

# R1 DISCOVER

ASSESSMENTS

## Recovery Capital Screenener (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 Screenener (Sample)
- Recovery Capital Screenener (Blank)

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



R1 RCS-36



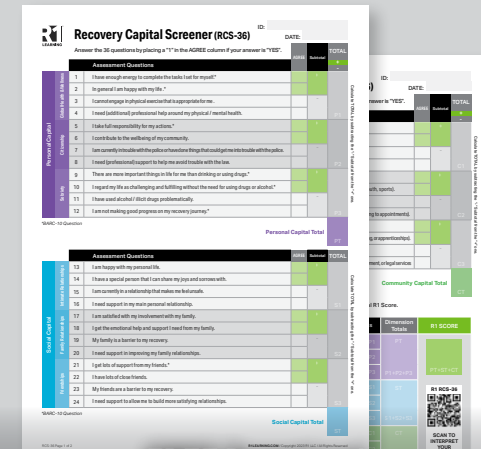
# Recovery Capital Toolkit



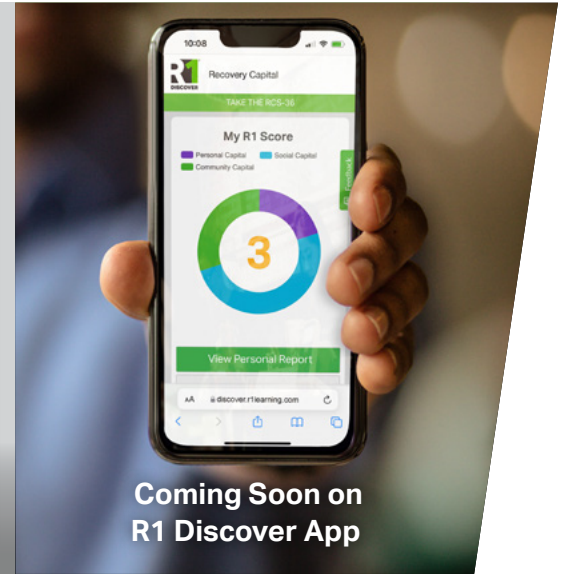
## An Actionable Measurement Toolkit

### ASSESS

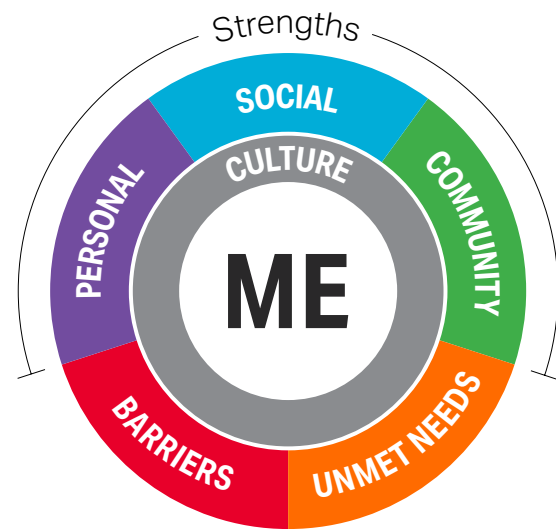
#### Recovery Capital Screener 36 (RCS-36)



FREE Download  
Print-based Assessment



Coming Soon on  
R1 Discover App



### 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.

### EXPLORE

#### Recovery Capital Discovery Cards Hands-on & Online



Print-based Discovery Cards



R1 Discover App

### 1 ASSESS

Assess Current State & Needs. Monitor Progress

### 2 EXPLORE

Identify Strengths, Gaps, & Goals

### 3 PLAN

Set Goals & Develop an Action Plan

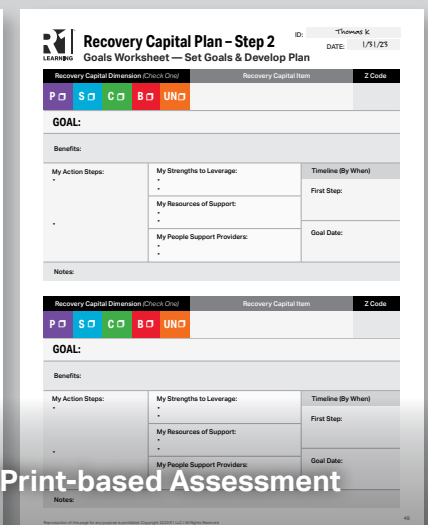
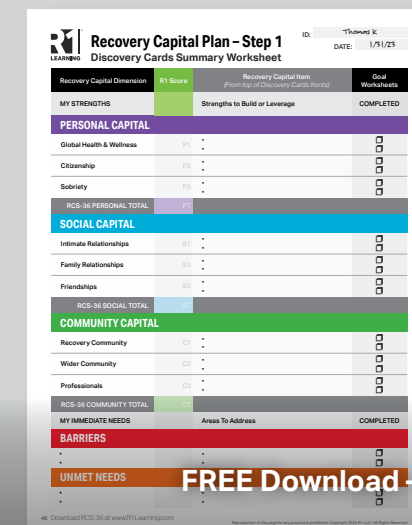
### ACT

