

Recovery Capital Activity

Purpose: To demonstrate the recovery capital available to treatment court team members vs. the recovery capital available to participants.

Attendees receive a string and multiple beads. Attendees add a bead to their string if they can answer “yes” to the following questions:

- Do you have safe and stable housing or are you in an unstable, unhealthy living environment?
- Do you have reliable transportation or do you need to rely on others or public transportation?
- Do you have a supportive family or are your family relationships strained?
- Do you have a supportive employer or an unpredictable work schedule?
- Do you have enough income to cover basic living expenses or are you frequently worried about having enough to cover food/rent?
- Do you have health insurance or are you uninsured?
- Do you have few or no unresolved legal issues or do you have multiple legal problems?
- Do you know where to turn for help if you need it or do you give up when barriers arise?
- Do you know how to ask directly for what you need or do you have difficulty expressing what you need?
- Are you comfortable navigating services or are you reluctant to ask for assistance?
- Do you have access to a device and internet to access services or do you have limited or unreliable technology access?
- Do you have reliable childcare or does your childcare frequently fall through?
- Do you have a positive community where you feel accepted or do you frequently encounter stigma/rejection?
- Do you have a safe space to sleep consistently or is your space unstable/noisy/unsafe?
- Do you have a system to keep yourself organized or are you frequently overwhelmed by logistics?
- Do you have safe opportunities to try new behaviors/skills or do you have an environment that reinforces old behaviors?
- Can you manage short-term frustration or does immediate distress often lead to impulsive decisions?

Have attendees repeat the same exercise while thinking about one of their treatment court participants on Day 1.