

Introduction To The Concept Of Recovery Capital



INTRODUCTION

This Academic Poster outlines the concept of Recovery Capital and it's potential to assist with the recovery process. It is increasingly thought that recovery is contagious, and that this infectious spread of 'recovery' can not only assist in transforming the lives of individuals, but also in having positive impact on their families and communities as well.

WHAT IS RECOVERY & RECOVERY CAPITAL?

Researchers and Clinicians have devised the construct of 'Recovery Capital' to refer to the sum of resources necessary to initiate and sustain recovery from substance misuse.

In the US, the **Betty Ford Institute Consensus Panel, Elsevier. (2007)** defined recovery as "a voluntarily maintained lifestyle characterised by sobriety, personal health and citizenship". Subsequently, the **UK Drug Policy Commission (2008, p.6)** followed up this statement with a definition of recovery as "voluntarily sustained control over substance use which maximises health and wellbeing and participation in the rights, roles and responsibilities of society"

WHAT ARE THE KEY COMPONENTS OF RECOVERY CAPITAL

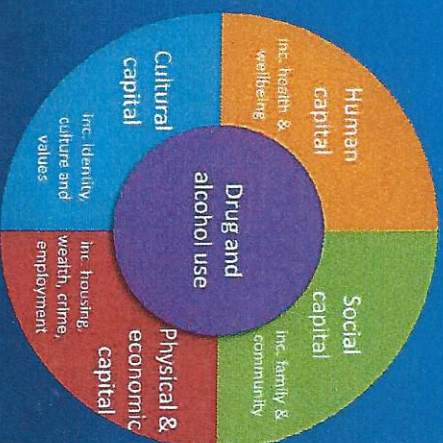
Cloud and Granfield (2009) have argued that there are four components to Recovery Capital:

Social Capital is defined as the sum of resources that each person has as a result of their relationships with family, friends and groups.

Physical Capital is defined in terms of tangible assets such as property and money that may increase recovery options.

Human Capital includes skills, positive health, education, aspirations and hopes, and personal resources that will enable an individual to prosper.

Cultural Capital includes the values, beliefs and attitudes of a person.



THE POTENTIAL

Within the addictions field, **Best and Gillman. Drink and Drug News (2010)** have argued that the growth of recovery capital has a ripple effect that provides support and hope for those in recovery, and which engages people in a range of activities in the local community. This process translates into active participation in community life and 'giving something back'. The recovery community acts and is seen as a positive force, and resource within the local community

REFERENCES

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