Take Action & Reach Full Potential

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

### PLAN

#### R1 Recovery Capital Plan



FREE Download – Print-based Assessment

## Recovery Capital Screener (RCS 36) An Actionable Measurement Toolkit

### What is the R1 RCS-36?

The RCS-36 is a measurement tool for calculating individual Recovery Capital and creating an instant strength-based guide for recovery management. The RCS-36 calculates individual Recovery Capital through evidence-based statements that quantify the Personal, Social, and Community Capital of an individual. These dimensions include the following:

Personal Capital	Social Capital	Community Capital
Global Health & Wellness	Intimate Relationships	Recovery Community
Citizenship	Family Relationships	Wider Community
Sobriety	Friendships	Professionals

The RCS-36 identifies immediate barriers and unmet needs to recovery and quantifies current individual strengths that provide a framework for an individualized strength-based Recovery Capital Plan. The screener can be completed by the individual, or in collaboration with a licensed professional or with a peer recovery navigator. The RCS-36 can be repeated on an appropriate frequency based on the population and setting of the individual and provides a numerical progress monitoring mechanism.

### What does the R1 RCS-36 Deliver?

The RCS-36 delivers the current state and needs of an individual and monitors their recovery progress over time. The initial screener provides unique baseline scores. These results create a framework for practitioners to guide individuals toward actionable strength-based goals and “self-sustaining recovery”.

Includes BARC-10 questions: Vilsaint, Corrie L., Kelly, John F., Bergman, Brandon G., Groshkova, Teodora, Best, David and White, William (2017). Development and validation of a Brief Assessment of Recovery Capital (BARC-10) for alcohol and drug use disorder. Drug and Alcohol Dependence, 177, 71-76.

**Quick, Evidence-based, Actionable**  
(Takes 5-10 minutes to complete)

**R1 RCS-36**

**DOWNLOAD R1 RECOVERY CAPITAL SCREENER**

Below and calculate your final R1 Score.

Dimensions	Sub Totals	Dimension Totals	R1 SCORE
Personal Capital	P1	P1	R1 RCS-36 SCAN TO INTERPRET YOUR R1 SCORE
Social Capital	S1	S1	
Community Capital	C1	C1	
		P1+S1+C1	

## R1 RCS-36 Access through the R1 Discover App Coming Soon

### Includes:

- 36-Question Screener
- R1 Score
- Personalized Report
- Questions to Explore
- Analytics Dashboard
- Progress Tracking
- Benchmark Data
- Links to R1 Discover App Activities
- Multi-languages





# Recovery Capital Screener (RCS-36)

ID: Jamar S

SAMPLE DATE: 1/31/23

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

		AGREE	Subtotal	TOTAL		
<b>Assessment Questions</b>				<b>+</b>		
<b>Personal Capital</b>	<b>Global Health &amp; Wellness</b>	1	I have enough energy to complete the tasks I set for myself.*	1	+	2
		2	In general I am happy with my life.*	1	2	
		3	I cannot engage in physical exercise for me.		-	
	<b>Citizenship</b>	4	I need (additional) professional help for my physical / mental health.		0	P1
		5	I take full responsibility for my actions.		+	0
		6	I contribute to the wellbeing of my community.		0	
		7	I am currently in trouble with the police that could get me into trouble with the police.		-	
	<b>Sobriety</b>	8	I need (professional) support to help me deal with the law.		0	
		9	There are more important things in my life than drinking or using drugs.*	1	+	0
		10	I regard my life as challenging and I do not need for using drugs or alcohol.*		1	
		11	I have used alcohol / illicit drugs professionally.	1	-	
		12	I am not making good progress on my recovery journey.*		1	
<b>Personal Capital Total</b>				<b>2</b>	<b>PT</b>	

**R1 RCS-36**

**DOWNLOAD R1 RECOVERY CAPITAL SCREENER**

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

\*BARC-10 Question

		AGREE	Subtotal	TOTAL		
<b>Assessment Questions</b>						
<b>Social Capital</b>	<b>Intimate Relationships</b>	13	I am happy with my personal life.	1	+	0
		14	I have a special person that I can share my joys and sorrows with.		1	
		15	I am currently in a relationship that makes me feel unsafe.		-	
	<b>Family Relationships</b>	16	I need support in my main personal relationship.	1	1	S1
		17	I am satisfied with my involvement with my family.	1	+	2
		18	I get the emotional help and support I need from my family.	1	2	
		19	My family is a barrier to my recovery.		-	
	<b>Friendships</b>	20	I need support in improving my relationships.		0	
		21	I get lots of support from my friends.*	1	+	-1
		22	I have lots of close friends.		1	
		23	My friends are a barrier to my recovery.	1	-	
		24	I need support to allow me to build more satisfying relationships.	1	2	
<b>Social Capital Total</b>				<b>1</b>	<b>ST</b>	

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

\*BARC-10 Question



# Recovery Capital Screener (RCS-36)

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SAMPLE DATE: 1/31/23

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

		AGREE	Subtotal	TOTAL		
<b>Assessment Questions</b>				<b>+</b>		
<b>Community Capital</b>	<b>Recovery Community</b>	25	I have a network of people I can rely on to support my recovery.	1	+	1
		26	I attend recovery group meetings on a weekly basis or more frequently.	1	2	
		27	I have not been involved in work, training, education, or volunteering.		-	
	<b>Wider Community</b>	28	I need additional support from recovery groups and communities.	1	1	C1
		29	I am proud of the community I live in.*		+	-1
		30	I belong to a number of groups (e.g., faith-based, youth, sports).	1	1	
		31	My living space has been a barrier to my recovery.	1	-	
	<b>Professionals</b>	32	I need professional help to fulfill my needs (e.g., finding my home, getting to appointments).	1	2	
		33	I am happy dealing with a range of professional people.*		+	0
		34	I have access to opportunities for career development (e.g., job opportunities, volunteering, or apprenticeships).	1	1	
		35	I am not registered with a primary care doctor or a dentist.	1	-	
		36	I have additional support needs around (at least one of) housing, education, employment, or legal services		1	
<b>Community Capital Total</b>				<b>0</b>	<b>CT</b>	

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
<b>Personal Capital</b> My personal internal resources such as my skills, values, health, and aspirations; and my external resources such as property and money	Global Health & Wellness	2 P1	PT	<b>3</b> PT+ST+CT
	Citizenship	0 P2	2	
	Sobriety	0 P3	P1+P2+P3	
<b>Social Capital</b> 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	0 S1	ST	 SCAN TO INTERPRET YOUR R1 SCORE
	Family Relationships	2 S2	1	
	Friendships	-1 S3	S1+S2+S3	
<b>Community Capital</b> My access to local community resources such as housing, training, employment opportunities, transportation, and recovery community organizations	Recovery Community	1 C1	CT	
	Wider Community	-1 C2	0	
	Professionals	0 C3	C1+C2+C3	



# 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	
<b>Assessment Questions</b>				<b>+</b>	
<b>Personal Capital</b>	<b>Global Health &amp; Wellness</b>	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 for me.	-	
	<b>Citizenship</b>	4	I need (additional) professional support for my physical / mental health.		P1
		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 that could get me into trouble with the police.	-	
	<b>Sobriety</b>	8	I need (professional) support to help me deal with the law.		P2
		9	There are more important things in my life than drinking or using drugs.*	+	
		10	I regard my life as challenging and I do not have the need for using drugs or alcohol.*		
		11	I have used alcohol / illicit drugs professionally.	-	
		12	I am not making good progress on my recovery journey.*		P3
<b>Personal Capital Total</b>				<b>PT</b>	



**DOWNLOAD R1 RECOVERY CAPITAL SCREENER**

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

\*BARC-10 Question



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	<b>Wider Community</b>	28	I need additional support from recovery groups and communities.		C1
		29	I am proud of the community I live in.*	+	
		30	I belong to a number of groups (e.g., faith-based, youth, sports).		
		31	My living space has been a barrier to my recovery.	-	
	<b>Professionals</b>	32	I need professional help to fulfill my needs (e.g., finding my home, getting to appointments).		C2
		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
<b>Community Capital Total</b>				<b>CT</b>	

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

\*BARC-10 Question

		AGREE	Subtotal	TOTAL	
<b>Assessment Questions</b>				<b>+</b>	
<b>Social Capital</b>	<b>Intimate Relationships</b>	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
	<b>Family Relationships</b>	17	I am satisfied with my involvement in 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 relationship with my family.		S2
	<b>Friendships</b>	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
<b>Social Capital Total</b>				<b>ST</b>	



