



Building A Strong Recovery Community in Rural Areas

Subtitle

Presenter name, title, change font size to 16pt

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Disclosure

This project was supported by Grant Number DCT9924C0001-00, which was awarded by the Office of National Drug Control Policy (ONDCP) of the Executive Office of the President. Points of view or opinions in this document are those of the author and do not necessarily represent the official position of the Executive Office of the President.

Recovery

SAMHSA

"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."

RECOVERY RESEARCH INSTITUTE

"The process of improved physical, psychological, social well-being and health after having suffered from a substance-related condition"



SAMHSA 4 MAJOR DIMENSIONS



Health



Home



Purpose



Community

Distinction



Treatment

- In-or outpatient services
- Detox
- Group
- Individual counseling
- Medication

Recovery

- Choice
- Personal
- Value
- Thrive
- Medication

SAMHSA 4 Dimensions



Health

Access to treating physical, emotional, and spiritual

Key questions:

- What barriers exist in your community?
- Who in your community is working on these barriers?
- How do your participants currently manage these barriers?

SAMHSA 4 Dimensions



Home

A stable and safe place to live

Key questions:

- What does stable and safe look like to the team?
- What does stable and safe look like to your participants?
- What community agencies are working on the housing issue?

SAMHSA 4 Dimensions



Purpose

Meaningful activities, independence, and resources to engage in society

Key questions:

- Does your program require or encourage pro-social engagement?
- How do you learn about community events/activities?
- Does the participant have choice?

SAMHSA 4 Dimensions



Community

Relationships and social networks that provide support, friendship, love, and hope

Key questions:

- Does your program address healthy relationships?
- How does your program engage the blood or chosen family?
- How does your program instill hope?

It's all about
Connection

Recovery Capital



- Most interventions focus on deficits
- Recovery capital refers to ASSETS that participants build to sustain their long-term recovery and pursue long-term goals



How do we move from “before” to “after?”



Provide skills, support, accountability, and opportunities for growth and connection to move people through their journey to recovery. This includes integrating elements beyond our traditional treatment and community supervision interventions; specifically, **recovery capital**.

Recovery capital includes the tangible and intangible assets participants gather during the recovery process and draw upon to sustain their long-term recovery.

(Granfield & Cloud, 1999; White & Cloud, 2008)



Recovery Capital Tools



Recovery Capital Assessments

- Assessment of Recovery Capital (ARC)
- Brief Assessment of Recovery Capital (BARC-10)
- Multidimensional Inventory of Recovery Capital (MIRC)
- Recovery Assessment Scale: Domains and Stages (RAS-DS)
- Recovery Capital Index (RCI)
- Recovery Capital Questionnaire (RCQ)
- Recovery Capital Scale (RCS)

Incorporating Recovery Capital

- Complete a Recovery Capital tool within the first 45 days of the program
- Identify recovery capital strengths and areas needing improvement
- Ongoing assessment to measure gains and setbacks and phase advancement



Community Recovery Capital

Inform participants about community events and spiritual activities

Connect participants to prosocial networks, safe and rewarding leisure activities

TREATMENT COURT STAFF

Describe options for religious, or spiritual activities

Offer secular prosocial alternatives

Resources

Family Need

Explore what family means to you and how it supports recovery. Remember family can be biological or chosen. Complete each box and continue the activity on the next page.

What does a healthy relationship look like to you?

What does an unhealthy relationship look like to you?

What does support look like for you?

How do you manage frustrations with?

Financial Need

Explore what family means for you to work towards financial freedom. Financial freedom is having enough savings and cash on hand to afford the kind of life you deserve for yourself and your family. Reflect on what financial freedom looks like to you and continue the activity on the next page.

What Needs Does Your Family Possess?

- ☐ Children
- ☐ Financial support
- ☐ Emotional support
- ☐ Housing
- ☐ Transportation
- ☐ Spiritual support
- ☐ Assets with problems

What?

BANK

How would attaining financial freedom be impactful on your life?

Why is it so hard to stick to a budget?

Answer Y/N

Have a budget? ☐ Yes ☐ No

"I might have to manage money"

☐ Yes ☐ No

Burn through money frequently?

☐ Yes ☐ No

Have bank accounts?

☐ Yes ☐ No

Write down monthly recurring expenses

Answer Y/N

Could you pay for things with cash?

☐ Yes ☐ No

Do you balance your checkbook?

☐ Yes ☐ No

Do you have credit a card?

☐ Yes ☐ No

Do you trust the bank?

☐ Yes ☐ No

Scale 1-10 (1 being 0 right)

How stressed are you with your finances?

How often are your finances showing what you do?

How stressed are you doing this activity?

What are the top 3 things you spend the most money on each month that are not a recurring expense?

What is one thing you are willing to do today to start working towards financial freedom?

[illegible]

<https://allrise.org/publications/recovery-capital-worksheets/>

Next Steps



Identify Needs *(internally)*



How are you getting this information?

- Program data
 - Surveys
 - Making it up?
- What are your program needs?
- What are your participants' needs?
- What are the barriers to accessing these resources?

Reach Out

(connect with community)



- What does your local recovery community look like?
- What community organizations align with the treatment court?
- What services do potential/current community partners provide?
- What needs to community partners have?

Get out of your office and into the community!

Set a Meeting

(build community)



- Build a community collaborative to address issues. If one exists, join it.
- At the meetings, have the partners talk about their services
- Do a recovery event together

be sure not to duplicate!

Takeaway



- We can't expect change if we stay in our bubble
- Learn about the needs and barriers of your participants
- Take action and get connected to your community
- Get out of your office and interact with the community

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Thank
You 

A large, white, sans-serif "Thank You" message. To the right of the text is a stylized blue graphic element consisting of three vertical bars of varying heights and two diagonal bars, creating a sense of upward movement or a stylized "A" shape.