

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.

purpose  
intimacy  
education  
skills  
employment  
financial health  
physical health  
housing  
goals  
mental health  
partner

## REFERENCES

- Cloud, W. (1987). From down under: A qualitative study on heroin addiction recovery. Ann Arbor, MI: Dissertation Abstracts.
- Cloud, W. & Granfield, R. (1994). Natural recovery from addictions: Treatment implications. *Addictions Nursing*, 6, 112-116.
- Cloud, W. & Granfield, R. (1994). Terminating addiction naturally: Post-addict identity and the avoidance of treatment. *Clinical Sociology Review*, 12, 159-174.
- Cloud, W. & Granfield, R. (2001). Natural recovery from substance dependency: Lessons for treatment providers. *Journal of Social Work Practice in the Addictions*, 1(1), 83-104.
- 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.
- Granfield, R. & Cloud, W. (1999). *Coming Clean: Overcoming Addiction Without Treatment*. New York: New York University Press.

## Recovery Capital Scale

Place a number, 1 to 5, in the box by each statement, according to this scale:

1 = Strongly Disagree; 2 = Disagree; 3 = Sometimes; 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 free from alcohol and other drugs.
5	I have an intimate partner supportive of my recovery process.
6	I have family members who are supportive of my recovery process.
7	I have friends who are supportive of my recovery process.
8	I have people close to me (intimate 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 continue to participate in a continuing care program of an addiction treatment program, (e.g.,
12	I have a professional assistance program that is monitoring and supporting my recovery process.
13	I have a primary care physician who attends to my health problems.
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 that minimizes my cravings for alcohol and other drugs.
17	I have insurance that will allow me to receive help for major health problems
18	I have access to regular, nutritious meals.
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 established close affiliation with a local recovery support group.
22	I have a sponsor or a special 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	There are other people who rely on me to support their own 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 now have goals and great hopes for my future.
30	I have problem solving skills and resources that I lacked during my years of active addiction.
31	I feel like I have meaningful, positive participation in my family and community.
32	Today I have a clear sense of who I am.
33	I know that my life has a purpose.
34	Service to others is now an important part of my life.
35	My personal values and sense of right and wrong have become clearer and stronger in recent years.
Total score out of a possible 175.	

The items (1-35) on which I scored lowest:

The items (1-35) on which I scored highest: