

# Recovery Capital

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# More about us

- The Great Lakes ATTC, MHTTC, and PTTC are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).



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Month Year

# Funding Statement

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# Language Matters

The use of affirming language inspires hope and advances recovery.

**LANGUAGE MATTERS.**

**Words have power.**

**PEOPLE FIRST.**

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Recovery Capital...

building materials for initiating  
and sustaining long-term  
recovery

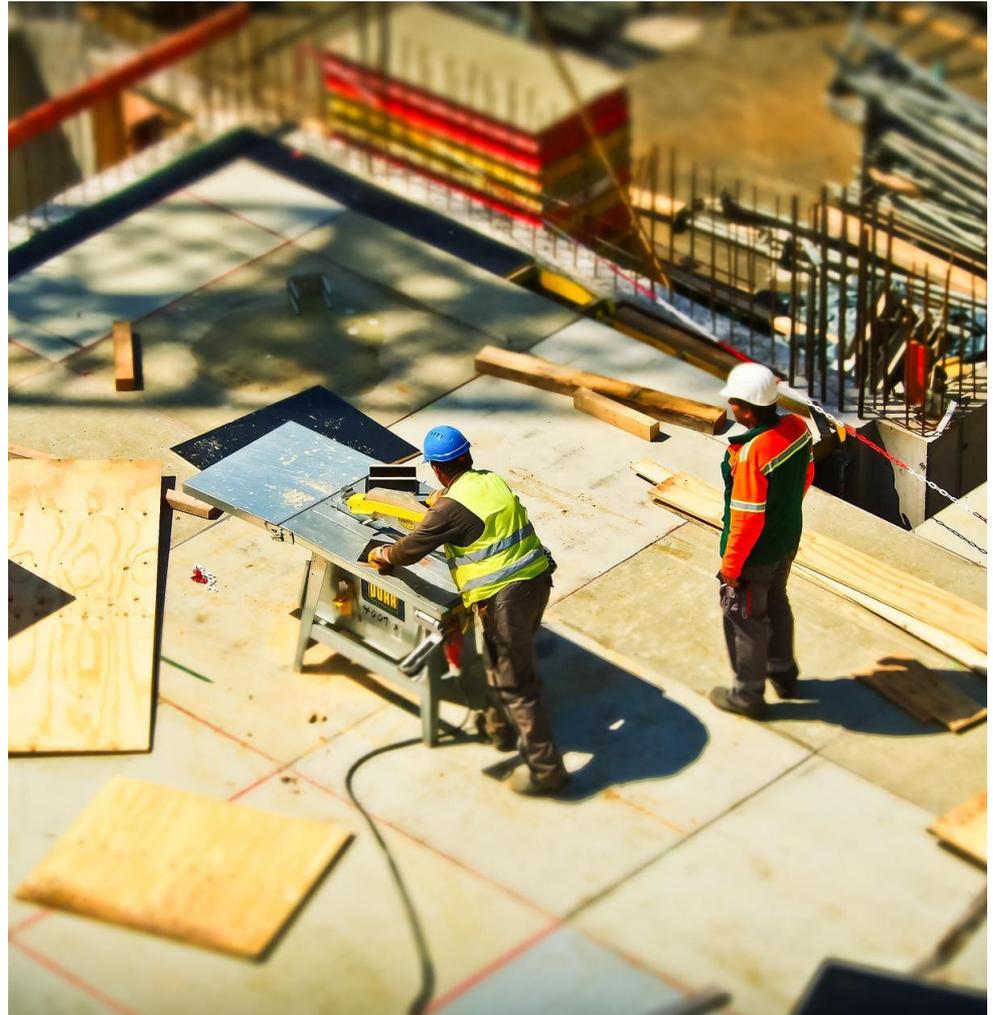


Photo Source: Pixabay

Resolving alcohol and other drug problems is not just a matter of abstinence or symptom reductions, but ...



... improvements in functioning, psychological well-being, and quality of life.

Kelly et al., 2018; White, 2018

Photo Source: Pixabay

Imagine a serious substance use problem like a burning building... we know how to extinguish the fire – stopping substance use (getting someone detoxed and clinically stable).



Photo Source: Pixabay

## BUT... we have been less successful in:

- preventing the fire from restarting – **preventing relapse**
- providing the architectural planning for reconstructing that person's life once the fire is out – **comprehensive treatment planning**
- providing access to the building materials – **recovery capital** – necessary to reconstruct their lives
- granting the “rebuilding permits” needed to allow the recovery process to begin – **advocating for individuals to help navigate systems**

For example, if someone has a criminal record, often directly related to their substance use, they often cannot get a job, housing, or a loan for college or job training.

Partnerships between treatment providers and recovery communities are needed to help people gain access to the “building materials” (recovery capital), especially to reconstruct their lives early in the recovery phase.

