

Recovery Capital Self Assessment

Recovery Capital is the volume of internal & external assets that can be brought to bear to initiate & sustain recovery from alcohol & other drug problems. It differs from individual to individual and can differ within one individual at multiple points of time.

Robert Granfield & William Cloud, 1999

Please take a few minutes using the rankings from 0 to 10 (with 0 representing not enough Recovery Capital present under the sub-category through 10 representing more than enough Recovery Capital under the sub-category) to assess/rank the Recovery Capital present in your Life and/or Community.

<u>Physical Recovery Capital</u>	<u>Self-Inventory of Recovery Capital Resources</u>
Physical/Medical Health	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Finances	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Health Insurance	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Safe Housing	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Job/Career	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Food/Clothing	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Access to Transportation	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

<u>Human Recovery Capital</u>	
Values	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Knowledge	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Educational/Vocational Skills & Credentials	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Problem-Solving Capacities	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Self-Awareness	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Self-Esteem	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Self-Efficacy (Ability to be Effective in Living)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Sense of My Meaning & Purpose in Living	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Interpersonal Skills	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Hopefulness/Optimism	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Perception of My Past/Present/Future	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

<i>Family/Social Recovery Capital</i>	<u>Self-Inventory of Recovery Capital Resources</u>
Intimate Relationships	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Family & Kinship Relationships	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Social Relationships that are Supportive of Recovery	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
The Willingness of Friends/Family to Participate in My Recovery	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
The Presence of Others in Recovery within My Family & Social Network	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Access to Recovery-Based Fellowship, Leisure & Relational Connections to Conventional Institutions (School, Work, Church, Community Organizations)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

<i>Community Recovery Capital</i>	
Community Attitudes/Policies/Resources related to Addiction & Recovery that Promote & Support Recovery.	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Active Efforts to Reduce Addiction/Recovery-Related Stigma.	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Visible & Diverse Local Recovery Role Models.	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
A Full Continuum of Addiction Treatment Resources.	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Recovery Mutual Aid Resources that are Accessible & Diverse.	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Local Recovery Community Support Institutions (Recovery Community Centers (RCCs), Recovery Housing, Recovery Schools, Recovery Ministries/Churches).	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Sources of Sustained Recovery Support & Early Intervention (e.g., Recovery Checkups through Treatment Programs, Drug Courts, RCCs)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10