



Recovery Capital



What is Recovery Capital?

- The resources (social, physical, human and cultural), which are necessary to begin and maintain recovery from substance use disorder include **recovery capital**
- Friends, family and the community can be sources of recovery capital
- Any external or internal resources that you can draw upon to initiate, support and maintain recovery from substance or alcohol is called recovery capital



Types of Recovery Capital

- **Personal recovery capital** includes a person's physical and human capital such as health, shelter, financial resources, food, clothing, transportation skills, knowledge, and other personal resources that can help to maintain recovery.
- **Family/social recovery capital** are related 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.
- **Community recovery capital** are attitudes, policies, and resources specifically related to helping individuals resolve substance use disorders. Community resources vary based on your state. Examples are peer-led recovery meetings, recovery community organizations, recovery housing , employee assistance programs, etc.
- **Cultural capital** resonates with your cultural and faith-based beliefs, such as resources for Black Americans, American Indian/Alaska Native, Native Americans and people of Christian, Islamic Jewish faith.

The background of the slide features a warm, golden sunset sky. In the foreground, the silhouettes of several people are visible, standing in a field of tall grasses. The sun is low on the horizon, creating a bright glow and lens flare effects. The overall mood is peaceful and hopeful.

How To Find/Develop Recovery Capital

- Having more friends or more family members to talk to
- A community support network
- Volunteering with community organizations
- Having fewer friends using illicit drugs
- Recovery Community Centers(RCCs) can link people to resources, people, places and events that can help you develop your recovery capital

How can Recovery Capital Support Recovery?

- It can help you to achieve abstinence from substance use disorder
- It can help you to improve coping strategies for abstaining from substances
- Also, recovery capital can prevent you from relapsing
- Recovery capital can enhance your quality of life in long term recovery
- It can also be a pathway to the end of addiction

For more Information

- <https://facesandvoicesofrecovery.org/2019/10/08/recovery-capital-its-role-in-sustaining>
- <https://www.recoveryanswers.org/research-post/social-cure-family-friends-matter-recovery-capital/>
- <https://www.recoveryanswers.org/addiction-ary/#recovery-capital>
- <https://www.recoveryanswers.org/research-post/recovery-capital-treatment-benefit/>