

Adolescent and Family Recovery Capital 101 for JDTCs and FDTCs: Part 2 Workbook

Texas Association of Specialty Courts

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Treatment Court

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Disclaimer:

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Contents

- 1** Welcome
- 2** OJJDP Grant Disclaimer
- 5** Recovery Capital Building Tools
- 6** Recovery Capital Resource Mapping Activity
- 7–10** Recovery Capital Resource Mapping Exercise
- 11** Debrief
- 12–13** Team Approach Example
- 14** Recovery Capital Resource Mapping
- 15–17** Assessment for Recovery Capital
- 18** Denver YFTC's Pilot Steps & Goals
- 19–20** Assessing Recovery Capital is Part of Your Practices
- 21–22** Case Plans with Recovery Capital Goals
- 23** Debrief
- 24** Thank You!

What will we cover in Part 2?

Tools/Current Practice/Action Plan

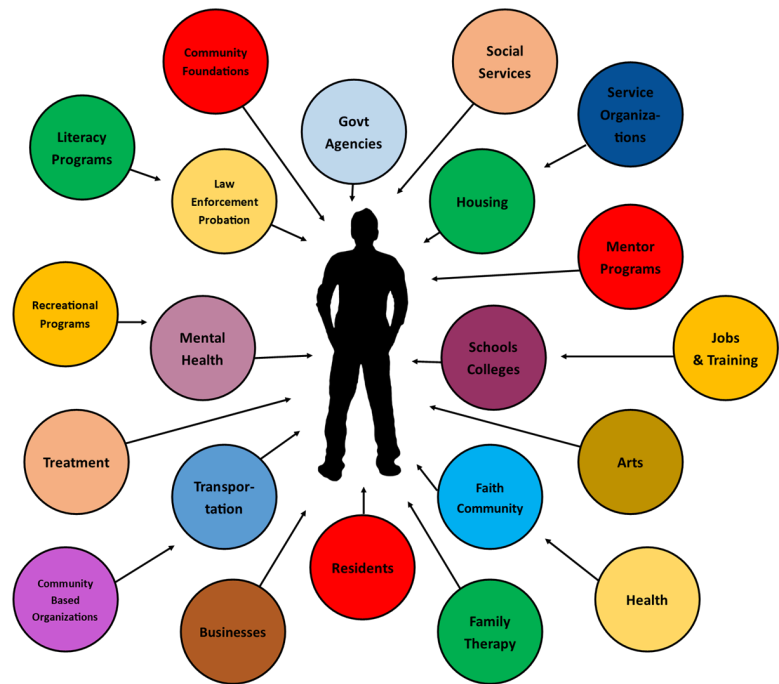
- Recovery Capital Community-Based **Resource Mapping**
- **Assessment**
- **Case Plan/Goals**
- Idea/Practice Sharing





JUVENILE TREATMENT COURT PROJECT

Recovery Capital Building Tools



3 Treatment Court Tools & Related Practices:

- **Community Resource Map** – (“Mapping”) Community resource connections and supports – what is in the community that could help your participants build recovery capital?
- **Assessments** – finding out what recovery capital program participants already have as well as what they need
- **Case Plans** – using assessments to determine what your court’s interventions, supports and services should focus on with each participant to address their needs and build up their resources – case plans set forth needs and actions to address the needs, including actions that connect participants to relevant resources in your community – which gets us back to the community resources map

Recovery Capital Resource Mapping

HUMAN

FINANCIAL

SOCIAL

COMMUNITY

Exercise Overview

For each of the 4 domains for recovery capital, you will be identifying resources in your community that relate to building recovery capital in that domain.

- Your workbook gives examples or prompts for resources that would be relevant to a domain.
- The workbook also provides space for you to list resources that fit that domain.
- Some resources may be relevant to more than one domain. You may find you list a resource in more than one place in your workbook.

