

Self-Assessment of Recovery Capital

Adapted from White W. & Cloud, W. (2008). Recovery capital: A primer for addictions professionals. *Counselor*, 9(5), 22-27 and White, W., Evans, A. C. & Lamb, R. (2010). *Community recovery* available at williamwhitepapers.com.

Recovery capital is the breadth and depth of internal and external resources that can be draw from to initiate and sustain recovery. Check each item to indicate your present level of that recovery capital element.

	<u>Low</u>	<u>Moderate</u>	<u>High</u>
A) Personal Recovery Capital			
1. Physical and mental health.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Financial assets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Health insurance.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Safe and recovery-conducive shelter/residence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Clothing.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Access to transportation.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Physical activity or exercise.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Self-values.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Knowledge.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Hobbies/active interests.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Educational/vocational skills and credentials.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Problem-solving capacities.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Self-awareness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Self-esteem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Self-efficacy (self-confidence in managing high-risk situations)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Hopefulness/optimism.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Perception of one’s past/present/future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Sense of meaning and purpose in life.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Interpersonal/relationship enhancement skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<u>Low</u>	<u>Moderate</u>	<u>High</u>
B) Family/Social Recovery Capital: intimate relationships, kinship relationships (whoever you identify as family), and pro-recovery social relationships			
21. Willingness of intimate partner(s) and family members to participate in mutual support groups, treatment, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Presence of others in recovery within the family and social network.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Access to sober fellowship/leisure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Relational connections to conventional institutions: school, workplace, faith, or other mainstream organizations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please continue to the next page



Self-Assessment of Recovery Capital

Adapted from White W. & Cloud, W. (2008). Recovery capital: A primer for addictions professionals. *Counselor*, 9(5), 22-27 and White, W., Evans, A. C. & Lamb, R. (2010). *Community recovery* available at williamwhitepapers.com.

C) Community Recovery Capital: community attitudes, policies, and resources that promote recovery and resolution of alcohol and other drug problems

	Low	Moderate	High
25. Stigma reduction initiatives.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Visible and diverse local recovery role models.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Accessible and diverse recovery mutual support resources: Local recovery community support institutions like recovery centers or recovery community organizations, clubhouses, treatment alumni associations, recovery residences, recovery schools, recovery industries, recovery faith programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Complete addiction treatment continuum - outpatient, inpatient, & residential	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Sources for early re-intervention: employee assistance programs, professional assistance programs, drug or alternative courts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

D) Cultural Recovery Capital: a form of community recovery capital that provides locally available, culturally prescribed recovery pathways

	No Need	Need	Have
Native American.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
African American	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hispanic.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lesbian, gay, bisexual, transgender.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

