



Exploring Cultural Dynamics of Black Asian Ethnic Women in Addiction Recovery

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Abstract

The existing recovery capital literature primarily focuses on white males. This study aims to fill this gap by exploring addiction recovery among three culturally diverse UK women, utilizing CHIME-D and recovery capital frameworks. It seeks to compare their recovery paths, combining quantitative data with lived experiences, and barriers and unmet needs specific to women in recovery. The present study deploys a case study design involving a mixed methods approach to explore recovery pathways and resulting recovery capital. While one of the three participants, reports very strong and positive recovery capital on the REC-CAP Questionnaire, the other two are at a much earlier stage in their journey. In contrast to the white female participant, who lacks personal recovery capital and has significant barriers around ongoing substance use, the Black Asian Ethnic participants report cultural challenges and difficulties engaging with mainstream services. Recovery is a personal and individualized journey, but one that is predicated on social support, belonging and access to cultural and community resources. For Black Asian Ethnic participants, accessing and engaging with appropriate peer support is essential in building recovery capital and fulfilling the requirements of connection, hope, identity, meaning and empowerment.

Keywords: CHIME-D; ethnicity; gender; recovery capital; women