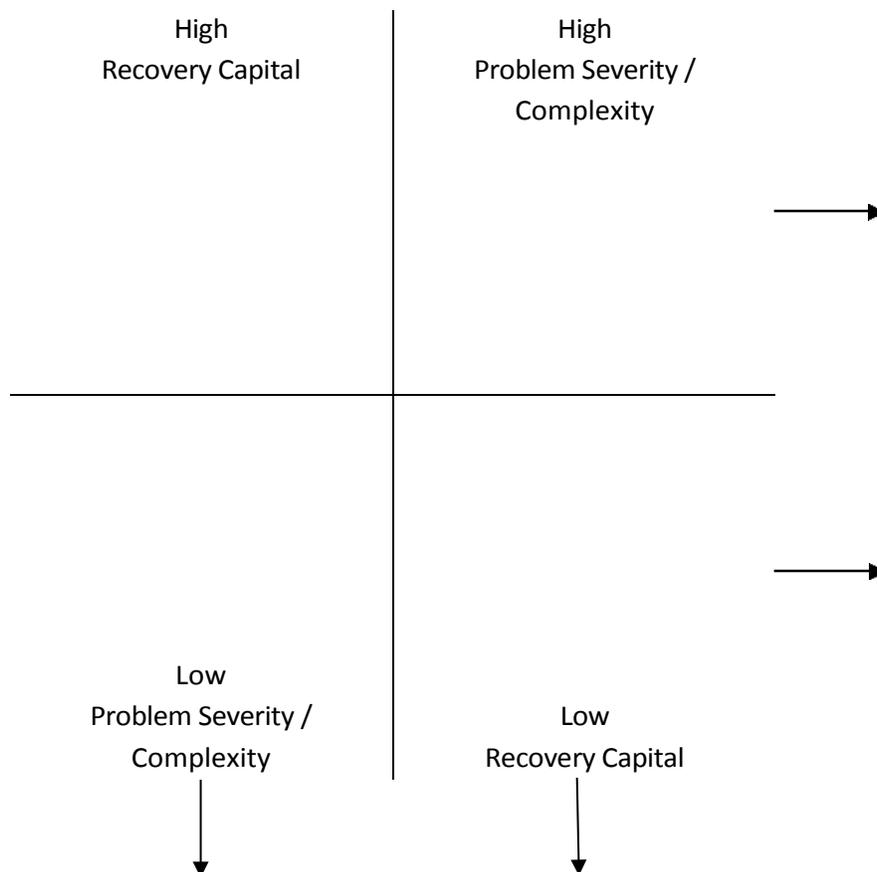


Recovery Capital Assessment, Plan and Scale (ReCAPS)

Modified and distributed with the permission of William L. White to George S. Braucht, LPC & CPCS: www.brauchtworks.com. The original scale is available at www.williamwhitepapers.com/recovery_toolkit.

Robert Granfield and William Cloud introduced and elaborated on the concept of “recovery capital” in a series of articles and a 1999 book, *Coming clean: Overcoming addiction without treatment*. They define recovery capital 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. Recovery capital also interacts with problem severity to shape the intensity and duration of supports needed to achieve recovery. This interaction dictates the intensity or level of care one needs in terms of professional treatment and the intensity and duration of post-treatment recovery support services. The figure below indicates how these combinations of problem severity and recovery capital could differ.



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 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 do a reasonably good job of evaluating 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 scale on the following page is intended as a self-assessment instrument to help a client measure his or her degree of recovery capital. The scale can be completed and discussed in an interview format, or it can be completed by the client and then discussed with the professional helper.

References

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- Granfield, R. & Cloud, W. (1996). The elephant that no one sees: Natural recovery among middle-class addicts. *Journal of Drug Issues*, 26 (1), 45-61.
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Recovery Capital Assessment, Plan and Scale (ReCAPS)

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

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: _____

Recovery Capital Plan

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>
-------------	-------------	------------------	------------------

Activity #1: _____

Activity #2: _____

Goal # 2: _____

<u>What</u>	<u>When</u>	<u>How Often</u>	<u>With Whom</u>
-------------	-------------	------------------	------------------

Activity #1: _____

Activity #2: _____

Goal # 3: _____

<u>What</u>	<u>When</u>	<u>How Often</u>	<u>With Whom</u>
-------------	-------------	------------------	------------------

Activity #1: _____

Activity #2: _____