

Robert Granfield and William Cloud introduced “recovery capital” and defined it 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, or recovery capacity, differs from individual to individual and within the same individual at multiple points in time consisting four components.

**Social capital** is the sum of resources that each person has as a result of relationships, and includes both support from and obligations to groups to which they belong; thus, family membership provides supports but also entail commitments and obligations to the other family members. **Physical capital** is the tangible assets such as property and money that may increase recovery options (e.g., being able to move away from existing friends/networks or to afford an expensive detox service). **Human capital** includes skills, positive health, aspirations and hopes, and personal resources that enable the individual to prosper. Traditionally, high educational attainment and high intelligence have been regarded as key aspects of human capital that may help with some of the problem solving that is required on a recovery journey. **Cultural capital** includes the values, beliefs and attitudes and rituals that link prosocial identity to social conformity and the ability to accommodate dominant social behaviors

White and Cloud (2008) proposed that recovery capital interacts with problem severity to shape the intensity and duration of supports needed to achieve and sustain recovery. This interaction informs the intensity or level of care one needs in terms of professional treatment and the intensity and duration of post-treatment recovery support. The figure below suggests how combinations of problem severity and recovery capital could differ.

High Recovery Capital	High Problem Severity /Complexity	People 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 support groups and a moderate level of ongoing supervision, the latter may require a higher intensity
Low Problem Severity /Complexity	Low Recovery Capital	

of treatment, greater enmeshment in one or more recovery cultures (e.g., placement in a recovery home, greater intensity of mutual support involvement, involvement in recovery-based social activities), and a more rigorous level of ongoing monitoring and supervision.

Clinical addiction assessment instruments do a reasonably good job of evaluating problem severity and complexity (e.g., co-occurring medical/psychiatric problems) while few instruments measure recovery capital. The scale on the following pages is intended as a self-assessment instrument to help an individual measure her or his recovery capital. The scale can be completed and discussed in an interaction and/or it can be completed by the individual and then discussed with a professional or peer helper. Subsequent reviews and modifications of the assessment and plan can be used to track progress.

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S. Braucht, LPC & CPCS: [brauchtworks.com/toolkit](http://brauchtworks.com/toolkit) **References and**

## **Additional Resources**

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## Recovery Capital Assessment Plan and Scale (ReCAPS) 160716

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Place a number at the end of each statement reflecting your current situation according to:

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

1. I have the financial resources to provide for myself and my family. .... \_\_\_\_\_
2. I have personal transportation or access to public transportation. .... \_\_\_\_\_
3. I live in a home and neighborhood that is safe and secure. .... \_\_\_\_\_
4. I live in an environment that is free from alcohol and other drugs. .... \_\_\_\_\_
5. I have an intimate partner who supports my recovery process. .... \_\_\_\_\_
6. I have family members who support my recovery process. .... \_\_\_\_\_
7. I have friends who support my recovery process. .... \_\_\_\_\_
8. I have people close to me (partner, family members, or friends) who are also in recovery. .... \_\_\_\_\_
9. I have a stable job that I enjoy and that provides for my basic necessities. .... \_\_\_\_\_
10. I have an education or work environment that is conducive to my long-term recovery .... \_\_\_\_\_
11. I participate in continuing care that is part of an addiction treatment program, (e.g., outpatient groups, alumni association meetings, etc.) .... \_\_\_\_\_
12. I have a professional assistance program that monitors and supports my recovery process. .... \_\_\_\_\_
13. I have a primary care physician who attends to my health condition. .... \_\_\_\_\_
14. I am now in reasonably good health..... \_\_\_\_\_
15. I have an active plan to manage any lingering or potential health problems. .... \_\_\_\_\_
16. I am on prescribed medication(s) that minimizes my cravings. .... \_\_\_\_\_
17. I have insurance that allows me to receive help for major health problems. .... \_\_\_\_\_
18. I have access to regular, nutritious meals. .... \_\_\_\_\_

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

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

19. I have clothes that are comfortable, clean and conducive to my recovery activities. ....
20. I have access to recovery support groups in my local community. ....
21. I have close and regular affiliations with members of local recovery support groups. ....
22. I have a sponsor or mentor related to my recovery. ....
23. I have access to online recovery support groups. ....
24. I have completed or am complying with all legal requirements related to my past ....
25. Other people rely on me to support their recoveries.....
26. My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery. ....
27. I have recovery rituals that are now part of my daily life. ....
28. I had a profound experience that marked the beginning or deepening of my commitment to recovery  
.....
29. I have a vision and associated goals and great hopes for my future. ....
30. I have new problem solving skills and resources. ....
31. I have meaningful, positive participation in my family and community. ....
32. Today I have a clear sense of who I am. ....
33. I know my life's purpose. ....
34. Service to others is an important part of my life. ....
35. My personal values and sense of right and wrong are clear and strong. ....

Possible Score: 175 ..... My Total Score: \_\_\_\_\_

Item numbers on which I scored lowest: \_\_\_\_\_

Item numbers on which I scored highest: \_\_\_\_\_

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## Recovery Capital Assessment Plan and Scale (ReCAPS) 160717

Name: \_\_\_\_\_ Date: \_\_\_\_\_

ReCAPS: Date \_\_\_\_ : Score \_\_\_\_ ; Date \_\_\_\_ : Score \_\_\_\_ ; Date \_\_\_\_ : Score \_\_\_\_

After completing and reviewing the Recovery Capital Scale, below are my recovery goals for the next month. To move closer to each goal, I will increase my recovery capital by doing the following daily and/or weekly activities.

Goal # 1: \_\_\_\_\_

<u>What</u>	<u>When</u>	<u>How Often</u>	<u>With Whom</u>
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Activity #1: \_\_\_\_\_

Activity #2: \_\_\_\_\_

Activity #3: \_\_\_\_\_

Goal # 2: \_\_\_\_\_

<u>What</u>	<u>When</u>	<u>How Often</u>	<u>With Whom</u>
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Activity #1: \_\_\_\_\_

Activity #2: \_\_\_\_\_

Activity #3: \_\_\_\_\_

Goal # 3: \_\_\_\_\_

<u>What</u>	<u>When</u>	<u>How Often</u>	<u>With Whom</u>
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Activity #1: \_\_\_\_\_

Activity #2: \_\_\_\_\_

Activity #3: \_\_\_\_\_

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