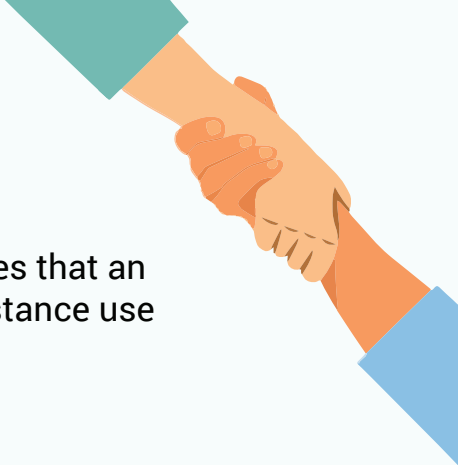


RECOVERY CAPITAL:

What Does it Mean and Why is it Important?



Recovery capital refers to the collection of internal and external resources that an individual can draw upon to initiate and sustain their recovery from substance use disorders (SUDs).

These resources can be categorized into several types:

1 Personal Recovery Capital

This includes an individual's physical and human capital. Physical capital refers to basics like health, healthcare, money, clothing, food, a safe place to live, and transportation. Human capital refers to one's skills and abilities, such as problem-solving, education, self-esteem, handling tough situations, achieving goals, good social skills, and having a sense of purpose.

2 Family/Social Recovery Capital

These resources relate to intimate relationships with friends and family, relationships with people in recovery, and supportive partners. It also includes the availability of recovery-related social events.

3 Community Recovery Capital

This includes attitudes, policies, and resources specifically related to helping individuals resolve substance use disorders. Community resources are vast and can include:

- Strategies aimed at reducing stigma.
- Access to and a range of addiction treatment resources.
- Recovery support institutions such as recovery ministries, recovery housing, and recovery high schools and colleges.
- Recovery-Ready Workplace policies and employee assistance programs.

4 Cultural Capital

This includes the local availability of resources that resonate with an individual's cultural and faith-based identity.

Why is Building Recovery Capital Important?

Understanding and enhancing recovery capital is crucial in developing effective interventions and support systems for individuals with substance use disorders, as it helps to strengthen their resilience and ability to maintain long-term recovery.

Recovery capital—both its quantity and quality—plays a major role in determining the outcome of a person’s recovery.

Recovery capital is both a building block and a foundation of an individual’s recovery process.

1 Building Block

Initially, recovery capital acts as a building block, as it consists of the resources, skills, and support systems that individuals gather and develop during their recovery journey. These elements are crucial for addressing immediate challenges, such as withdrawal symptoms, cravings, and early recovery challenges.

2 Foundation

Over time, as individuals accumulate and strengthen their recovery capital, it becomes the foundation for sustained recovery. This foundation provides the stability, resilience, and ongoing support necessary for recovery and includes deeper aspects like personal growth, community involvement, and sense of purpose and meaning in life. These elements form a solid base upon which individuals can build a fulfilling and self-directed lifestyle.

Recovery capital is flexible and can change over time. It involves building or losing resources that help support recovery. It’s not just about staying away from substances, but also about creating a fulfilling, healthy, and self-directed life.



Resources

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