

Research report

What about sport and physical exercise in substance use disorder recovery?

Organizational Capacity of Sport Promotion in SUD recovery

2022

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The role of Sport in Addiction Recovery

Play, feel, meet, live



Materials/Procedure

Managers employed in SUD recovery centers from a variety of European countries (Greece, Italy, and Spain among others) answered a translated version of the Organizational Capacity of Sport & Exercise Promotion Assessment Tool and a demographic questionnaire that provided information on the administrative structure of the communities (number of patients, number of staff, facilities, etc.) The instrument used included items focusing on commitment, culture, structure, resources, and sports guidelines implementation. Each item was further elaborated by clarifying statements to ensure a shared understanding and asked for an agreement or disagreement rating on a 5-Point Likert scale.



Sample

The majority of the organizations identified their structure as Non-Governmental Organizations (NGOs) (N=22, 41.5%) that served clients during all stages of therapy (entry, main, and rehabilitation) with the largest number of clients found during the main stage (M=174.47, SD=886.047). The staff employed works mostly in the field of therapy (M=27.88, SD=84.75)

Results

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Commitment

The benefits of health promotion are valued through physical activity and participation in sports (N=24, 45.3%) and the communities have a clear and defined vision on how to promote sports as part of Substance Use Disorder treatment (N=23, 43.4%). This mission is supported by policies and programs resulting by scientific research and expert knowledge (N=26, 49.1%) but they appear undecided of the effectiveness of the specific strategies in place to combat adversities in promoting and implementing sport (loss of funding, insufficient infrastructure etc.) (N=21, 39.6%). Diverse organizations and partnerships with other organization that hold similar values are favored (N=24, 45.3%)

Culture

Higher authorities also promote the importance of sport and participation in athletic activities (N=26, 49.1%) as well as critical reflection innovation and learning within the members of the organization (N=23, 43.4%) Positive relations between the employees are fostered (N= 23, 43.4%) and there is effective communication (N= 22, 41.5%) The relationship between sports principles and therapy objectives is also realized and highlighted (N=27, 50.9%)

Structure

It is the responsibility of the whole organization to promote physical activity (N=19, 35.8%). The planning of activities is strategic and based on evidence supported practices (N=21, 39.6%) the programs are evaluated through assessment tools (N=20, 37.7%) and an Action Plan is set in place (N=20, 37.7%)

Resources

The organizations do not educate their staff on knowledge and skills related to the promotion of physical activity (N=19, 35.8%) however, adequate resources are allocated to sports (N=21, 39.6%) as part of the core budget and not reliant on extra grants (N= 22, 41.5%) The favoring of sport as one of the treatment services is also fostered by the organization (N=20, 37.7%) and sports practitioners have the necessary resources and equipment to successfully perform their tasks (N=24, 45.3%)

Sports Guidelines Implementation

Guidelines supported by the WHO organization are used, respected and implemented by the organization (N=18, 34%) and the agencies have issued policies specific protocols from individuals suffering from Substance Abuse Disorder (N=15, 28.3%)

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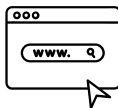
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