

RSS Assessment of Recovery Capital

ARC Assessment Number <small>(Auto generated by CMBHS system)</small>	<input type="text"/>
ARC Assessment Date	<input type="text"/> MM/DD/YYYY

SUBSTANCE USE & SOBRIETY

1	I am currently completely sober.	<input type="radio"/> Agree	<input type="radio"/> Disagree
2	I feel I am in control of my substance use.	<input type="radio"/> Agree	<input type="radio"/> Disagree
3	I have had no "close calls" about relapsing.	<input type="radio"/> Agree	<input type="radio"/> Disagree
4	I have had no recent periods of substance intoxication.	<input type="radio"/> Agree	<input type="radio"/> Disagree
5	There are more important things to me in my life than using substances.	<input type="radio"/> Agree	<input type="radio"/> Disagree

GLOBAL HEALTH (PSYCHOLOGICAL)

6	I am able to concentrate when I need to.	<input type="radio"/> Agree	<input type="radio"/> Disagree
7	I am coping with stresses in my life.	<input type="radio"/> Agree	<input type="radio"/> Disagree
8	I am happy with my appearance.	<input type="radio"/> Agree	<input type="radio"/> Disagree
9	In general, I am happy with my life.	<input type="radio"/> Agree	<input type="radio"/> Disagree
10	What happens to me in the future mostly depends on me.	<input type="radio"/> Agree	<input type="radio"/> Disagree

GLOBAL HEALTH (PHYSICAL)

11	I cope well with everyday tasks	<input type="radio"/> Agree	<input type="radio"/> Disagree
12	I feel physically well enough to work.	<input type="radio"/> Agree	<input type="radio"/> Disagree
13	I have enough energy to complete the tasks that I set for myself.	<input type="radio"/> Agree	<input type="radio"/> Disagree
14	I have no problems getting around.	<input type="radio"/> Agree	<input type="radio"/> Disagree
15	I Sleep well most nights.	<input type="radio"/> Agree	<input type="radio"/> Disagree

CITIZENSHIP/COMMUNITY INVOLVEMENT

16	I am proud of the community I live in and feel part of it -- sense of belonging.	<input type="radio"/> Agree	<input type="radio"/> Disagree
17	It is important for me to contribute to society and/or be involved in activities that contribute to my community.	<input type="radio"/> Agree	<input type="radio"/> Disagree
18	It is important for me to do what I can to help other people.	<input type="radio"/> Agree	<input type="radio"/> Disagree
19	It is important for me that I make a contribution to society	<input type="radio"/> Agree	<input type="radio"/> Disagree

20	My personal identity does not revolve around drug use or drinking.	<input type="radio"/> Agree	<input type="radio"/> Disagree
SOCIAL SUPPORT			
21	I am happy with my personal life.	<input type="radio"/> Agree	<input type="radio"/> Disagree
22	I am satisfied with my involvement with my family.	<input type="radio"/> Agree	<input type="radio"/> Disagree
23	I get lots of support from friends.	<input type="radio"/> Agree	<input type="radio"/> Disagree
24	I get the emotional help and support I need from my family.	<input type="radio"/> Agree	<input type="radio"/> Disagree
25	I have a special person that I can share my joys and sorrows with.	<input type="radio"/> Agree	<input type="radio"/> Disagree
MEANINGFUL ACTIVITIES			
26	I am actively involved in leisure and/or sports activities.	<input type="radio"/> Agree	<input type="radio"/> Disagree
27	I actively engaged in efforts to improve myself (training, education and/or self-awareness).	<input type="radio"/> Agree	<input type="radio"/> Disagree
28	I engage in activities that I find enjoyable and fulfilling.	<input type="radio"/> Agree	<input type="radio"/> Disagree
29	I have access to opportunities for career development (job opportunities, volunteering, or apprenticeships).	<input type="radio"/> Agree	<input type="radio"/> Disagree
30	I regard my life as challenging and fulfilling without the need for using drugs or alcohol	<input type="radio"/> Agree	<input type="radio"/> Disagree
HOUSING & SAFETY			
31	I am proud of my home.	<input type="radio"/> Agree	<input type="radio"/> Disagree
32	I am free of threat or harm when I am at home	<input type="radio"/> Agree	<input type="radio"/> Disagree
33	I feel safe and protected where I live	<input type="radio"/> Agree	<input type="radio"/> Disagree
34	I feel that I am free to shape my own destiny.	<input type="radio"/> Agree	<input type="radio"/> Disagree
35	My living space has helped to drive my recovery journey.	<input type="radio"/> Agree	<input type="radio"/> Disagree
RISK TAKING			
36	I am free from worries about money	<input type="radio"/> Agree	<input type="radio"/> Disagree
37	I have the personal resources I need to make decisions about my future	<input type="radio"/> Agree	<input type="radio"/> Disagree
38	I have the privacy I need	<input type="radio"/> Agree	<input type="radio"/> Disagree
39	I make sure I do nothing that hurts or damages other people.	<input type="radio"/> Agree	<input type="radio"/> Disagree
40	I take full responsibility for my actions.	<input type="radio"/> Agree	<input type="radio"/> Disagree
COPING & LIFE FUNCTIONING			
41	I am happy dealing with a range of professional people.	<input type="radio"/> Agree	<input type="radio"/> Disagree
42	I do not let other people down.	<input type="radio"/> Agree	<input type="radio"/> Disagree
43	I eat regularly and have a balanced diet.	<input type="radio"/> Agree	<input type="radio"/> Disagree

44	I look after my health and well-being.	<input type="radio"/> Agree	<input type="radio"/> Disagree
45	I meet all of my obligations promptly.	<input type="radio"/> Agree	<input type="radio"/> Disagree

RECOVERY EXPERIENCE

46	Having a sense of purpose in life is important to my recovery journey	<input type="radio"/> Agree	<input type="radio"/> Disagree
47	I am making good progress on my recovery journey.	<input type="radio"/> Agree	<input type="radio"/> Disagree
48	I engage in activities and events that support my recovery.	<input type="radio"/> Agree	<input type="radio"/> Disagree
49	I have a network of people I can rely on to support my recovery.	<input type="radio"/> Agree	<input type="radio"/> Disagree
50	When I think of the future, I feel optimistic.	<input type="radio"/> Agree	<input type="radio"/> Disagree

RECOVERY CAPITAL DOMAIN SCORES

(Auto generated by CMBHS system)

Substance Use & Sobriety Score		
Global Health (Psychological) Score		
Global Health (Physical) Score		
Citizenship/Community Involvement Score		
Social Support Score		
Meaningful Activities Score		
Housing & Safety Score		
Risk Taking Score		
Coping & Life Functioning Score		
Recovery Experience Score		
Total Score		