

Course #2 Exploration Tool

Family Treatment Court Practice Academy
2022: Beyond Collaboration to Results

Beyond Compliance: Empowering Families to Build Recovery Capital for Sustained Recovery and Family Wellness

Learn how to build **recovery capital** in your family treatment court (FTC)!

Use this *Exploration Tool*—after watching the [animated video](#)—to facilitate conversations with your team and develop initial action steps. Also, please join the *Live Conversation* on **June 7** (or watch the [recording](#)) to hear from practitioners who have integrated recovery capital and protective factor approaches in their communities and FTCs. Visit our FTC Practice Academy [site](#) for all recordings and materials on this topic.

Now that you understand the basics, let's help your team identify ways you're already developing recovery capital and protective factors, and create even better strategies for families to learn about and access recovery capital.



Discuss and Operationalize Recovery Capital

STEPS



- Ensure all professionals involved in the FTC receive training on recovery capital.
- Talk with local FTC alumni and others in recovery about what recovery capital adds to their journey, and how the FTC can better integrate these concepts into the FTC phase structure.
- Ask FTC treatment providers about how they discuss and embed recovery capital concepts into their treatment curricula.

DISCUSSION QUESTIONS

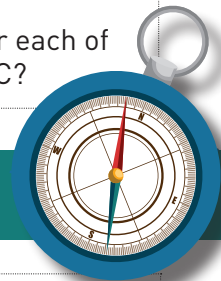


- What does the term “recovery capital” mean to you? Is it a new concept to you? If not, how can you share your past understanding with team members?
- Can you share examples of personal (physical and human), family/social, and community recovery capital you draw upon in everyday life?
- After watching the video and *Live Conversation*, what questions do you still have about recovery capital?
- If your team members also watched the video, what stood out for each of you and how can you apply what you learned to enhance your FTC?

Assessment and Case Planning

- Identify a tool or scale to measure a parent's recovery capital at FTC entry, throughout the phases, and prior to exit. Consider this [free tool](#) by William White.
- Use assessment results to drive case planning. Think about how and when to incorporate skill-building and consider what supports are needed.

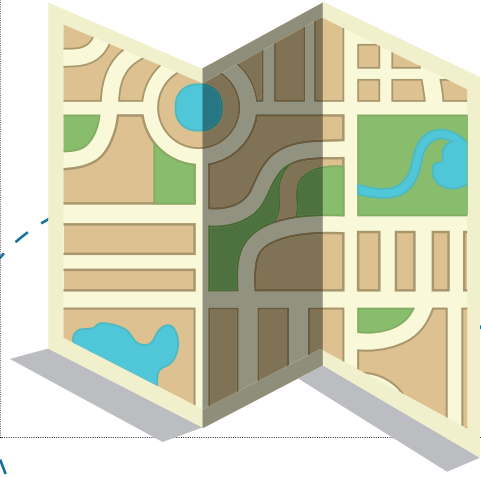
- Does your assessment process identify parent, child, and family *strengths*, *protective factors*, or *recovery capital resources* in addition to needs? If so, how is that information shared with team members?
- Do you have a standardized procedure to reassess strengths and needs throughout the family's time in the FTC? If so, how are the results of the reassessment shared with team members?
- How will you know if family members have attained and continue to utilize their recovery capital?



Assessment and Case Planning, continued



- Explore whether other collaboratives or organizations measure recovery capital in the community.



- Are you or another team member assessing children's developmental, educational, physical, and mental health?
- What services and supports are you providing to family members to heal relationships, improve communication, and build trust?
- In what ways do your case plans support (or not):
 - Physical health (in addition to substance use and mental health disorder treatment)?
 - Financial assets?
 - Access to affordable, quality health care?
 - Safe, affordable housing that supports recovery and well-being?
 - Clothing, food, and access to transportation?
 - Building or rebuilding healthy, supportive relationships?



FTC Staffing and Court Hearings

- Incorporate recovery capital and protective factor updates into staffing reports, staffing discussions, and conversations between the parent and judge.
- Introduce and intentionally discuss concepts of recovery capital and protective factors with families.
- Discuss the ways your team can model:
 - Problem-solving skills
 - Interpersonal and communication skills
 - Self-awareness and self-efficacy
 - Personal values
 - Sense of purpose, future, and hopefulness

- How are these skills and values reflected in your phase or milestone structure?
- How can you reinforce these skills and values in your individual or group work with participants?
- How will you measure and recognize growth in these skills and values within individual participants, children, and family members?
- How can you talk about these in staffing? How are differences in personal values discussed and respected?
- How can the judge talk about these with participants during the court review?



Role of FTC Team, Steering Committee, and Executive Oversight Committee

- Conduct community mapping of recovery capital resources.
- Make connections and develop partnerships with the recovery community.
- Provide and participate in activities that promote recovery:
 - Engage in National Drug Court Month (May) and National Recovery Month (September).
 - Look for local, regional, and state events along with opportunities to celebrate and highlight recovery.
 - Ensure people with lived experience are part of your core, steering, and executive oversight teams.



- What role does your core, steering, and executive oversight team have in building and reinforcing community recovery capital resources?
- In what ways does your FTC and system partners:
 - Support access to community recovery support, including peer recovery support specialists, Alano Clubs, Alcoholics Anonymous (AA), Narcotics Anonymous (NA), secular recovery groups, yoga, meditation, etc.?
 - Promote role models in recovery?
 - Destigmatize the recovery process?
 - Promote healthy, substance-free recreational and social activities?
- Other recovery considerations:
 - Are in-person traditional recovery support meetings such as AA, NA, and *SMART Recovery* available at various times of day and easily accessible to participants? Are they safe and welcoming to diverse individuals (e.g., gender identity, race, ethnicity, LGBTQI+)?
 - Does your community offer access to quality, affordable substance use/mental health disorder treatment and medication?
 - Where and when are family-friendly, sober recreational activities available in your community?
 - Are there areas of your community that are unsafe or threatening to an individual's recovery? How can you work to improve safety and promote health and well-being in these areas?

To continue exploring, visit our [website](#) or [contact us](#) for technical assistance.

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