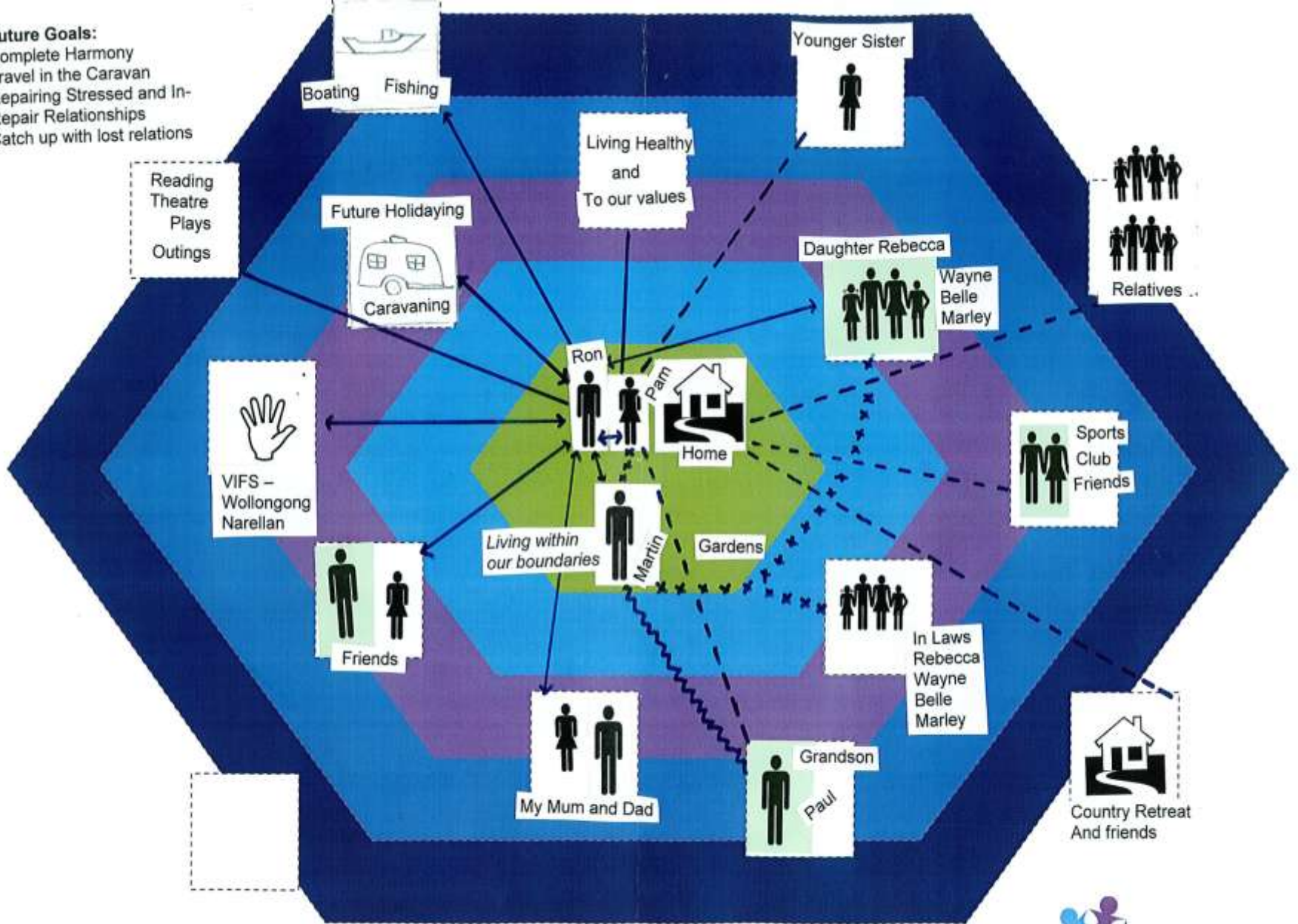
- Study one: Propose model of best fit
- Study two: Track changes longitudinally (12-months)
- Study Three: Village Eco-Maps
 - Aim: better understand and meet the recovery needs of families
- Explore the impact of stigma and empowerment on social capital
 - Develop clinical tool for assessment and intervention of social capital

The Recovery Village – Case Studies



- The Eco-Map (Hartman, 1995)
- The Village concept
- Family Empowerment Village Programme
- Village Eco-Maps February 2009 and October 2010

