

RECOVERY CAPITAL INVENTORY



RESPECT • REFLECT • REBUILD • RECOVER

This VIRAS Recovery Capital Inventory is designed to help you identify and reflect on the strengths, resources, relationships, and supports that contribute to your recovery.

The inventory includes 20 questions in each of four domains:

Personal = resources within the individual

Social = relationships and interpersonal supports

Community = practical, environmental resources and services

Cultural = cultural, spiritual, linguistic, traditional, and identity-based resources

For each statement, select the descriptive response that best reflects what is true for you right now. Your responses provide a snapshot of your current recovery capital and may help highlight areas of strength, as well as opportunities to build additional support.

INVENTORY RATING SCALE	
SCORE	DESCRIPTION
5	Strongly Agree
4	Agree
3	Sometimes/Somewhat
2	Disagree
1	Strongly Disagree

PERSONAL RECOVERY CAPITAL INVENTORY



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- 1 I am generally in a state of good physical health.
- 2 I am generally in a state of good mental health.
- 3 I have developed ways to understand and cope with difficult experiences from my past.
- 4 I have good self-care habits (e.g. eating/sleeping/exercise/hygiene).
- 5 I am able to access the transportation or mobility supports I need to participate in daily life and pursue my recovery goals.
- 6 I have reliable access to transportation that allows me to attend appointments, access resources, and participate in activities that support my recovery.
- 7 I have the financial resources to meet my and my family's needs.
- 8 I have meaningful work, education, volunteering, caregiving, or other activities that provide structure and purpose in my life.
- 9 I have the literacy, communication, or other learning supports I need to access information and resources that support my recovery.
- 10 I have the ability to learn new behaviours/skills/concepts/attitudes.
- 11 I generally have good problem-solving skills.
- 12 I can clearly communicate with others.
- 13 I am self-aware and can identify my emotions.
- 14 I feel that I am able to create balance in my life.
- 15 I feel a sense of meaning and purpose in my life.
- 16 I feel hopeful about my ability to grow and make positive changes in my recovery.
- 17 I believe that recovery is possible for me.
- 18 I understand what my values are and know who I am.
- 19 I have a strong belief system that supports me.
- 20 I have personal values and principles that help guide the choices I make.

Total: _____ / 100

SOCIAL RECOVERY CAPITAL INVENTORY



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- 1 I have friends, family, or other people in my life whose behaviours and choices support my recovery goals.
- 2 I have friends and family that will support me in my recovery.
- 3 I have people (family/friends/peers) that I trust and can confide in.
- 4 If I am in an intimate relationship, my partner supports my recovery and well-being.
- 5 I have healthy and supportive approaches to intimacy, relationships, sex, and romance that align with my values and well-being.
- 6 I feel comfortable communicating my boundaries with others.
- 7 Those around me respect the boundaries I have set.
- 8 I have supportive friends that I have met in recovery.
- 9 I have people that I can call when I'm feeling triggered.
- 10 I have people I can turn to who can help me connect with recovery resources when needed.
- 11 I am able to connect with recovery services and resources.
- 12 I am able to access to recovery-based peer networks/groups.
- 13 I participate in recovery support groups or other peer-based supports that are meaningful to me, when appropriate.
- 14 I have a recovery mentor, sponsor, guide, or coach.
- 15 I have opportunities to support, encourage, or contribute to the recovery of others, when I choose to do so.
- 16 I try to be of service to others whenever possible.
- 17 I am in a supportive community group (i.e. church, sport, academic).
- 18 If I am employed, I have access to workplace resources or supports that contribute to my well-being and recovery.
- 19 If I am employed, my workplace is supportive of my well-being and recovery goals.
- 20 My employer is supportive of my recovery.

Total: _____ / 100

COMMUNITY RECOVERY CAPITAL INVENTORY



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- 1 I have access to public transportation.
- 2 I have access to affordable food.
- 3 I have access to affordable housing.
- 4 I live in a community where people experiencing substance use or addiction can access support without unnecessary stigma or judgment.
- 5 My community has a range of recovery support groups.
- 6 I have opportunities in my community to connect with people and activities that support recovery and well-being.
- 7 I have access to recovery-focused community spaces or programs where I can connect with others and access support.
- 8 I can access outpatient substance use or addiction treatment when I need it.
- 9 I can access residential or inpatient treatment when it is appropriate for my needs.
- 10 I can access withdrawal management or other appropriate medical support when needed.
- 11 I have access to safe and stable housing that supports my recovery.
- 12 I have access to primary healthcare when I need it.
- 13 I can access specialized substance use or addiction medicine care when needed.
- 14 I have access to the medications and pharmacy services I need.
- 15 I can access outreach or community-based substance use supports when needed.
- 16 I can access counselling, therapy, or other mental health supports when needed.
- 17 I have access to vocational, employment, or career development resources that support my goals.
- 18 I have access to educational opportunities that support my goals and interests.
- 19 I have access to life-skills education or other practical supports that help me manage daily life.
- 20 I have access to leisure, recreation, and other activities that support my well-being.

Total: _____ / 100

CULTURAL RECOVERY CAPITAL INVENTORY



RESPECT • REFLECT • REBUILD • RECOVER

- 1 I feel connected to my culture.
- 2 My cultural identity, traditions, and values are welcomed and respected in the communities and services I access.
- 3 I have values and beliefs that are part of my culture.
- 4 My cultural values and beliefs can be a source of strength in my recovery.
- 5 I feel my culture adds meaning and purpose to my life.
- 6 My cultural community provides acceptance, understanding, or support for people in recovery.
- 7 I am freely able to engage in my traditional cultural practices.
- 8 I have opportunities to participate in cultural traditions, practices, or rituals that are meaningful to me.
- 9 If meaningful to me, I have opportunities to connect with elders, knowledge keepers, or other respected members of my cultural community.
- 10 If meaningful to me, I can access traditional, cultural, or Indigenous healing practices and practitioners.
- 11 If meaningful to me, I can access religious, spiritual, or other practices that support my well-being and recovery.
- 12 If meaningful to me, I have access to places or communities where I can practice my religion or spirituality.
- 13 I am able to communicate in the language or languages in which I feel most comfortable when accessing important supports and services.
- 14 I have access to language learning or language support when it is important to me.
- 15 I have access to recovery information and resources that are culturally relevant to me.
- 16 I can access culturally specific or culturally responsive recovery supports when I want them.
- 17 I can access substance use or addiction treatment that respects and responds to my cultural needs and values.
- 18 The communities and services I access are welcoming and respectful of people from different cultural backgrounds.
- 19 I have access to foods that are culturally meaningful or important to my well-being.
- 20 I feel that my cultural identity, background, and lived experience are accepted and respected by the people and communities around me.

Total: _____ / 100

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Your Recovery Capital Scores:

Add the scores from each section of the inventory:

<u>DOMAIN</u>	<u>SCORE</u>	<u>MAXIMUM</u>
Personal Recovery Capital		/100
Social Recovery Capital		/100
Community Recovery Capital		/100
Cultural Recovery Capital		/100
Total Recovery Capital		/100

Understanding Your Scores

Your Recovery Capital Inventory results provide a snapshot of the strengths, resources, relationships, and supports currently available to you. The purpose of these results is not to determine whether your recovery capital is "high" or "low," but to help identify areas of strength and areas where additional support or resources may be beneficial.

Use your results to complete the Recovery Capital Reflection Worksheet. The reflection worksheet will help you explore your results in greater depth, identify areas you may wish to strengthen, and consider how your recovery capital can inform meaningful recovery goals.