



Recovery Capital Screener (RCS-36)

ID: _____

DATE: _____

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.*		+	P1
		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.			
	Citizenship	5	I take full responsibility for my actions.*		+	P2
		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.			
	Sobriety	9	There are more important things in life for me than drinking or using drugs.*		+	P3
		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.*			
				Personal Capital Total		
				PT		

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

*BARC-10 Question

		AGREE	Subtotal	TOTAL		
Assessment Questions				+		
				-		
Social Capital	Intimate Relationships	13	I am happy with my personal life.		+	S1
		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.			
	Family Relationships	17	I am satisfied with my involvement with my family.		+	S2
		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.			
	Friendships	21	I get lots of support from my friends.*		+	S3
		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.			
				Social Capital Total		
				ST		

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

*BARC-10 Question



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		AGREE	Subtotal	TOTAL	
Assessment Questions				+	
				-	
Community Capital	Recovery Community	25	I have a network of people I can rely on to support my recovery.	+	C1
		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.		
	Wider Community	29	I am proud of the community I live in and I feel part of it.*	+	C2
		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).		
	Professionals	33	I am happy dealing with a range of professional people.*	+	C3
		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			
Community Capital Total				CT	

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

*BARC-10 Question

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	PT+ST+CT
	Citizenship	P2		
	Sobriety	P3		
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	 R1 RCS-36 SCAN TO INTERPRET YOUR R1 SCORE
	Family Relationships	S2		
	Friendships	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		