R1 DISCOVER PLANNER

Recovery Capital Plan

What am I building to sustain my recovery?

Uses the R1 Recovery Capital Model by Dr. David Best

ACTIONABLE STRUCTURED RELEVANT

INCLUDES:
- Recovery Capital Toolkit Overview
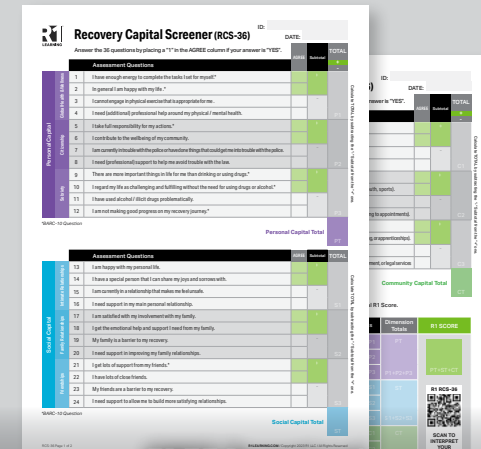- Recovery Capital Plan (Sample)
- Recovery Capital Plan (Blank)

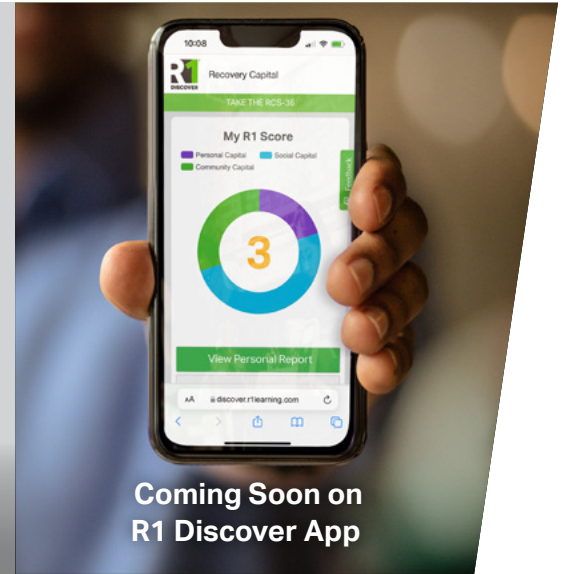**R1 LEARNING**

Recovery Capital
Toolkit

R1 RC TOOLKIT

The R1 Recovery Capital Toolkit

The R1 Recovery Capital Toolkit provides a variety of strengths-based resources that enable both clinical teams and peer coaches to engage individuals in building and maintaining sustainable recovery over time. The toolkit includes both print-based and online resources that enable practitioners to maximize learning and impact with different populations in a variety of settings. Each resource can be used collectively or independently depending on the best implementation approach. We invite you to contact us to help you think through the best approach for you.

Strengths

SOCIAL · CULTURE · COMMUNITY · UNMET NEEDS · BARRIERS · PERSONAL · **ME**

1 ASSESS
Assess Current State & Needs. Monitor Progress

2 EXPLORE
Identify Strengths, Gaps, & Goals

3 PLAN
Set Goals & Develop an Action Plan

ACT
Take Action & Reach Full Potential

Contact us today to learn how best to implement with your population and settings

