



# How to Build Recovery Capital

## *Connecting Real Lives to the Concept*

September 6, 2022



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# What is recovery?

*“Recovery is a **process of change** through which individuals improve their **health and wellness**, live a **self-directed** life, and strive to reach their **full potential**.”*

SAMHSA’s (Substance Abuse and Mental Health Services Administration) working definition of Recovery

Recovery is both a **PROCESS** as well as an **OUTCOME**



# Four Dimensions of Recovery

## Health

overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being

## Home

having a stable and safe place to live



## Purpose

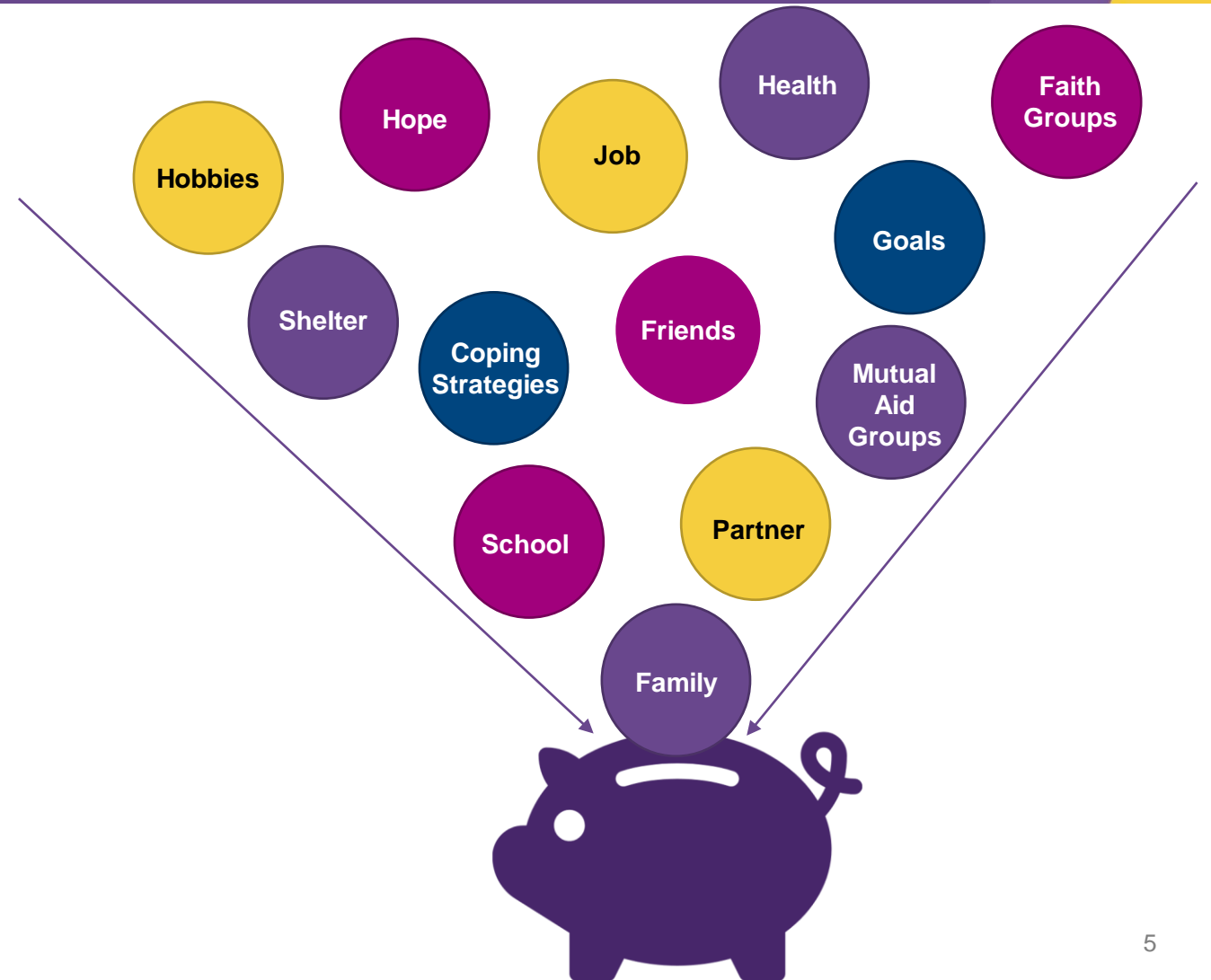
conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society

## Community

having relationships and social networks that provide support, friendship, love, and hope