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<b>Social Capital</b> 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	PT+ST+CT
	Family Relationships	S2		
	Friendships	S3		
<b>Community Capital</b> My access to local community resources such as housing, training, employment opportunities, transportation, and recovery community organizations	Recovery Community	C1	CT	PT+ST+CT
	Wider Community	C2		
	Professionals	C3		



**SCAN TO INTERPRET YOUR R1 SCORE**

# ENGAGEMENT SOLUTIONS

## Evidence-Based Resources

- Engage & Retain Clients
- Train & Retain Workforce
- Increase Use of Evidence-Based Practices
- Measure & Improve Outcomes

Includes topics for Mental Health & Wellness, Substance Use Disorder/Addiction, & Life Skills



R1 Discover App



TRAINING



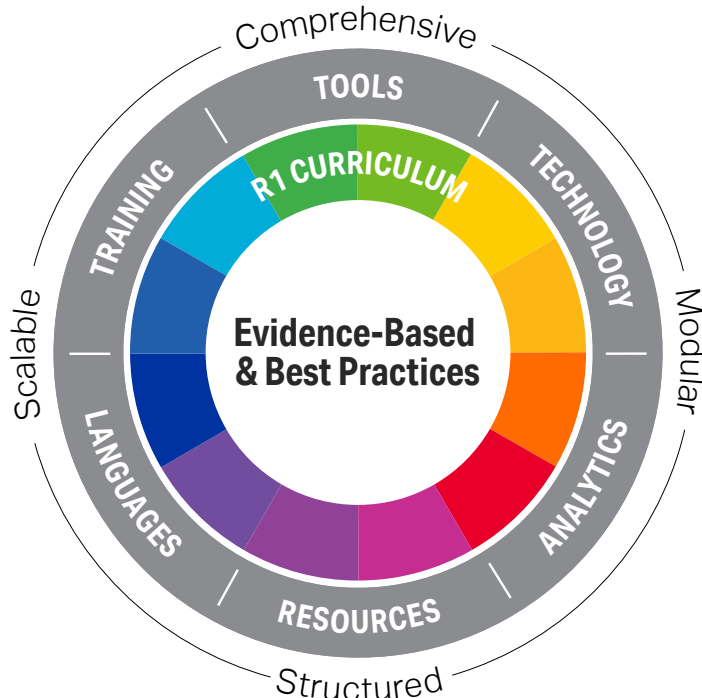
## Analytic Dashboards

- Streamline Documentation
- Monitor Progress
- Measure Outcomes

TECHNOLOGY

CONTACT US TO LEARN MORE  
**R1LEARNING.COM**

## R1 LEARNING SYSTEM Building Skills for Change™



### Standardized Library of Topics and Activities

**Comprehensive** – best researched content for the fundamental topics in behavioral health. Curated from the leading experts, theories, and models in the field.

**Modular** – plug-and-play activities for each topic in the R1 Learning System. Topic bundles include multiple activities for client engagement and practitioner training. Easily implemented and adopted by practitioners at all levels of knowledge, skill, and experience.

**Structured** – highly standardized set of tools, facilitation guides, and learning aides to train staff quickly and effectively. Structure enables both teaching and learning.

**Scalable** – standardized curriculum that can be easily deployed and implemented across multiple populations, settings, and locations using the same content for both in-person and virtual settings.

## TOOLS

Discovery Cards and Group Kits are available in a variety of topics (sample topics below):

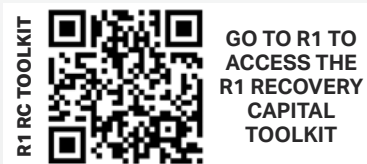
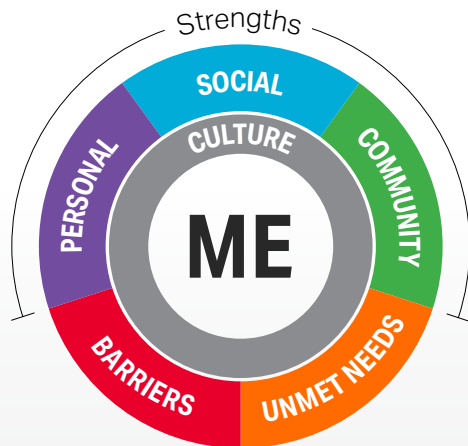


**Group Kits — 12 decks.** Includes one deck for each group member and one Facilitator Guide.

**12 Topic Kit Bundle** Includes 12 unique Discovery Cards decks and one Facilitator Guide for each

# RECOVERY CAPITAL

## An Actionable Measurement 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.

