



# Recovery Capital Index - Full Assessment Tool

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|  Tags  |   |

**Measures growth in social, human, and financial capital—holistic progress beyond sobriety**

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## Purpose

The Recovery Capital Index tracks participants' accumulation of resources and assets that support sustained recovery and upward mobility. It moves beyond binary "sober/not sober" to measure the building blocks of a stable, thriving life.

**Core hypothesis:** Recovery isn't absence of substances—it's presence of resources, relationships, skills, and purpose.

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## Theoretical Foundation

### Cloud & Granfield: Recovery Capital Theory

- **Social capital:** Relationships, networks, community belonging
- **Physical capital:** Housing, transportation, financial resources
- **Human capital:** Skills, education, employment, health
- **Cultural capital:** Values, beliefs, identity, sense of meaning

### Bourdieu: Forms of Capital

- Capital is convertible: Social connections → job opportunities → financial stability
- Capital compounds: More capital makes it easier to get more capital
- Lack of capital = structural barrier to recovery and success

## SAMHSA: Dimensions of Recovery

- Health, home, purpose, community
  - Holistic view of recovery beyond abstinence
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## Assessment Structure

**Format:** 40-item self-report scale + objective measures

**Response scales:** Vary by domain (see below)

**Time to complete:** 12-15 minutes

**Administration:** Intake, graduation, 3-month, 6-month, 12-month follow-up

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## Domain 1: Social Capital (10 items)

*Measures strength and quality of relationships and networks*

### Items

**Response scale:** 1 (Strongly Disagree) to 5 (Strongly Agree)

1. I have people in my life I can count on when things get hard.
2. I am part of a community where I feel I belong.
3. I have mentors or advisors who support my growth.
4. I know people who can help me with business advice or connections.
5. I have friends who support my recovery and goals (not people who pull me back).
6. There are people in my life who believe in me.
7. I feel connected to others who understand my journey.

8. I have professional relationships that open doors for me.
9. I regularly spend time with people who inspire me.
10. I am building a network that will help me succeed long-term.

## Scoring

- Range: 10-50
  - **Interpretation:**
    - 10-20: Isolated, few supportive connections
    - 21-35: Some support, building network
    - 36-50: Strong, diverse social capital
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## Domain 2: Human Capital (10 items)

*Measures skills, knowledge, health, and employability*

### Items

**Response scale:** 1 (Strongly Disagree) to 5 (Strongly Agree)

1. I have skills that employers or customers value.
2. I am actively learning new things that will help me succeed.
3. I take care of my physical health (sleep, exercise, nutrition).
4. I have strategies to manage stress and mental health.
5. I am building my résumé or portfolio.
6. I have completed trainings or certifications that increase my value.
7. I know how to learn what I don't yet know.
8. I have work experience or references I can point to.
9. I am developing my entrepreneurship skills (if applicable).
10. I have a clear picture of what I'm good at and how to use those strengths.

## Scoring

- Range: 10-50
  - **Interpretation:**
    - 10-20: Low skills/health, needs intensive support
    - 21-35: Building capacity
    - 36-50: Strong human capital
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## Domain 3: Financial Capital (10 items)

*Measures financial stability and assets*

### Items

#### Mixed response scales

1. I have a bank account in my name. (**Yes/No = 5/1**)
2. I have a source of income (job, business, benefits). (**Yes/No = 5/1**)
3. I can cover my basic needs (food, housing, transportation) each month. (**1-5 scale**)
4. I have some savings, even if small. (**Yes/No = 5/1**)
5. I am reducing or managing debt. (**1-5 scale: getting worse → getting better**)
6. I have a plan for increasing my income. (**1-5 scale: no plan → clear plan**)
7. I understand how to manage money and budget. (**1-5 scale**)
8. I have access to transportation when I need it. (**Yes/No = 5/1**)
9. My housing situation is stable. (**1-5 scale: unstable → very stable**)
10. I am building assets (business, property, investments) for the future. (**1-5 scale: not at all → actively building**)

### Scoring

- Range: 10-50
- **Interpretation:**
  - 10-20: Financial crisis, immediate needs unmet

- 21-35: Getting by, some stability
  - 36-50: Financial security, building assets
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## Domain 4: Cultural/Identity Capital (10 items)

*Measures sense of purpose, meaning, and identity strength*

### Items

**Response scale:** 1 (Strongly Disagree) to 5 (Strongly Agree)

1. I have a clear sense of purpose in my life.
2. I see my future as full of possibility.
3. I am proud of who I am becoming.
4. I have values that guide my decisions.
5. I feel like I'm part of something bigger than myself.
6. I have a vision for the legacy I want to leave.
7. I believe my life has meaning beyond just surviving.
8. I have identity beyond my past struggles (I'm not just my history).
9. I am connected to causes or communities I care about.
10. I wake up with a sense of direction, not just going through the motions.

### Scoring

- Range: 10-50
  - **Interpretation:**
    - 10-20: Low meaning/purpose, identity crisis
    - 21-35: Developing sense of purpose
    - 36-50: Strong purpose-driven identity
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## Total Recovery Capital Index

## Composite Score

- Sum all four domains
- Range: 40-200
- **Interpretation:**
  - 40-80: Low recovery capital—high risk, needs intensive support
  - 81-120: Moderate recovery capital—building, vulnerable
  - 121-160: Good recovery capital—stable, growing
  - 161-200: High recovery capital—thriving, resilient

## Expected Trajectory

- **Intake:** 70-100 (low to moderate capital)
  - **Graduation:** 100-130 (moderate to good capital)
  - **6-month:** 120-150 (good capital, sustaining gains)
  - **12-month:** 130-170+ (thriving, compounding returns)
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## Objective Measures (Supplement Self-Report)

*Collect these alongside the self-report scale*

### Social Capital (Objective)

- Number of supportive contacts (people you could call for help)
- Mentor relationships (yes/no)
- Peer support group attendance (times per month)
- LinkedIn connections or professional network size

### Human Capital (Objective)

- Certifications/credentials earned (count)
- Skills trainings completed (hours)
- Employment status (employed Y/N, hours/week)

- Health insurance status (Y/N)

## **Financial Capital (Objective)**

- Monthly income (self-reported \$)
- Savings amount (even \$50 counts)
- Housing status (own, rent, unstable, homeless)
- Debt amount (self-reported \$)

## **Cultural Capital (Objective)**

- Volunteer hours (hours/month)
  - Community engagement activities (count)
  - Goal-setting (has written goals Y/N)
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## **Administration Protocol**

### **Intake**

- Frame: "This is a snapshot of where you're starting—we'll track growth together"
- Privacy: Emphasize confidentiality, especially for financial questions
- Non-judgment: "There are no wrong answers. This helps us support you."

### **Graduation (Week 8)**

- Celebrate growth: Show before/after scores
- Identify: Which domain grew most? Which needs continued attention?
- Plan: What capital-building goals for next 6 months?

### **Follow-Up (3, 6, 12 months)**

- Online survey + phone call option
- Incentive: \$30 gift card (higher than other assessments—longer survey)

- Retention strategy: "We want to celebrate your wins and support you if needed"
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## Using RCI for Program Decisions

### Intake Triage

- **Low financial capital?** → Connect to emergency assistance, housing support
- **Low social capital?** → Prioritize buddy matching, community activities
- **Low human capital?** → More skill-building, health referrals
- **Low cultural capital?** → Focus on identity work, purpose exploration

### Mid-Program Adjustments

- Track: Which domains are growing? Which are stuck?
- Personalize: Extra support in lagging domains

### Alumni Support Targeting

- **RCI dropping post-program?** → Alumni is at risk, needs re-engagement
  - **RCI climbing steadily?** → Celebrate, ask them to mentor others
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## Validation Plan

### Phase 1: Content Validity

- Expert review: Recovery capital researchers (Cloud, Granfield, Best), social workers
- Community review: Does language resonate with justice-impacted individuals?

### Phase 2: Pilot Testing

- **Sample:** 20-30 participants, all time points
- **Metrics:**
  - Internal consistency per domain ( $\alpha \geq 0.80$ )

- Test-retest reliability (2-week interval)
- Floor/ceiling effects (are there items everyone scores high/low on?)

## Phase 3: Construct Validity

- **Convergent:** Should correlate with Brief Assessment of Recovery Capital (BARC-10)
- **Discriminant:** Should NOT correlate with unrelated constructs
- **Criterion:** Compare high vs low RCI participants on objective outcomes

## Phase 4: Predictive Validity

- Does higher RCI at graduation predict:
  - Lower relapse rates?
  - Higher income growth?
  - Business persistence?
  - Life satisfaction?

# Reporting for Funders

## Visual Dashboards

- Spider graph: 4 domains at intake vs. graduation
- Cohort averages over time
- % of participants reaching "good" or "high" RCI by 12 months

## Narrative Examples

**Before:** Marcus entered with RCI of 75—no savings, few supportive relationships, unclear purpose.

**After:** At 12 months, Marcus's RCI was 155—stable income, strong peer network, running a lawn care business, mentoring new cohort members.

# Licensing & Publication

**Copyright:** Legacy Rising owns this tool

**Citation:** "Legacy Rising Recovery Capital Index (Zeck, 2025)"

**Publication goal:** Validate and publish in *Journal of Substance Abuse Treatment* or *Addiction Research & Theory*

**Cross-reference:** Cloud & Granfield's RCI work (cite, differentiate, improve)

**Licensing revenue:** Charge recovery centers \$750-\$1,500/year for use

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## Next Steps

- Literature review—compare to existing RCI tools (BARC-10, REC-CAP)
- Expert panel review (3-5 recovery capital researchers)
- Community feedback—test items with 5-10 people in recovery
- Create digital + paper versions
- Pilot with Cohort 1 at all time points
- Analyze reliability and validity after Cohort 2
- Refine items based on data
- Create funder-ready dashboard template in Google Data Studio or Tableau