

UNDERSTANDING RECOVERY CAPITAL



RESPECT • REFLECT • REBUILD • RECOVER

Recovery capital refers to the strengths, resources, relationships, and supports that can help a person build and maintain recovery. These can come from within ourselves, from the people around us, from our communities, and from our cultural or spiritual connections.

Recovery capital looks different for everyone and can change over time. The examples below are intended to help you recognize the strengths and resources you already have, as well as areas where additional support may be helpful.

PERSONAL

- Skills & abilities
- Knowledge & Education
- Values & beliefs
- Health & wellness
- Self-awareness
- Self-esteem & confidence
- Hope & mindset
- Problem-solving

SOCIAL

- Supportive friends
- Supportive family
- Supportive relationships
- Social networks
- Peers
- Mentors/coaches
- Support groups

COMMUNITY

- Housing
- Food
- Transportation
- Healthcare
- Counselling
- Treatment
- Employment supports
- Recreation

CULTURAL

- Traditions
- Cultural programs
- Elders & healers
- Faith communities
- Spiritual resources
- Language
- Community inclusion
- Cultural appropriate services

Recovery capital can grow and change over time. Recognizing the strengths and supports you already have can help you build on them, while identifying barriers, gaps, and areas where new resources or connections could support your recovery journey and inform meaningful recovery goals. Using a Recovery Capital Inventory tool can help you reflect on these areas and identify opportunities to build on your existing strengths and supports.