# Recovery Capital

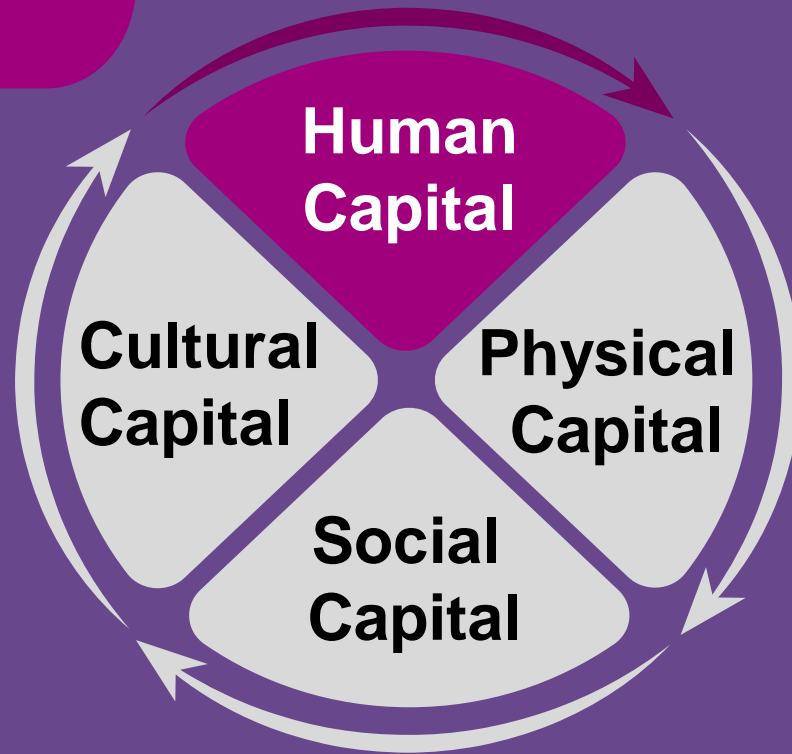
**Recovery Capital is the depth and breadth of internal and external resources that can be used by someone to begin and sustain wellness from addiction**



*(Granfield & Cloud, 1999; Cloud & Granfield, 2004)*

# Types of Recovery Capital – Human

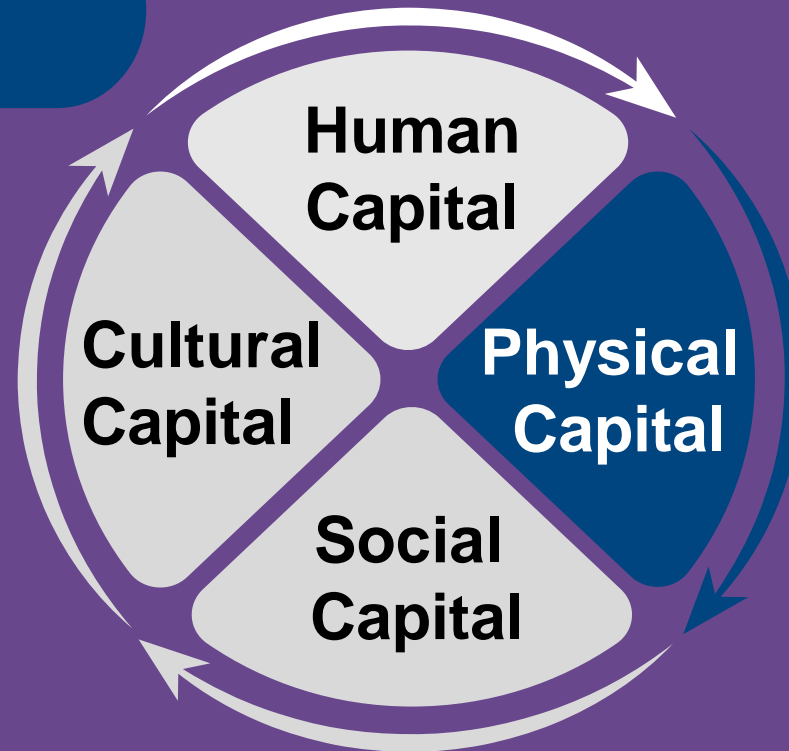
Personal characteristics used to achieve goals



