## RECOVERY CAPITAL
### An Actionable Measurement Toolkit

Strengths

SOCIAL
CULTURE
COMMUNITY
PERSONAL
**ME**
BARRIERS
UNMET NEEDS
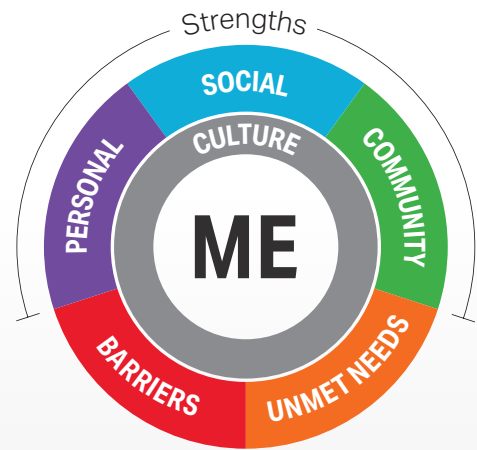
**GO TO R1 TO ACCESS THE R1 RECOVERY CAPITAL TOOLKIT**

R1 RC 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.

**R1 LEARNING**

### 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.

# R1 DISCOVER
## ASSESSMENTS

# Recovery Capital Screener (RCS-36)

## What's my R1 Score?

**Uses the R1 Recovery Capital Model by Dr. David Best**

**QUICK** (5-10 minutes)
**EVIDENCE-BASED**
**ACTIONABLE**

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

*NOTE: RCS-36 Includes BARC-10 Questions*

**R1 LEARNING**

R1 RCS-36

# Recovery Capital Screener (RCS-36)

ID:

DATE:

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

| | | Assessment Questions | AGREE | Subtotal | TOTAL + / − |
|---|---|---|---|---|---|
| **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 |
| | **Citizenship** | 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 |
| | **Sobriety** | 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 |

*BARC-10 Question

Calculate TOTAL by subtracting the "−" Subtotal from the "+" one.

**Personal Capital Total**  PT

| | | Assessment Questions | AGREE | Subtotal | TOTAL |
|---|---|---|---|---|---|
| **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 |
| | **Family Relationships** | 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 |
| | **Friendships** | 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 |

*BARC-10 Question

Calculate TOTAL by subtracting the "−" Subtotal from the "+" one.

**Social Capital Total**  ST

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# Recovery Capital Screener (RCS-36)

ID:

DATE:

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

| | | Assessment Questions | AGREE | Subtotal | TOTAL + / − |
|---|---|---|---|---|---|
| **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 |
| | **Wider Community** | 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 |
| | **Professionals** | 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 |

*BARC-10 Question

Calculate TOTAL by subtracting the "−" Subtotal from the "+" one.

**Community Capital Total**  CT

## 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.

| Recovery Capital Dimensions | Sub-Dimensions | SubTotals | Dimension Totals | R1 SCORE |
|---|---|---|---|---|
| **Personal Capital** My personal internal resources such as my skills, values, health, and aspirations; and my external resources such as property and money | Global Health & Wellness | P1 | PT | |
| | Citizenship | P2 | | |
| | Sobriety | P3 | P1+P2+P3 | PT+ST+CT |
| **Social Capital** My social resources and support from relationships with my social networks that require commitment or obligations (such as intimate relationships, family, friends, co-workers, and other social groups) | Intimate Relationships | S1 | ST | |
| | Family Relationships | S2 | | |
| | Friendships | S3 | S1+S2+S3 | |
| **Community Capital** My access to local community resources such as housing, training, employment opportunities, transportation, and recovery community organizations | Recovery Community | C1 | CT | |
| | Wider Community | C2 | | |
| | Professionals | C3 | C1+C2+C3 | |

**R1 RCS-36**

**SCAN TO INTERPRET YOUR R1 SCORE**