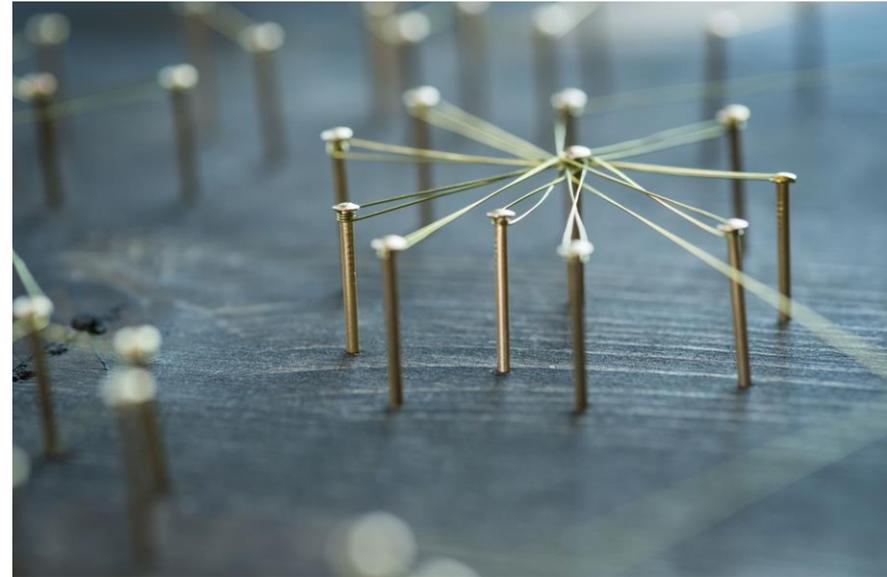


Photo Source: Pixabay

‘Recovery capital’ refers to the sum of resources necessary to initiate and sustain recovery from substance misuse

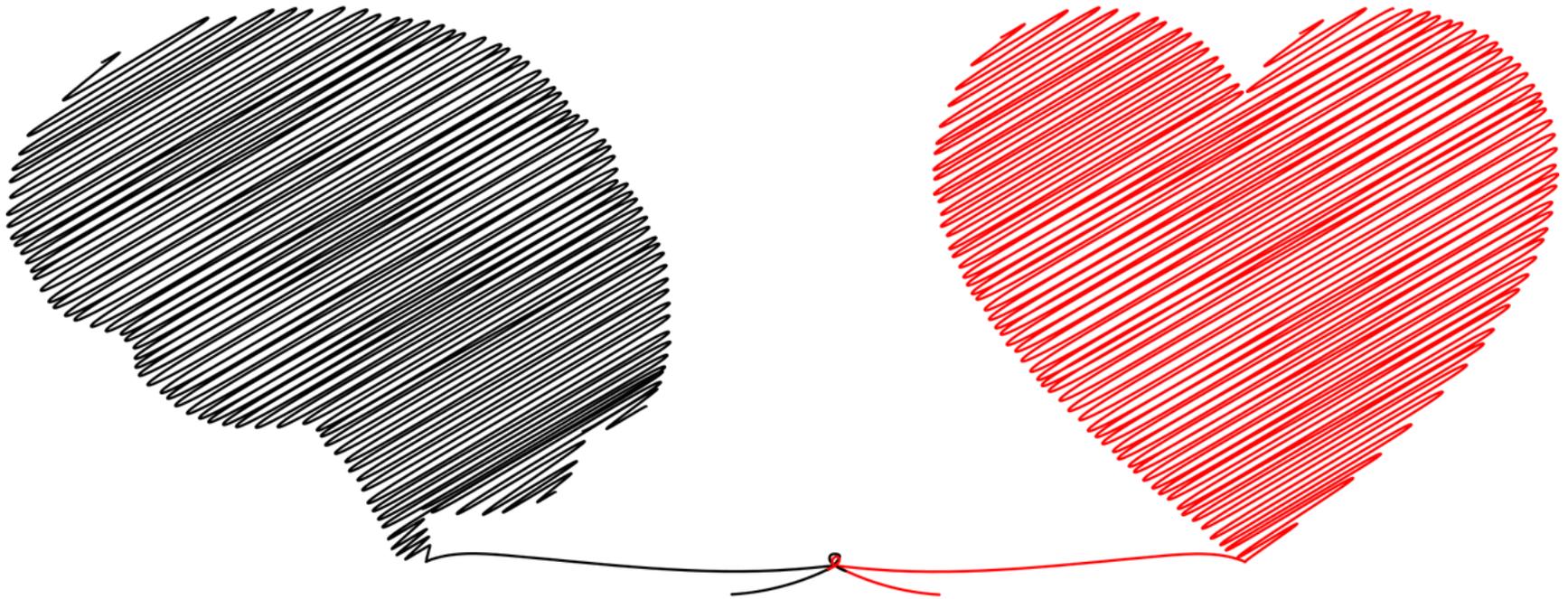


Photo Source: Pixabay

Best & Laudet, 2010

# Key Components of Recovery Capital

- **Social capital** – the sum of resources each person has as a result of their relationships, and includes both support from and obligations
- **Physical capital** – tangible assets, such as property and money
- **Human capital** – the skills, positive health, aspirations and hopes, and personal resources that will enable the individual to prosper
- **Cultural capital** – the values, beliefs and attitudes that link to social conformity

# Recovery Capital Problem Severity Matrix



# Recovery Capital Scales

- 35 item scale
- Rates areas of their life that relate to recovery capital
- Examples of Questions
  - 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 an intimate partner supportive of my recovery process.
  - I have family members who are supportive of my recovery.
  - I have access to Online recovery support groups.

## Two Newer Assessments

- Assessment of Recovery Capital – 50 items
- Brief Assessment of Recovery Capital BARC - 10 items

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 recovery.