# Types of Recovery Capital – Physical



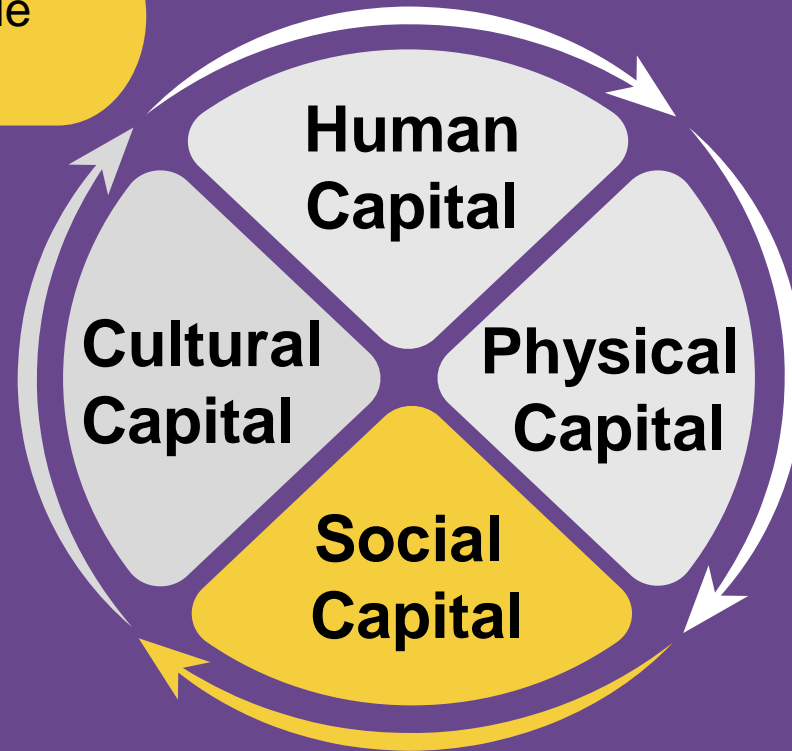
Tangible capital



# Types of Recovery Capital – Social



Support from and obligations to relationship bonds with people who support recovery

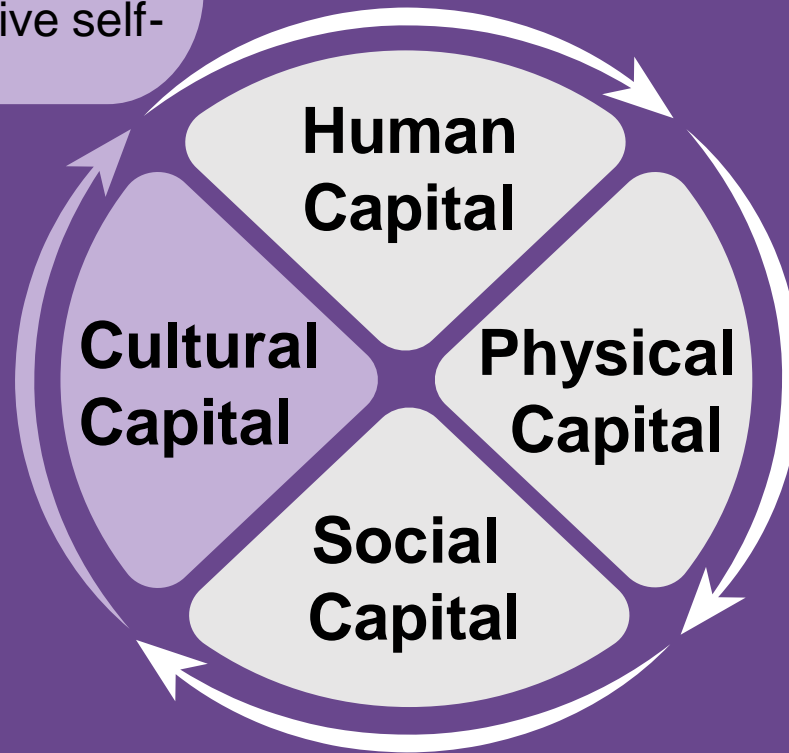




# Types of Recovery Capital – Cultural



Cultural and community values, beliefs, attitudes, and norms supporting recovery and positive self-concepts



# Investment in the future

You can think of recovery capital like **money in the bank**--the more you deposit, the more you can withdraw in times of need

“**Strengthening** existing recovery capital as well as **cultivating new** recovery capital may help **improve person-centered recovery outcomes**, such as quality of life, among individuals receiving MOUD at varying stages of reduced or eliminated substance use.”

*(Parlier-Ahmad, A.B., Terplan, M., Svikis, D.S. et al., 2021)*



# Let's hear from our panelists...

**Paul Alves**



**Toby Lynch**



**Windia Rodriquez**



**Miguel Vega**



# THANK YOU!

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