

Recovery Participation Scale

Face-to-Face Recovery Support Group Participation Scale

Name: _____ Date: _____

1. I attend recovery support group meetings
1-2 per week = **1 point**; 3-4 per week = **2 points**; 5+ per week = **3 points**
2. I attend
online recovery support meetings = 1 point
face-to-face recovery support meetings = 2 points
both face-to-face and online or telephone recovery support meetings = 3 points
3. I have a home group meeting that I attend regularly = 3 points (or none)
4. If I did not make a meeting at my home group for two weeks, I think the number of people who would call to see if I was okay would be.....
1 person = 1 point; 2-4 people = 2 points; 5+ people = 3 points
5. The majority of meetings that I attend are:
Closed Meetings = 3 points; Open Meetings = 2 points;
Not sure of the difference = 0 points
6. The majority of recovery support meetings I attend are.....
Discussion Meetings = 3 points; Speaker Meetings = 2 points
7. I speak at meetings
Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
8. I perform service work at meetings (e.g., helping set the room up, reading, chairing a meeting, making coffee, cleaning up)
Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
9. I have a sponsor with greater recovery experience who serves as a primary source of recovery support to me (3 points)
10. I am in contact (face-to-face, telephone, email) with my sponsor
Once a week = 1 point; 2-3 times per week = 2 points
4+ times per week = 3 points

If less than one year in recovery skip to Question # 13.

11. I am sponsoring others with less recovery experience (for those with more than a year of sobriety) = 3 points (or none).....
12. The number of days per week I am involved with one or more of my sponsees is.....
Once a week = 1 point; 2-3 times per week = 2 points
4+ times per week = 3 points
13. I carry a message of hope to others in need of recovery (outside of my sponsorship activities)
Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points

14. I socialize before and/or after meetings....._____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
15. I speak at meetings....._____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
16. I attend recovery social events_____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
17. I visit a recovery clubhouse_____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
18. I read recovery-supportive literature_____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
19. I carry an object (e.g., wristband, chip, keychain, etc.) close to me that
reminds me of my commitment to recovery_____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
20. The number of phone numbers I have of people who support my recovery is_____
- 1-5 people = 1 point; 5-9 people = 2 points; 10+ people = 3 points
21. I would rate the degree of my recent involvement in taking the Steps (or
alternative recovery guidelines) and applying them to my daily life as....._____
- Minimal = 1 point; Moderate = 2 points; Significant = 3 points
22. The Step/concept I am currently working on is _____
- Nothing specific = 0 points; If able to describe in detail = 3 points....._____
23. I would rate my success in detaching myself from prior AOD-focused
relationships and places as....._____
- Poor = 0 points; Making progress but needs improvement = 1 point
Excellent = 3 points
24. I use daily rituals to strengthen my recovery (e.g., meditation, prayer, self-
evaluation)_____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
25. I do volunteer service work in my community....._____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
26. I acknowledge my recovery status to others who are not in recovery....._____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
27. I encourage my family members to participate in family recovery support
meetings_____
- Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points

79 points possible

My Total _____

Online Recovery Support Group Participation Scale

Participation in Online recovery support meetings has increased exponentially in recent years both as an adjunct and an alternative to face-to-face meetings (Kurtz & White, in press). Online participation in recovery support meetings is a viable alternative for people residing in communities with no or few recovery support meetings or that lack specialty meetings (e.g. women's and young people's meetings) and for persons in high status positions who fear the stigma of more open participation. Online participation can also minimize the potential for dual relationships and conflicts of interests for certain professions (e.g., judges, probation officers).

The following scale offers a way to assess whether someone is using the claim of Online participation to minimize or fabricate mutual aid involvement or whether this is a legitimate approach to recovery support.

References

Kurtz, E & White, W. (in press) *Telephone- and Internet Based Recovery Support Services*, Chicago, IL: Great Lakes Addiction Technology Transfer Center

Online Recovery Support Group Participation Scale

Name: _____ Date: _____

1. I participate in Online recovery support meetings _____
1-2 per week = 1 point; 3-4 per week = 2 points = 5+ per week = 3 points
2. I participate in _____
Only online recovery support meetings = 1 point
Face-to-face recovery support meetings = 2 points
Both face-to-face and online or telephone recovery support meetings = 3 points
3. I have a home Online group (particular meeting that I attend regularly = 3 points
(or none) _____
4. I would rate my degree of participation as..... _____
Primarily lurking = 1 point; Occasional participation = 2 points
Frequent participation = 3 points
5. I have an online mentor/sponsor who I communicate with outside of online
meetings = 3 points (or none) _____
6. I am in contact (e.g., email, telephone) with my sponsor _____
Once a week = 1 point; 2-3 times per week = 2 points;
4+ times per week = 3 points
7. I carry a message of hope to others in need of recovery..... _____
Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
8. I read recovery-supportive literature..... _____
Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
9. I carry an object (e.g., wristband, chip, keychain, etc.) close to me that reminds me
of my commitment to recovery..... _____
Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points
10. I would rate the degree of my recent involvement in taking the Steps (or alternative
recovery guidelines) and applying them to my daily life as _____
Minimal = 1 point; Moderate = 2 points; Significant = 3 points
11. The Step/concept I am currently working on is _____
Nothing specific = 0 points); If able to describe in detail = 3 points..... _____
12. I would rate my success in detaching myself from prior alcohol- and drug-focused
relationships and places as _____
Poor = 0 points; Making progress but needs improvement = 1 point
Excellent = 3 points

13. I use daily rituals to strengthen my recovery (e.g., meditation, prayer, self-evaluation)....._____

Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points

14. I do volunteer service work in my community_____

Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points

15. I acknowledge my recovery status to others who are not in recovery_____

Rarely = 1 point; Sometimes = 2 points; Frequently = 3 points

45 points possible

My Total _____