Future Goals:
 Complete Harmony
 Travel in the Caravan
 Repairing Stressed and In-
 Repair Relationships
 Catch up with lost relations



Strong Relationship ———
 Weak relationship - - - - -
 Stressful Relationship ~~~~~
 Relationship in Repair x x x x
 Direction of Energy ← →

My Village

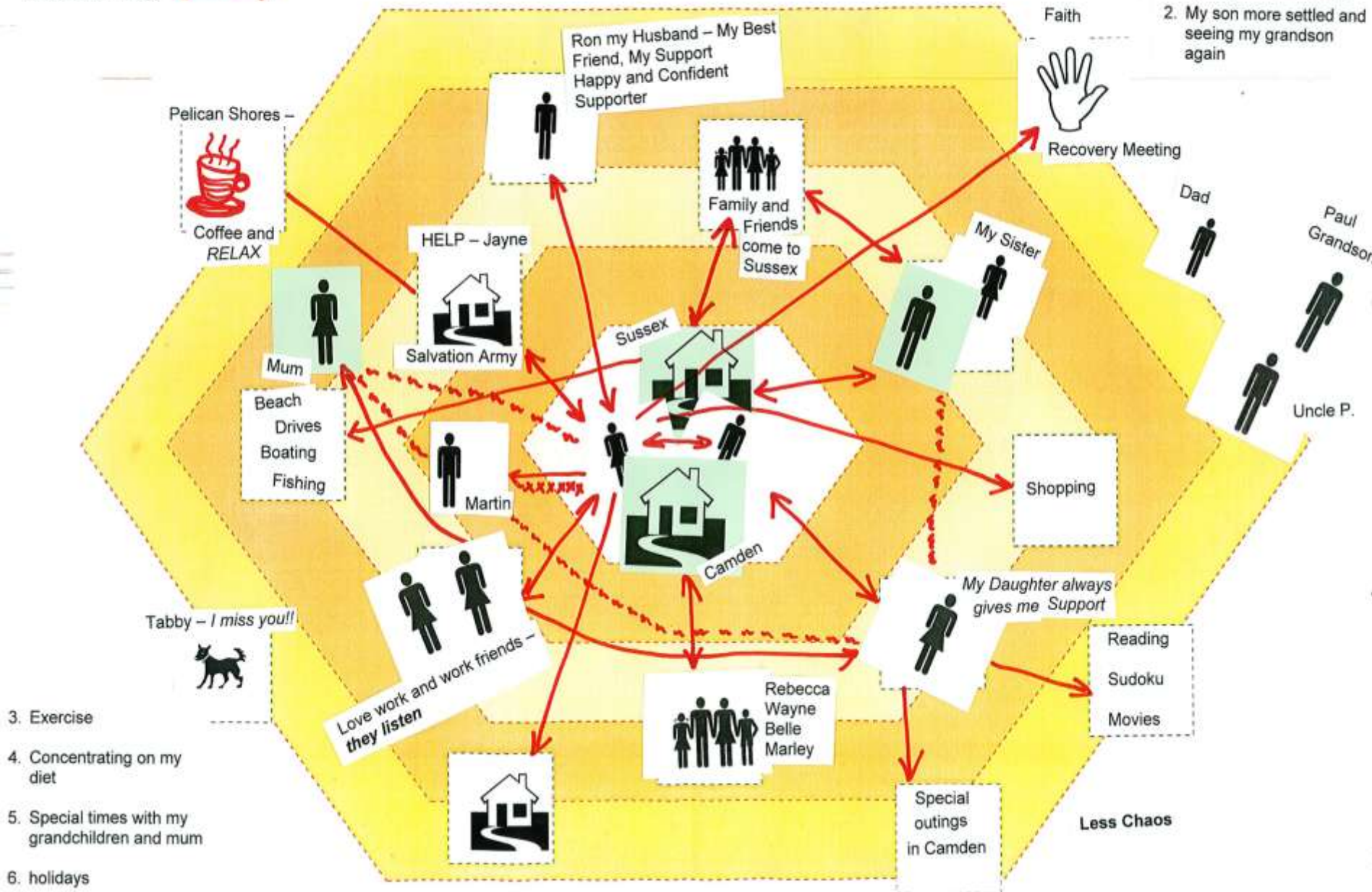


- Strong Relationship
- Weak relationship
- Stressful Relationship
- Relationship in Repair
- Direction of Energy

