

MENTAL HEALTH AND RECOVERY CAPITAL ACTION PLAN

Recovery: 'A process of change though which people improve their health and wellness, live self-directed lives, and strive to reach their full potential' -SAMSHA

NAME:

PHASE:

Place a number by each statement that best summarizes your situation.

5. Strongly Agree

4. Agree

3. Sometimes

2. Disagree

1. Strongly Disagree

BASIC NEEDS

- I have the financial resources to provide for myself and/or my family.
- I have personal transportation or access to public transportation.
- I live in a home and neighborhood that is safe and secure.
- I live in an environment free from alcohol and other drugs.
- I have a stable job that I enjoy and that provides for my basic needs.
- I have insurance that will allow me to receive help for major health problems.
- I have access to regular, nutritious meals.
- I have clothes that are comfortable, clean and conducive to my recovery activities.

PERSONAL ENVIRONMENT

- I have an intimate partner supportive of my recovery process.
- I have family members who are supportive of my recovery process.
- I have friends who are supportive of my recovery process.
- I have people close to me (intimate partner, family members, or friends) who are also in recovery.

RECOVERY/MENTAL HEALTH TREATMENT

- I am in therapy (Group and/or Individual) for my recovery.
- I am on prescribed medication that minimizes my cravings for alcohol and other drugs.
- I am on prescribed medication for my mental health.
- I have access to recovery support groups in my local community.
- I have established close affiliation with a local recovery support group.
- I have a sponsor (or equivalent) who serves as a special mentor related to my recovery.
- I have access to Online recovery support groups.
- There are other people who rely on me to support their own recoveries.
- My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery.

- ___ I have recovery rituals that are now part of my daily life.
- ___ I had a profound experience that marked the beginning or deepening of my commitment to recovery.

HEALTH

- ___ I take all my medication as prescribed.
- ___ I have a primary care physician who attends to my health problems.
- ___ I am now in reasonably good health.
- ___ I have an active plan to manage any lingering or potential health problems.

LEGAL

- ___ I attend all my court-ordered treatment and probation appointments.
- ___ I have completed or am complying with all legal requirements related to my past and current offenses.
- ___ I know when to drug test.
- ___ I drug test when it is required.
- ___ I have the ability to pay my court fees.

PERSONAL SUCCESS

- ___ I now have goals and great hopes for my future.
- ___ I have problem solving skills and resources that I lacked during my years of active addiction and mental illness.
- ___ I feel like I have meaningful, positive participation in my family and community.
- ___ Today I have a clear sense of who I am.
- ___ I know that my life has a purpose.
- ___ Service to others is now an important part of my life.
- ___ My personal values and sense of right and wrong have become clearer and stronger in recent years.

The areas in which I scored lowest were the following:

1. _____
2. _____
3. _____
4. _____
5. _____

Recovery Capital Plan

After completing and reviewing the Recovery Capital Scale, complete the following.
In the next year, I will increase my recovery capital by doing the following:

Goal # 1: _____

Goal # 2: _____

Goal # 3: _____

Goal # 4: _____

My Recovery Capital "To Do" List

In the next week, I will do the following activities to move closer to achieving the above goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Signature:

Date: