

# Recovery Capital

Julie Kalina-Hammond M.S.S.A., LISW-S  
Consultant and Trainer  
[jxk111@case.edu](mailto:jxk111@case.edu)



**CASE WESTERN RESERVE  
UNIVERSITY**  
Jack, Joseph and Morton Mandel  
School of Applied Social Sciences

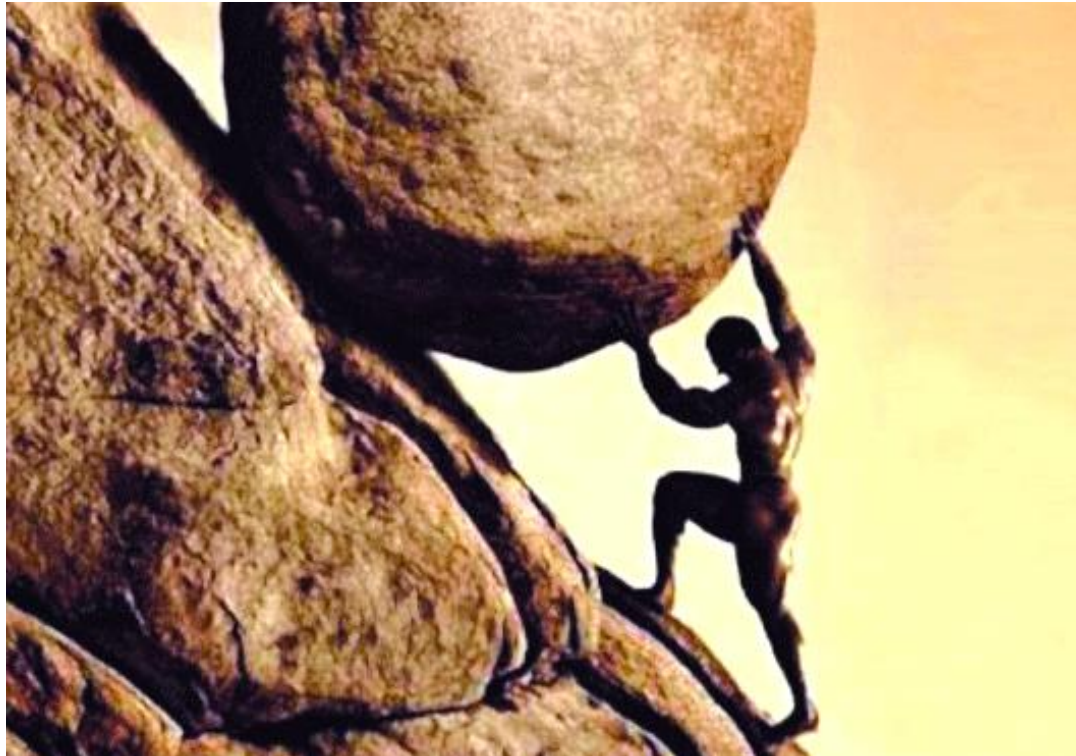
# What is Recovery?



- Change in three domains
  - Resolution of the substance use disorder – defined as either abstinence or clinical remission
  - Enhancement in global health and well-being
  - Positive community inclusion



# Recovery Management Approach



This approach looks to assess symptoms or “deficits” in an individual’s life but also involves an assessment that measures and explores strengths an individual has at his/her disposal, and could have significant implications for level-of-care decisions and subsequent interventions



# Recovery Capital

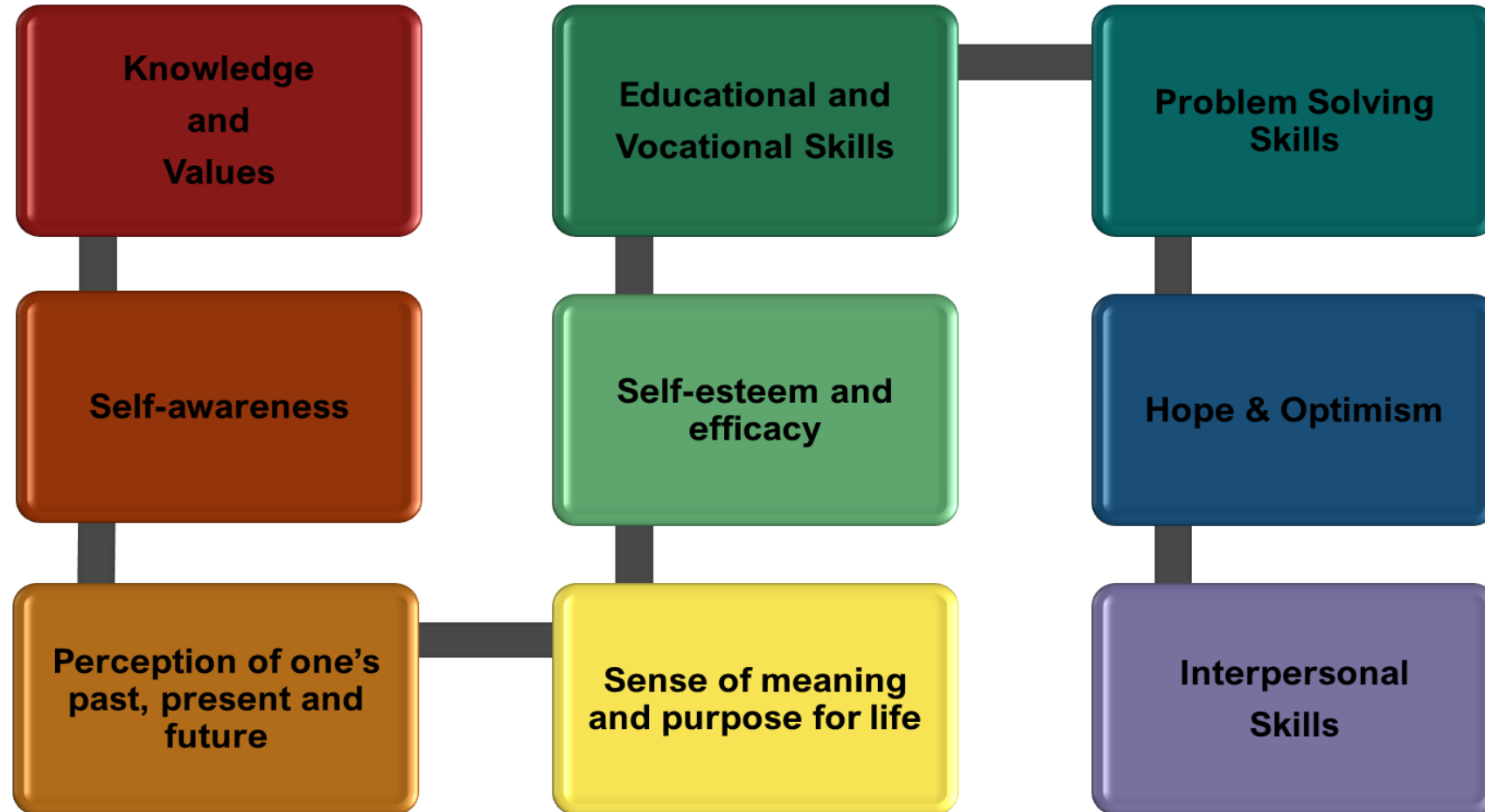


- Internal and external resources which a person can access in support of their recovery process, that enable growth and human flourishing
- Increases in recovery capital can spark turning points that end addiction careers, trigger recovery initiation, elevate coping abilities, and enhance quality of life in long-term journey





# Personal Recovery Capital



## Physical (Financial; Neale et al. 2014)

- Tangible capital, e.g., material resources such as money, property, cars, availability at public treatment facility, having insurance, and having essential needs met such as food and housing (Cloud & Granfield 2008; Granfield & Cloud 1999; White & Cloud 2008).

## Human

- Personal characteristics to achieve goals: e.g., knowledge, marketable employment skills, interpersonal skills, emotional stability or mental health, problem-solving capacities, physical health, genetic inheritance, self-esteem, self-awareness, self-efficacy, sense of meaning, informal knowledge, life skills, hopes, and aspirations (Cloud & Granfield 2008; Granfield & Cloud 1999; Neale et al. 2014; White & Cloud 2008)

## Personal recovery

- Combination of physical and human capital (White & Cloud 2008).



## Health

- Physical and mental health. The original definition of human capital encompassed health, but Neale and colleagues (2014) suggested that health should be a unique domain because they found it to be a complex issue with high importance according to their sample of individuals in recovery from heroin dependence.

## Growth

- “The range of available internal and external resources that support the person’s growth and development in a positive direction... to remove obstacles to any drive to grow and to actively support further personal growth” (Hewitt 2007 p. 231). Growth capital is based on an individual’s innate desire for positive growth and is developed throughout the recovery process as it continually initiates and supports further growth towards recovery progress.



# Family & Social Recovery Capital



Intimate Relationships



Family/Kinship  
*(family of choice)*



Social Relationships



## Social

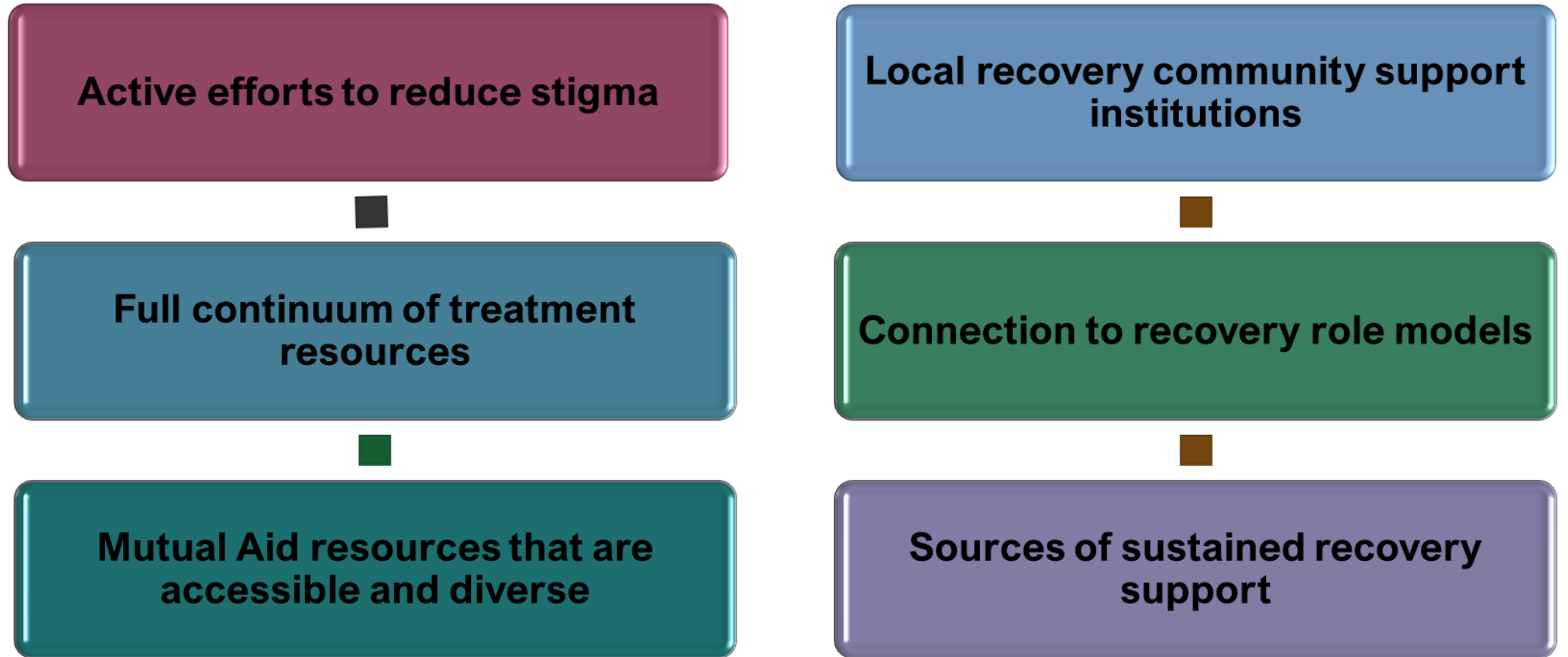
- Resources available to an individual through the “structure and reciprocal functions of social relationships within which they are embedded” (Granfield & Cloud 1999, p. 180). Enables an individual to effectively bond with family, community, and social institutions. With these bonds an individual has access to their own and others’ resources (Granfield & Cloud 2001). It can include favors owed to an individual, access to situations, emotional support, and positive expectations of an individual by people in his/her network (Cloud & Granfield 2001).

## Family/Social recovery

- Similar to social capital, but additional emphasis is placed on recovery supportive relationships. It is “indicated by the willingness of intimate partners and family members to participate in treatment, the presence of others in recovery within the family and social network, access to sober outlets for sobriety-based fellowship/leisure, and relational connections to convention institutions” (White & Cloud 2008, p. 2).



# Community Recovery Capital



## Community Recovery

Community attitudes, policies, and resources that are related to recovery; e.g., efforts to reduce addiction-related stigma, existence of recovery role models, and an available continuum of formal and informal treatment/recovery resources. One element is cultural capital, which here refers to a set of positive norms and expectations for behaviors supported by a recovery community and indicates access to culturally appropriate recovery supports (White & Cloud 2008).



# Cultural Recovery Capital



## Cultural

- Personal qualities such as values, beliefs, dispositions, preferences, or behavioral patterns arising from membership within a certain cultural group (Cloud & Granfield 2004). Being familiar with cultural norms and able to act to one's benefit within those norms and believing that prosocial norms and values, specifically norms around substance use, are desirable.





# Recovery Capital Screener (RCS-36)

ID: DATE: 

Answer the 36 questions by placing a "1" in the AGREE column if your answer is "YES".

		AGREE	Subtotal	TOTAL		
<b>Assessment Questions</b>						
<b>Personal Capital</b>	Global Health & Wellness	1	I have enough energy to complete the tasks I set for myself.*	+	P1	
		2	In general I am happy with my life.*			P2
		3	I cannot engage in physical exercise that is appropriate for me.	-		
		4	I need (additional) professional help around my physical / mental health.			
	Citizenship	5	I take full responsibility for my actions.*	+	P2	
		6	I contribute to the wellbeing of my community.			
		7	I am currently in trouble with the police or have done things that could get me into trouble with the police.	-		
		8	I need (professional) support to help me avoid trouble with the law.			
	Sobriety	9	There are more important things in life for me than drinking or using drugs.*	+	P3	
		10	I regard my life as challenging and fulfilling without the need for using drugs or alcohol.*			
		11	I have used alcohol / illicit drugs problematically.	-		
		12	I am not making good progress on my recovery journey.*			
<b>Personal Capital Total</b>				PT		

\*BARC-10 Question

Calculate TOTAL by subtracting the "-" Subtotal from the "+" one.

		AGREE	Subtotal	TOTAL		
<b>Assessment Questions</b>						
<b>Social Capital</b>	Intimate Relationships	13	I am happy with my personal life.	+	S1	
		14	I have a special person that I can share my joys and sorrows with.			S2
		15	I am currently in a relationship that makes me feel unsafe.	-		
		16	I need support in my main personal relationship.			
	Family Relationships	17	I am satisfied with my involvement with my family.	+	S3	
		18	I get the emotional help and support I need from my family.			
		19	My family is a barrier to my recovery.	-		
		20	I need support in improving my family relationships.			
	Friendships	21	I get lots of support from my friends.*	+	ST	
		22	I have lots of close friends.			
		23	My friends are a barrier to my recovery.	-		
		24	I need support to allow me to build more satisfying relationships.			
<b>Social Capital Total</b>				ST		

\*BARC-10 Question

Calculate TOTAL by subtracting the "-" Subtotal from the "+" one.





# Recovery Capital Screener (RCS-36)

ID: DATE: 


Answer the 36 questions by placing a "1" in the AGREE column if your answer is "YES".

		AGREE	Subtotal	TOTAL
<b>Assessment Questions</b>				+ -
Recovery Community	25	I have a network of people I can rely on to support my recovery.	<input type="checkbox"/>	+
	26	I attend recovery group meetings on a weekly basis or more frequently.	<input type="checkbox"/>	<input type="checkbox"/>
	27	I have not been involved in work, training, education, or volunteering.	<input type="checkbox"/>	-
Wider Community	28	I need additional support from recovery groups and communities.	<input type="checkbox"/>	<input type="checkbox"/>
	29	I am proud of the community I live in and I feel part of it.*	<input type="checkbox"/>	+
	30	I belong to a number of groups in my local community (e.g., faith-based, youth, sports).	<input type="checkbox"/>	<input type="checkbox"/>
Professionals	31	My living space has been a barrier to my recovery.*	<input type="checkbox"/>	<input type="checkbox"/>
	32	I need professional help to fulfill basic daily tasks (e.g. cleaning my home, getting to appointments).	<input type="checkbox"/>	<input type="checkbox"/>
	33	I am happy dealing with a range of professional people.*	<input type="checkbox"/>	+
	34	I have access to opportunities for career development (e.g. job opportunities, volunteering, or apprenticeships).	<input type="checkbox"/>	<input type="checkbox"/>
	35	I am not registered with a primary care doctor or a dentist.	<input type="checkbox"/>	-
	36	I have additional support needs around (at least one of) housing, education, employment, or legal services	<input type="checkbox"/>	<input type="checkbox"/>
<b>Community Capital Total</b>				CT