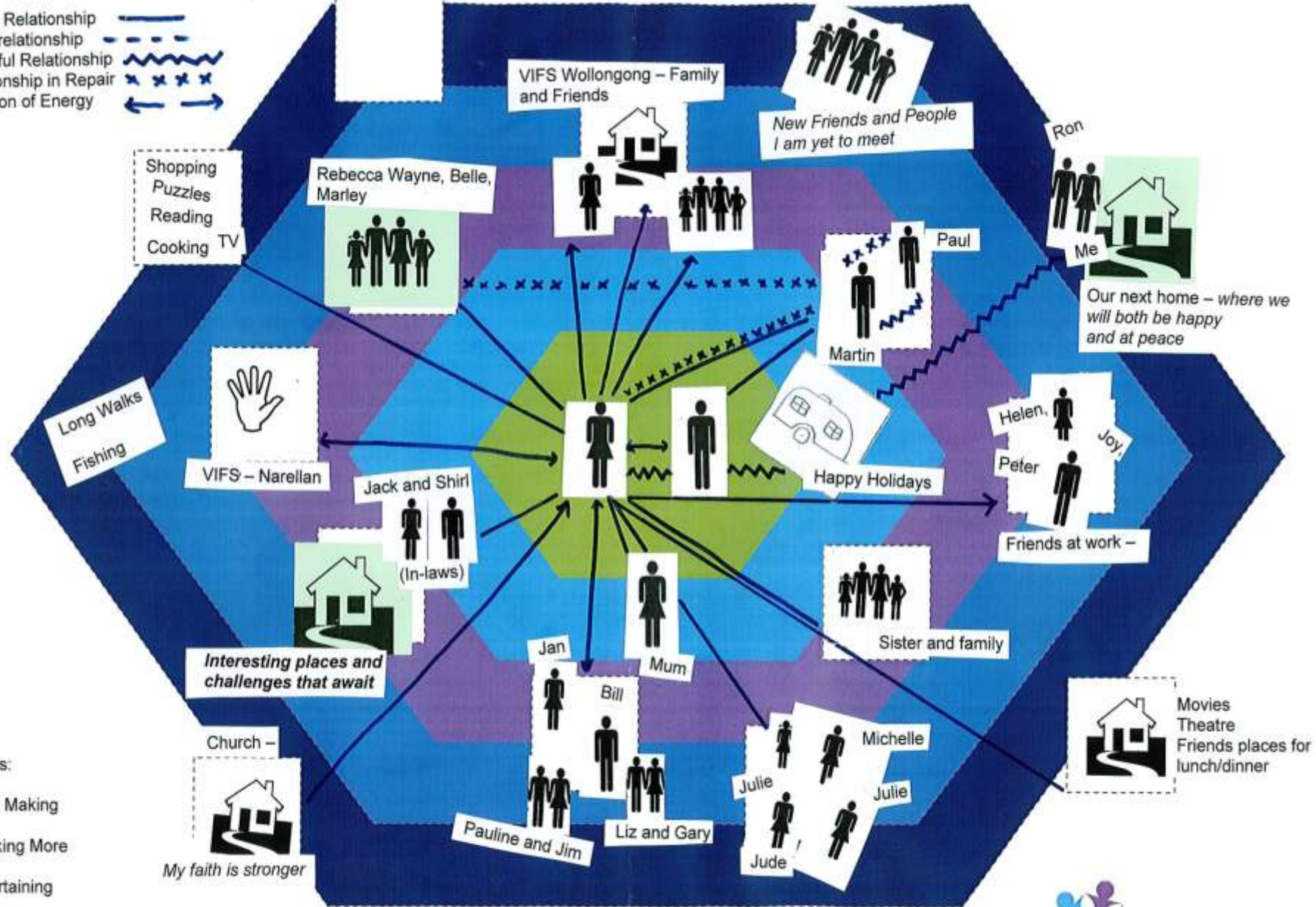
My Village

Goals

1. slow down – not so busy, giving me more quality time with family
2. My son more settled and seeing my grandson again



Strong Relationship 
 Weak relationship 
 Stressful Relationship 
 Relationship in Repair 
 Direction of Energy 



My Village