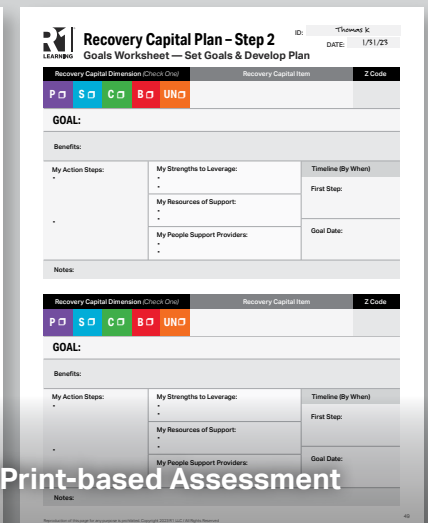## An Actionable Measurement Toolkit

1 ASSESS
Recovery Capital Screener 36 (RCS-36)

FREE Download Print-based Assessment

Coming Soon on R1 Discover App

2 EXPLORE
Recovery Capital Discovery Cards Hands-on & Online

Print-based Discovery Cards

R1 Discover App

3 PLAN
R1 Recovery Capital Plan
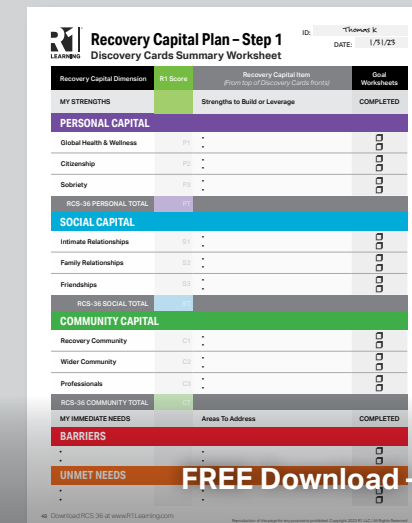
FREE Download – Print-based Assessment

Recovery Capital Plan – Step 1
Discovery Cards Summary Worksheet

ID: Jamar S
DATE: 1/31/23

Recovery Capital Dimension	R1 Score (RCS-36)	Recovery Capital Item (From top of Discovery Cards fronts)	Goal Worksheets
MY STRENGTHS	3	Strengths to Build or Leverage	COMPLETED
PERSONAL CAPITAL			
Global Health & Wellness	2 P1	• Problem Solving Skills • Physical Activity	☐ ☑
Citizenship	0 P2	• Legal Compliance •	☐ ☐
Sobriety	0 P3	• Sobriety Commitment • Sober Living Environment	☐ ☐
RCS-36 PERSONAL TOTAL	2 PT		
SOCIAL CAPITAL			
Intimate Relationships	0 S1	• Safe Intimate Relationships • Problem Solving Skills	☐ ☐
Family Relationships	2 S2	• Family of Choice Support • Primary Care Giver Support	☐ ☐
Friendships	-1 S3	• Sober Friends • Proactive Connection	☐ ☐
RCS-36 SOCIAL TOTAL	1 ST		
COMMUNITY CAPITAL			
Recovery Community	1 C1	• Recovery Group Attendance • Peer Support	☐ ☐
Wider Community	-1 C2	• Employment Training • Medication Assisted Treatment (SUD)	☐ ☐
Professionals	0 C3	• Primary Healthcare • Counseling Support (Substance Use)	☐ ☐
RCS-36 COMMUNITY TOTAL	0 CT		
MY IMMEDIATE NEEDS		Areas To Address	COMPLETED
BARRIERS			
• Citizenship • Wider Community		• Criminal Justice Involvement • Substance Use	☐ ☐
UNMET NEEDS			
• Wider Community • Wider Community		• Transportation • Housing	☑ ☐

Recovery Capital Plan – Step 2
Goals Worksheet — Set Goals & Develop Plan

ID: Jamar S
DATE: 1/31/23

Recovery Capital Dimension (Check One)	Recovery Capital Item	Z Code
P ☑ S ☐ C ☐ B ☐ UN ☐	Physical Activity	

GOAL: Walk for an hour three days each week.

Benefits: Increase my energy. Build more discipline into my day. Feel better about myself.

My Action Steps:	My Strengths to Leverage:	Timeline (By When)
• Find walking shoes and clothes to wear • Set a time or distance goal for each week	• Clothing • Communication Skills	**First Step:** Start walking this Saturday
	My Resources of Support: • Local high school track • Community park walking paths	
	My People Support Providers: • Juan • David	**Goal Date:** 3 days per week by June 1

Notes:

Recovery Capital Dimension (Check One)	Recovery Capital Item	Z Code
P ☐ S ☐ C ☐ B ☐ UN ☑	Transportation	

GOAL: Obtain adequate transportation to get me to and from work and my recovery meetings.

Benefits: Get back to work. Gain more financial stability. Keep my recovery first by attending recovery support group meetings regularly.

My Action Steps:	My Strengths to Leverage:	Timeline (By When)
• Find walking shoes and clothes to wear • Set a time or distance goal for each week	• Problem Solving Skills • Sober Friends	**First Step:** By Monday
	My Resources of Support: • My phone for internet search • Bus and metro schedules	
	My People Support Providers: • Keith • Tamika	**Goal Date:** By end of June

Notes:

Recovery Capital Dimension	R1 Score (RCS-36)	Recovery Capital Item *(From top of Discovery Cards fronts)*	Goal Worksheets
MY STRENGTHS		Strengths to Build or Leverage	COMPLETED
PERSONAL CAPITAL			
Global Health & Wellness	P1	: :	☐ ☐
Citizenship	P2	: :	☐ ☐
Sobriety	P3	: :	☐ ☐
RCS-36 PERSONAL TOTAL	PT		
SOCIAL CAPITAL			
Intimate Relationships	S1	: :	☐ ☐
Family Relationships	S2	: :	☐ ☐
Friendships	S3	: :	☐ ☐
RCS-36 SOCIAL TOTAL	ST		
COMMUNITY CAPITAL			
Recovery Community	C1	: :	☐ ☐
Wider Community	C2	: :	☐ ☐
Professionals	C3	: :	☐ ☐
RCS-36 COMMUNITY TOTAL	CT		
MY IMMEDIATE NEEDS		Areas To Address	COMPLETED
BARRIERS			
		• •	☐ ☐
UNMET NEEDS			
		• •	☐ ☐

Recovery Capital Dimension *(Check One)*					Recovery Capital Item	Z Code
P ☐	S ☐	C ☐	B ☐	UN ☐		

GOAL:

Benefits:

My Action Steps:	My Strengths to Leverage:	Timeline (By When)
• • •	• •	**First Step:**
	My Resources of Support: • •	
	My People Support Providers: • •	**Goal Date:**

Notes:

Recovery Capital Dimension *(Check One)*					Recovery Capital Item	Z Code
P ☐	S ☐	C ☐	B ☐	UN ☐		

GOAL:

Benefits:

My Action Steps:	My Strengths to Leverage:	Timeline (By When)
• • •	• •	**First Step:**
	My Resources of Support: • •	
	My People Support Providers: • •	**Goal Date:**

Notes:

RECOVERY CAPITAL
An Actionable Measurement Toolkit

Strengths

SOCIAL
CULTURE
PERSONAL
COMMUNITY
ME
BARRIERS
UNMET NEEDS

R1 RC TOOLKIT
GO TO R1 TO ACCESS THE R1 RECOVERY CAPITAL TOOLKIT
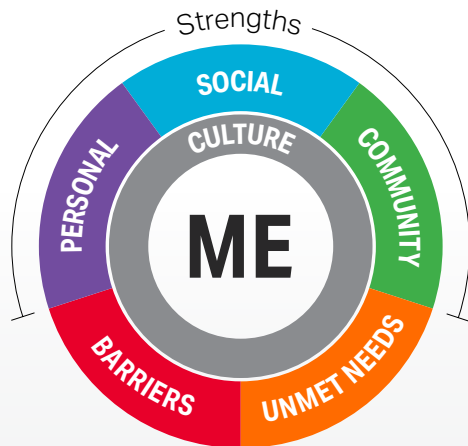
International Expert

Dr. David Best is the leading international expert on Recovery Capital. He is an experienced research psychologist and criminologist who has written extensively on the subjects of desistance from crime and recovery from substance use. Dr. Best has been instrumental in quantifying the concept of recovery capital and creating measurement tools that can be used to support personal pathways to recovery. His work is used around the world to support recovery pathways and promote recovery science.

Increase Engagement, Improve Outcomes

R1 Learning is an education company providing interactive curriculum that engages and retains individuals in service, increases practitioner effectiveness through workforce training, and generates data for measuring outcomes. R1 delivers greater engagement for the leading evidence-based and best practices for mental health & wellness, substance use disorder, and life skills. The R1 content is grounded in proven behavioral health models, adapted from the work of the original authors and experts and supported by research. The R1 Learning System combines this content with tools, training, and additional resources to enable effective implementation and use of evidence-based practices such as motivational interviewing (MI) and cognitive behavioral therapy (CBT). The central tools of the system, the Discovery Cards, provide a hands-on, concrete approach that enables both practitioners and clients to learn and apply these theories to real-life circumstances and situations. The R1 tools are effective and easily adapted for different populations and settings and by practitioners at all levels of knowledge, skill, and experience.

R1 Founder & CEO

Tom Karl founded R1 as the result of his own personal experiences in addiction and recovery. The idea for the R1 Learning System and the Discovery Cards came to Tom following a recurrence of use and hospitalization when he noted a lack of practical tools in addiction treatment settings. He has used the creation of the tools to help him better understand himself and address his own personal challenges. Through R1, Tom's goal is to put impactful self-discovery tools into the hands of individuals in recovery and empower them to change their lives. Tom has 25+ years of experience in learning and development and employee engagement, working with global companies, government agencies, and education institutions. Tom is active in the recovery community and volunteers with patient engagement programs.

R1LEARNING.COM