

Highlights from the GLOBAL RECOVERY NETWORK (GRN)
Interactive Global Recovery Dialogue
on
"RECOVERY CAPITAL"

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July 11, 2024

Based on more than 5,000 individual recovery stories and years of published research on how people recover from addiction, Dr. Best proposed a change in the philosophical underpinnings of how we view the process of recovery:

RECOVERY IS STRENGTHS BASED



From expert-
patient to
partnership



From deficits to
strengths



From clinic to
community



From the
individual to
the social



From
professional to
peer-based



From
replication to
continuous
innovation

The client takes priority, they own their own recovery journey; the locus of recovery is the community, not the clinic; recovery is a fundamental social process that passes from one peer to the next where both parties grow and benefit.

A CORE SUMMARY OF RECOVERY RESEARCH SHOWS THAT RECOVERY CONSISTS OF:

- Jobs-Something to Do
- Friends-Someone to Love
- Houses-Somewhere to Live

WHAT IS RECOVERY CAPITAL?

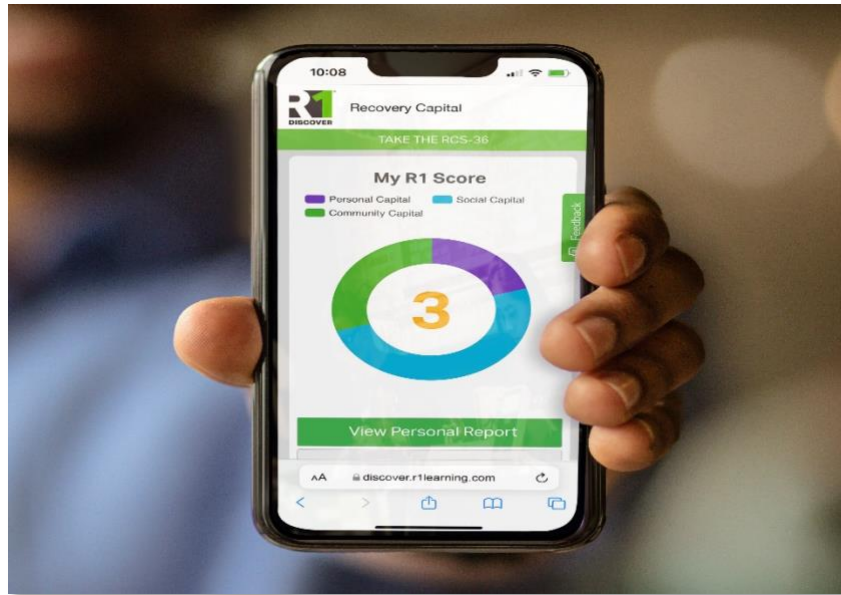
“The breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from AOD [alcohol and other drug problems].” White and Cloud (2008):



“Recovery capital and restorative capital are unlike financial capital in that they are not depleted through use.....”

- *Braithwaite, 2022, p. 363*

RECOVERY CAPITAL GROWS AND IT'S MEASURABLE



“Recovery Capital builds and grows through trust, it ripples into the community, and it can be measured.”-Dr. David Best, July 11, 2024

Recovery Capital Screener (RCS-36)

Answer the 36 questions by placing a "1" in the AGREE column if your answer is "YES".

		AGREE	Subtotal	TOTAL
Assessment Questions				
Personal Capital	Global Health & Wellness			
	1	I have enough energy to complete the tasks I set for myself.*		
	2	In general I am happy with my life.*		
	3	I cannot engage in physical exercise that is appropriate for me.		
	4	I need (additional) professional help around my physical / mental health.		P1
	5	I take full responsibility for my actions.*		
	6	I contribute to the wellbeing of my community.		
	7	I am currently in trouble with the police or have done things that could get me into trouble with the police.		
	8	I need (professional) support to help me avoid trouble with the law.		P2
	9	There are more important things in life for me than drinking or using drugs.*		
	10	I regard my life as challenging and fulfilling without the need for using drugs or alcohol.*		
	11	I have used alcohol / illicit drugs problematically.		
12	I am not making good progress on my recovery journey.*		P3	
Personal Capital Total				P1+P2+P3

		AGREE	Subtotal	TOTAL
Assessment Questions				
Social Capital	Intimate Relationships			
	13	I am happy with my personal life.		
	14	I have a special person that I can share my joys and sorrows with.		
	15	I am currently in a relationship that makes me feel unsafe.		
	16	I need support in my main personal relationship.		S1
	17	I am satisfied with my involvement with my family.		
	18	I get the emotional help and support I need from my family.		
	19	My family is a barrier to my recovery.		
	20	I need support in improving my family relationships.		S2
	21	I get lots of support from my friends.*		
	22	I have lots of close friends.		
	23	My friends are a barrier to my recovery.		
24	I need support to allow me to build more satisfying relationships.		S3	
Social Capital Total				S1+S2+S3

Recovery Capital Screener (RCS-36)

Answer the 36 questions by placing a "1" in the AGREE column if your answer is "YES".

		AGREE	Subtotal	TOTAL
Assessment Questions				
Community Capital	Recovery Community			
	25	I have a network of people I can rely on to support my recovery.		
	26	I attend recovery group meetings on a weekly basis or more frequently.		
	27	I have not been involved in work, training, education, or volunteering.		
	28	I need additional support from recovery groups and communities.		C1
	29	I am proud of the community I live in and I feel part of it.*		
	30	I belong to a number of groups in my local community (e.g., faith-based, youth, sports).		
	31	My living space has been a barrier to my recovery.*		
	32	I need professional help to fulfill basic daily tasks (e.g., cleaning my home, getting to appointments).		C2
	33	I am happy dealing with a range of professional people.*		
	34	I have access to opportunities for career development (e.g., job opportunities, volunteering, or apprenticeships).		
	35	I am not registered with a primary care doctor or a dentist.		
	36	I have additional support needs around (at least one of) housing, education, employment, or legal services		C3
	Community Capital Total			

Recovery Capital Dimensions	Sub-Dimensions	Sub Totals	Dimension Totals	R1 SCORE
Personal Capital	Global Health & Wellness	P1	P1	P1+P2+P3
	Citizenship	P2		
	Sobriety	P3		
Social Capital	Intimate Relationships	S1	S1	S1+S2+S3
	Family Relationships	S2		
	Friendships	S3		
Community Capital	Recovery Community	C1	C1	C1+C2+C3
	Wider Community	C2		
	Professionals	C3		

R1 Score: Transfer your scores to the table below and calculate your final R1 Score. Use the QR Code to link to R1 to interpret your score.

SCAN TO INTERPRET YOUR R1 SCORE

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RECOVERY IS SHARED MUTUAL GROWTH AND GIVING BACK, A KIND OF RECIPROCAL ALTRUISM. EXTEND THAT TO COMMUNITIES AND YOU HAVE AN INCLUSIVE RECOVERY CITY---ONE WHERE EVERYBODY WINS.