

## RECOVERY CAPITAL INDEX SURVEY

For each statement, circle the number that is closest to how you CURRENTLY feel or best describes your CURRENT circumstances.

1 = strongly disagree

2 = disagree

3 = neutral

4 = agree

5 = strongly agree

PERSONAL CAPITAL GENERAL HEALTH	1	2	3	4	5
1. Today, my overall health is good.	1	2	3	4	5
2. Most of the time, I'm bothered by an illness, bodily disorder, pain or fears about my health.	1	2	3	4	5
3. I often wake up feeling fresh and rested.	1	2	3	4	5
4. I have physical pain that often prevents me from doing what I need to do.	1	2	3	4	5
PERSONAL CAPITAL MENTAL AND EMOTIONAL WELLBEING	1	2	3	4	5
5. I am satisfied with my current emotions or feelings.	1	2	3	4	5
6. My emotions often interfere with my work, personal life or ability to accomplish tasks.	1	2	3	4	5
7. When my emotions/feelings become overwhelming, I have friends/family to turn to for emotional support.	1	2	3	4	5
8. I am satisfied with my mental or psychological health.	1	2	3	4	5
9. I have repeated, disturbing memories, thoughts or images of a stressful experience from the past.	1	2	3	4	5
10. Today, I feel depressed.	1	2	3	4	5
PERSONAL CAPITAL NUTRITION	1	2	3	4	5
11. I am satisfied with my nutritional intake.	1	2	3	4	5
12. My food intake is nutritionally balanced.	1	2	3	4	5
13. I have access to healthy food.	1	2	3	4	5
PERSONAL CAPITAL EMPLOYMENT	1	2	3	4	5
14. I am satisfied with my current employment status.	1	2	3	4	5
15. My workplace environment is supportive in regards to addiction wellness or general wellbeing.	1	2	3	4	5
PERSONAL CAPITAL EDUCATION	1	2	3	4	5
16. I am satisfied with my current level of education.	1	2	3	4	5
17. I am stressed about not having sufficient education.	1	2	3	4	5
PERSONAL CAPITAL FINANCIAL WELLBEING	1	2	3	4	5
18. I am satisfied with my current financial situation.	1	2	3	4	5
19. I am worried about not having enough money to provide for myself and/or my family.	1	2	3	4	5
20. I am stressed about my debts or financial obligations.	1	2	3	4	5
PERSONAL CAPITAL HOUSING & LIVING SITUATION	1	2	3	4	5
21. My current housing or living situation is sufficient for myself and/or my family.	1	2	3	4	5
22. I am stressed about my housing or living situation.	1	2	3	4	5
PERSONAL CAPITAL TRANSPORTATION	1	2	3	4	5
23. My personal transportation or access to public transportation is sufficient for me and/or my family.	1	2	3	4	5
24. I am worried about being able to get to work, school, and appointments on time.	1	2	3	4	5
PERSONAL CAPITAL CLOTHING	1	2	3	4	5
25. My clothing meets my current needs.	1	2	3	4	5
26. My clothes are appropriate for work, school and/or appointments.	1	2	3	4	5
SOCIAL CAPITAL FAMILY SUPPORT	1	2	3	4	5
27. My family tries to help me when I need it.	1	2	3	4	5
28. I get the emotional help and support I need from my family.	1	2	3	4	5
29. I can talk about my problems with my family.	1	2	3	4	5
30. My family is willing to help me make decisions.	1	2	3	4	5
31. My family relationships are negatively impacting my ability to make positive or healthy decisions.	1	2	3	4	5

1 = strongly disagree

2 = disagree

3 = neutral

4 = agree

5 = strongly agree

<b>SOCIAL CAPITAL SIGNIFICANT OTHER</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
32. There is a special person with whom I can share my joys and sorrows when needed.	1	2	3	4	5
33. I have a special person who is a source of comfort to me.	1	2	3	4	5
34. Not having a significant other in my life causes me stress.	1	2	3	4	5
<b>SOCIAL CAPITAL SOCIAL SUPPORT</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
35. I am satisfied with my friends and/or social network.	1	2	3	4	5
36. I can count on my friends and/or social network when things go wrong.	1	2	3	4	5
37. I have friends and/or a social network with whom I can share my joys and sorrows	1	2	3	4	5
<b>SOCIAL CAPITAL SOCIAL MOBILITY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
38. I feel like my social and/or professional network is keeping me from fulfilling my potential.	1	2	3	4	5
39. My social and/or professional network is good enough to meet my goals in life.	1	2	3	4	5
40. I feel like my past and/or issues relating to addiction (mine or a loved one's) are hindering my ability to be accepted by other social groups.	1	2	3	4	5
<b>SOCIAL CAPITAL HEALTHY LIFESTYLE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
41. My family and/or social environment support living a healthy lifestyle.	1	2	3	4	5
42. I have access to activities or support groups in my community.	1	2	3	4	5
43. My community promotes living a healthy lifestyle.	1	2	3	4	5
44. I have established daily activities or rituals to support my wellness or recovery plan.	1	2	3	4	5
<b>SOCIAL CAPITAL ACCESS TO HEALTH CARE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
45. I could not see a doctor within the past 6 months because I could not afford the cost.	1	2	3	4	5
46. I am satisfied with my ability to access medical care when needed.	1	2	3	4	5
47. I have a primary care physician for general health issues.	1	2	3	4	5
<b>SOCIAL CAPITAL SAFETY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
48. I feel safe at home.	1	2	3	4	5
49. I feel safe at work or school.	1	2	3	4	5
50. I feel safe in my community.	1	2	3	4	5
<b>CULTURAL CAPITAL BELIEFS</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
51. My beliefs are respected within my community.	1	2	3	4	5
52. It is important to me that my wellness or recovery plan reflects my beliefs.	1	2	3	4	5
53. I sense a growing connection to my beliefs.	1	2	3	4	5
<b>CULTURAL CAPITAL VALUES</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
54. My wellness or recovery plan reflects my values.	1	2	3	4	5
55. I feel like my principles or standards are challenged within my community.	1	2	3	4	5
56. My personal values have become clearer and stronger.	1	2	3	4	5
<b>CULTURAL CAPITAL SPIRITUALITY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
57. I am satisfied with my spiritual life.	1	2	3	4	5
58. My spirituality is connected to my daily activities.	1	2	3	4	5
59. I get strength from a profound life or spiritual experience.	1	2	3	4	5
60. I feel like my spirituality is challenged within my community.	1	2	3	4	5
<b>CULTURAL CAPITAL SENSE OF PURPOSE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
61. My life has purpose.	1	2	3	4	5
62. I have reasonable goals and hopes for my future.	1	2	3	4	5
<b>CULTURAL CAPITAL CULTURAL RELEVANCY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
63. I have access to culturally appropriate wellness, recovery or group support activities.	1	2	3	4	5
64. There are cultural challenges in my community or communities where I live or work that negatively impact my wellness or recovery goals.	1	2	3	4	5
65. I feel like I have meaningful, positive participation in my family or community.	1	2	3	4	5
<b>CULTURAL CAPITAL SENSE OF COMMUNITY</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
66. There are people within my community that look to me for support.	1	2	3	4	5
67. Service to others is an important part of my life.	1	2	3	4	5
68. I feel a deeper connection to my community.	1	2	3	4	5