

Recovery Capital Groups

Recovery Capital Groups are 4 week sessions facilitated by Volunteer Recovery Coaches that help participants create their own personal **Recovery Capital Plans** that build recovery capital to strengthen recovery. Recovery Coaches help recoverees develop goals that are:

SMART goals:

- Specific
- Measurable
- Attainable
- Realistic
- Timely

Session 1: Choosing Your Recovery Goal(s)

Recovery Coaches will provide an overview of:

- a) What is recovery capital;
- b) Introduce recovery capital assessment tools; and
- c) Discuss SMART goal setting.

Recoverees will then:

- a) Select one or a couple of goals they would like to address;
- b) Outline the steps they need to take to achieve those goals;
- c) List people and resources that will help them in achieving their goals; and
- c) Plan which steps they will take during the upcoming week to work toward their goals

Session 2 and Session 3: Support for the Journey

Recoverees will check in about their progress in working toward the goals they selected and the steps they planned. They will share about:

- a) What went well in their efforts and what they learned;
- b) What did not go so well and the obstacles they encountered;
- c) What additional help might be needed; and
- d) Steps that they will take this week

Session 4: The Next Steps

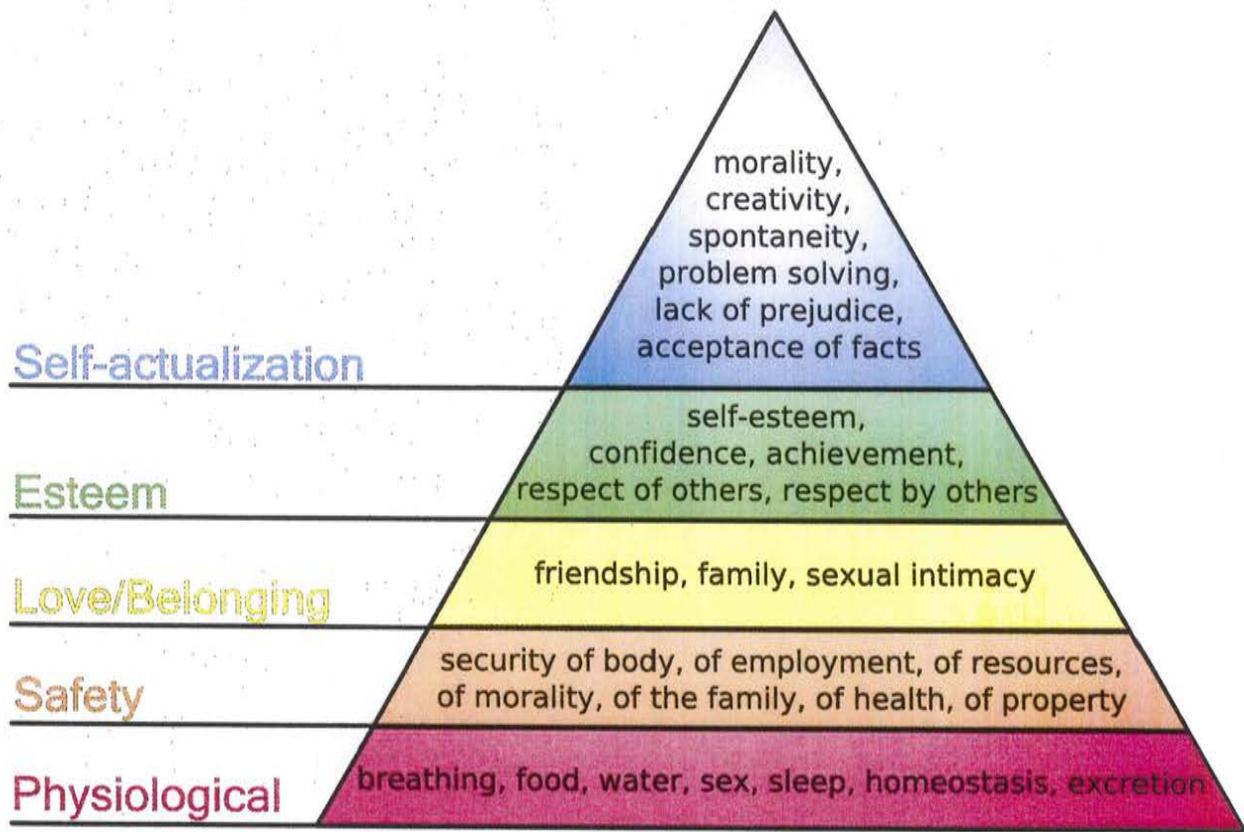
Recoverees will check in about their progress during the week then will take time to plan for and list their next steps as this planning group ends:

- a) Plans will include what additional resources and/or supports are needed; and
- b) Steps they will take on adding these to their lives

After this four week program, recoveree participants are encouraged to check in with CCAR Recovery Coaches at the RCCs to follow up with how they are doing in maintaining their recovery efforts and work with their Recovery Capital Plans.

What is Recovery Capital?

“Recovery Capital is the breadth & depth of internal & external resources that can be drawn upon to initiate a& sustain recovery from severe Alcohol & Other Drug problems.”
(Grainfield & Cloud, 1999; Cloud & Grainfield, 2001).



