# Recovery Capital Map - Concept brief

Understand the idea behind recovery capital map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan has a supportive friend but unreliable transport to appointments.

## The idea

Recovery draws on personal, social, material, and community resources.

## An ordinary example

Jordan has a supportive friend but unreliable transport to appointments.

## What this can look like

Map current supports and access gaps, including transport, housing, treatment, and chosen community.

## Check the fit

Which missing resource could make the next step more workable? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

## Reflection

Which missing resource could make the next step more workable?

## Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A03-1