



HOPE RECOVERY NETWORK PEER SUPPORT SERVICES

RECOVERY CAPITAL (introduced in 1999 by R. Granfield & W. Cloud)



“Recovery Capital” or “Recovery Capacity” is defined as the volume of internal and external assets that can be brought to bear to initiate and sustain recovery from alcohol and other drug problems. Recovery capital:

- differs by individual and differs within the same individual at multiple points in time
- also interacts with problem severity to shape the intensity and duration of supports needed to achieve recovery. This indicates intensity or level of care needed for professional treatment, intensity and duration of post-treatment recovery support services.

Clients with high problem severity but very high recovery capital may require fewer resources to initiate and sustain recovery than an individual with moderate problem severity but very low recovery capital. Where the former may respond very well to outpatient counseling, linkage to recovery mutual aid groups, and a moderate level of ongoing supervision, the latter may require a higher intensity of treatment, greater enmeshment in a culture of recovery (e.g., placement in a recovery home, greater intensity of mutual aid involvement, involvement in recovery-based social activities), and a more rigorous level of ongoing monitoring and supervision.

Traditional addiction assessment instruments can evaluate problem severity and some of the newer instruments improve the assessment of problem complexity (e.g., co-occurring medical/psychiatric problems), but few instruments measure recovery capital. The following is intended as a self-assessment instrument to help measure the degree of recovery capital.

RECOVERY CAPITAL SCALE

Place a number by each statement that best summarizes your situation.

5 = Strongly Agree 4 = Agree 3 = Sometimes 2 = Disagree 1 = Strongly Disagree

- | | |
|--|---|
| <input type="checkbox"/> Have financial resources to provide for myself (and my family) | <input type="checkbox"/> Live in an environment free from alcohol and other drugs |
| <input type="checkbox"/> Have an intimate partner supportive of my recovery process | <input type="checkbox"/> Have friends who are supportive of my recovery process |
| <input type="checkbox"/> Have personal transportation or access to public transportation | <input type="checkbox"/> Have family members that support of my recovery process |
| <input type="checkbox"/> People close to me (partner, family, friends) are also in recovery | <input type="checkbox"/> Live in a home and neighborhood that is safe and secure |
| <input type="checkbox"/> School / work environment conducive to my long-term recovery | <input type="checkbox"/> I am now in reasonably good health |
| <input type="checkbox"/> Have an active plan to manage lingering or potential health issues | <input type="checkbox"/> Have a primary care physician who attends to my health |
| <input type="checkbox"/> Have insurance allowing access to help for major health problems | <input type="checkbox"/> Take prescribed medication that minimizes my cravings |
| <input type="checkbox"/> Have a stable job I enjoy that provides for my basic necessities | <input type="checkbox"/> Have access to online recovery support groups |
| <input type="checkbox"/> Have access to recovery support groups in my local community | <input type="checkbox"/> Have access to regular, nutritious meals |
| <input type="checkbox"/> Have built a close affiliation with a local recovery support group | <input type="checkbox"/> Have a sponsor as a special mentor with my recovery |
| <input type="checkbox"/> Completed or complying with all legal requirements of my past | <input type="checkbox"/> Have clean, comfortable clothes conducive to my recovery |
| <input type="checkbox"/> Professional program monitors & supports my recovery process | <input type="checkbox"/> Service to others is now an important part of my life |
| <input type="checkbox"/> A profound experience started / increased my recovery commitment | <input type="checkbox"/> I now have goals and great hopes for my future. |
| <input type="checkbox"/> Have meaningful, positive participation in my family & community | <input type="checkbox"/> Today I have a clear sense of who I am |
| <input type="checkbox"/> Other people who rely on me to support their own recoveries | <input type="checkbox"/> I know that my life has a purpose |
| <input type="checkbox"/> Have problem solving skills & resources I lacked during active addiction | <input type="checkbox"/> I have recovery rituals now part of my daily life. |
| <input type="checkbox"/> Living space has literature, posters or symbols of my recovery commitment | |
| <input type="checkbox"/> Participate in a continuing care program of an addiction treatment program (e.g., groups, alumni association meetings). | |
| <input type="checkbox"/> My personal values, sense of right & wrong have become clearer & stronger in recent years. | |

My Score: _____ **Possible Score:** 175

Source: Developed by T. Groshkova, D. Best, & W. White. See: “The Assessment of Recovery Capital: Properties and Psychometrics of a Measure of Addiction Recovery Strengths,” *Drug and Alcohol Review* 32(2), 2012, pp. 1–8. Used with permission.

RECOVERY CAPITAL SCALE

The areas in which I scored lowest were the following:

1. _____

2. _____

3. _____

4. _____

5. _____

MY RECOVERY CAPITAL TO-DO LIST

In the next week, I will do the following activities to move closer to achieving the above goals:

1: _____

2: _____

3: _____

4: _____

5: _____

RECOVERY CAPITAL PLAN

(After completing the Recovery Capital Scale) In the next year, I will increase my recovery capital by doing the following:

Goal #1: _____

Goal #2: _____

Goal #3: _____

Goal #4: _____