How Can We **HELP U** With Your Recovery Today?



Assessment of Recovery Capital

Please check if you agree with any of the following statements

1. Having a sense of purpose in life is important to my recovery journey
2. I am able to concentrate when I need to
3. I am actively involved in leisure and sport activities
4. I am coping with the stresses in my life
5. I am currently completely sober
6. I am free from worries about money
7. I am actively engaged in efforts to improve myself (training, education and/or self-awareness)
8. I am happy dealing with a range of professional people
9. I am happy with my personal life
10. I am making good progress on my recovery journey
11. I am proud of my home
12. I am proud of the community I live in and feel a part of it
13. I am satisfied with my involvement with my family
14. I cope well with everyday tasks
15. I do not let other people down
16. I am free of threat or harm when I am at home
17. I am happy with my appearance
18. I engage in activities and events that support my recovery
19. I eat regularly and have a balanced diet
20. I engage in activities that I find enjoyable and fulfilling
21. I feel physically well enough to work
22. I feel safe and protected where I live
23. I feel that I am in control of my substance use
24. I feel that I am free to shape my own destiny
25. I get lots of support from friends

26. I get the emotional help and support I need from my family
27. I have a special person that I can share my joys and sorrows with
28. I have access to opportunities for career development (job opportunities, volunteering or apprenticeships)
29. I have enough energy to complete the tasks I set myself
30. I have had no 'near things' about relapsing
31. I have had no recent periods of substance intoxication
32. I have no problems getting around
33. I have the personal resources I need to make decisions about my future
34. I have the privacy I need
35. I look after my health and wellbeing
36. I make sure I do nothing that hurts or damages other people
37. I meet all my obligations promptly
38. I regard my life as challenging and fulfilling without the needs for using drugs or alcohol
39. I sleep well most nights
40. I take full responsibility for my actions
41. It is important for me to be involved in activities that contribute to my community
42. In general I am satisfied with my life
43. It is important for me to do what I can to help other people
44. It is important to me that I make a contribution to society
45. My living space has helped to drive my recovery journey
46. My personal identity does not revolve around drug use or drinking
47. There are more important things to me in life than using substances
48. What happens to me in the future mostly depends on me
49. I have a network of people I can rely on to support my recovery
50. When I think of the future I feel optimistic

Recovery Capital Scale

Place a number by each statement that best summarizes your situation.

5. Strongly Agree
4. Agree
3. Sometimes
2. Disagree
1. Strongly Disagree

- 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 process.
- I have friends who are supportive of my recovery process.
- I have people close to me (intimate partner, family members, or friends) who are also in recovery.
- I have a stable job that I enjoy and that provides for my basic necessities.
- I have an education or work environment that is conducive to my long-term recovery.
- I continue to participate in a continuing care program of an addiction treatment program, (e.g., groups, alumni association meetings, etc.)
- I have a professional assistance program that is monitoring and supporting my recovery process.
- I have a primary care physician who attends to my health problems.
- I am now in reasonably good health.
- I have an active plan to manage any lingering or potential health problems.
- I am on prescribed medication that minimizes my cravings for alcohol and other drugs.
- I have insurance that will allow me to receive help for major health problems.
- I have access to regular, nutritious meals.
- I have clothes that are comfortable, clean and conducive to my recovery activities.
- I have access to recovery support groups in my local community.
- I have established close affiliation with a local recovery support group.
- I have a sponsor (or equivalent) who serves as a special mentor related to my recovery.
- I have access to Online recovery support groups.
- I have completed or am complying with all legal requirements related to my past.
- There are other people who rely on me to support their own recoveries.
- My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery.
- I have recovery rituals that are now part of my daily life.
- I had a profound experience that marked the beginning or deepening of my commitment to recovery.

- I now have goals and great hopes for my future.
- I have problem solving skills and resources that I lacked during my years of active addiction.
- I feel like I have meaningful, positive participation in my family and community.
- Today I have a clear sense of who I am.
- I know that my life has a purpose.
- Service to others is now an important part of my life.
- My personal values and sense of right and wrong have become clearer and stronger in recent years.

Possible Score: 175

My Score: _____

The areas in which I scored lowest were the following:

1. _____
2. _____
3. _____
4. _____
5. _____



My Recovery Capital Plan

Name: _____ Date: _____

Recovery Capital refers to the internal and external resources that can help me maintain my recovery. Three primary areas are 1) personal recovery capital; 2) family/social recovery capital; and 3) community recovery capital. I am creating these goals to help me build both my recovery capital and a better life.

Recovery Capital Goal #1
a) What steps can I take to reach this goal?
b) What people or resources might be helpful to me in taking these steps?
c) What step(s) will I take this week?

Recovery Capital Goal #2

a) What steps can I take to reach this goal?
b) What people or resources might be helpful to me in taking these steps?
c) What step(s) can I take this week?

Recovery Capital Goal #3
a) What steps can I take to reach this goal?
b) What people or resources might be helpful to me in taking these steps?
c) What step(s) will I take this week?