Calculate TOTAL by subtracting the '-' Subtotal from the '+' one

\*BARC-10 Question

**R1 Score:** Transfer your scores to the table below and calculate your final R1 Score.  
Use the QR Code to link to R1 to interpret your score.

Recovery Capital Dimensions	Sub-Dimensions	SubTotals	Dimension Totals	R1 SCORE
<b>Personal Capital</b> My personal internal resources such as my skills, values, health, and aspirations; and my external resources such as property and money	Global Health & Wellness	<input type="checkbox"/> P1	PT	<input type="checkbox"/> PT+ST+CT
	Citizenship	<input type="checkbox"/> P2		
	Sobriety	<input type="checkbox"/> P3		
<b>Social Capital</b> My social resources and support from relationships with my social networks that require commitment or obligations (such as intimate relationships, family, friends, co-workers, and other social groups)	Intimate Relationships	<input type="checkbox"/> S1	ST	 R1 RCS-36 SCAN TO INTERPRET YOUR R1 SCORE
	Family Relationships	<input type="checkbox"/> S2		
	Friendships	<input type="checkbox"/> S3		
<b>Community Capital</b> My access to local community resources such as housing, training, employment opportunities, transportation, and recovery community organizations	Recovery Community	<input type="checkbox"/> C1	CT	
	Wider Community	<input type="checkbox"/> C2		
	Professionals	<input type="checkbox"/> C3		
			C1+C2+C3	



## Recovery Capital Assessment Interview Tool

Social Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	I have an intimate partner supportive of my recovery process		
	I have family members who are supportive of my recovery process		
	I have friends who are supportive of my recovery process		
	I have people close to me (intimate partner, family members, or friends) who are also in recovery		
	I have established close affiliation with a local recovery support group		
	I have a sponsor (or equivalent) who serves as a special mentor related to my recovery		
	There are other people who rely on me to support their own recoveries		

Physical Recovery Capital			
✓	Recovery Capital	Notes	Potential Area for Growth
	I have the financial resources to provide for myself and my family		
	I have personal transportation or access to public transportation		
	I live in a home and neighborhood that is safe and secure		
	I live in an environment free from alcohol and other drugs		
	I have a primary care physician who attends to my health problems.		
	I am now in reasonably good health		
	I have an active plan to manage any lingering or potential health problems		



# References

Emily A. Hennessy (2017) Recovery capital: a systematic review of the literature, *Addiction Research & Theory*, 25:5, 349-360, DOI: 10.1080/16066359.2017.1297990

<https://allrise.org/wp-content/uploads/2023/05/Recovery-Capital-Worksheets.pdf>

<https://r1learning.com/recovery-capital-toolkit>

White, W. & Cloud, W. (2008). Recovery capital: A primer for addictions professionals. *Counselor*, 9(5), 22-27.



# Center for Evidence-Based Practices

*at Case Western Reserve University*

The Center for Evidence-Based Practices at Case Western Reserve University is a technical-assistance organization that promotes knowledge development and the implementation of evidence-based practices (EBPs) for the treatments and recovery of people diagnosed with mental illness or co-occurring mental illness and substance use disorders.

Our technical-assistance services include:

- Service-systems consultation
- Program Consultation
- Clinical Consultation
- Training and education
- Program evaluation (fidelity & outcomes)
- Professional peer-networks
- Research

[case.edu/socialwork/centerforebp/](http://case.edu/socialwork/centerforebp/)



CASE WESTERN RESERVE  
UNIVERSITY

Jack, Joseph and Morton Mandel  
School of Applied Social Sciences



Service  
innovations for  
people with  
mental illness &  
substance use  
disorders