Instructions

1. Pair up or create a small group (arrange chairs as needed)
 - a. with someone who is from your jurisdiction/community, OR
 - b. with someone you know from another jurisdiction, OR
 - c. with someone new!
2. Use these materials for the activity: your workbook, a pen, post it notes
3. Once in a pair or small group, your steps will be to
 - a. on your own, generate a list of resources in your community for each domain of recovery capital and write these in your workbook on the relevant pages
 - b. talk to the others in your small group; each share what's on your lists; see if there are common things as well as things that someone else had but you did not and vice versa
 - c. write (print) 3-5 key resources of the group on a post it note for a domain; include the domain and the name of your jurisdiction(s) on the post it note
 - d. complete this task for each of the 4 domains (so each pair or small group has completed 4 post it notes)
 - e. Have 1 individual from your pair/group take the post it notes to the walls and stick each note on the flip chart sheet for the domain the resources relate to
 - f. When all the post it notes are on the flip charts, walk around the room to see what has been posted by others. Do you get any ideas of additional resources to explore

HUMAN

Personal recovery capital generally includes both financial and human capital. **Human capital** includes knowledge, interpersonal skills, problem-solving abilities, self-awareness and self-esteem, and a sense of meaning and purpose in life.

Key Question:

- What resources do we have on the team and in the community to support treatment court participants in building their and human capital?

Human

Human Capital:

- Core-Correctional Practices
- Self-identity mapping
- Motivational Interviewing/ Enhancement
- CBT Guides (knowledge, problem-solving, interpersonal skills)
- Varied treatment providers
- CBT Groups (MRT, T4C)
- Recovery high schools

Social

Social recovery capital includes personal and intimate relationships, family (including family of choice), and people who are supportive of recovery efforts. Those with strong social recovery capital have intimate partners and family members who are willing to participate in treatment with the client. They also have access to sober outlets for fellowship, activities, and support.

Social

Social Capital:

- Mentors
- Family and extended family, caring adults/role models
- Treatment providers (available to participants during and after treatment court program involvement)
- Teachers, coaches, youth group leaders, adult support with faith-based organizations
- Recovery high schools

Community

Community recovery capital is reflected in the attitudes, policies, and resources that a community and its agencies hold toward positive youth identity and development, family preservation, and recovery.

This includes:

- Full continuum of treatment resources
- Accessibility of resources that reflect the demographic characteristics of youth and their families
- Local recovery efforts and supports
- Culturally supportive pathways of recovery
- Recovery norms that are valued in the community
- Recovery of high schools

Key Questions:

- What are our treatment resources?

Community

Community Capital:

- Treatment agencies/services provided
- Local recovery events
- Local recovery centers
- Businesses that support recovery
- Community centers that support positive youth identity and development (YWCA/YMCA, Big Brother, Big sisters, Boys Club, Girls Club);
- community organizations that support families

One Team's Approach



1 Community Mapping

Team Collaboration on gathering resources

- The Keys to Success team met with the AROSC Technical support team to begin community mapping exercise
- Smaller team of individuals identified to continue working on the community mapping project, this includes...
 - Recovery Mentor
 - Juvenile Counselors
 - Program Coordinator
 - Graduate Intern

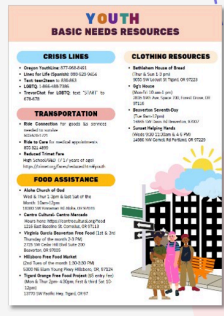
Placing the resources into categories

- The team then sorted the resources by three main categories
 - Personal capital
 - Human Capital
 - Social Capital
- The team created sub categories that each agency would fall under (e.g., housing/utility assistance, AOD/mental health provider)
- Worked hand and hand with the Recovery Mentor on which resources were most valuable & available

3 Creating Youth Flyers

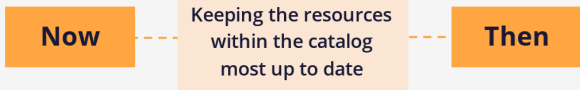
Making a resource best for our youth

- Peer mentor checked in with our youth as to what resources they would be most likely to access on their own
- Creating two flyers
 - Basic Needs
 - Vocation/Social
- These flyers will be provided to our youth during their orientation into the Keys to Success Program & as needed

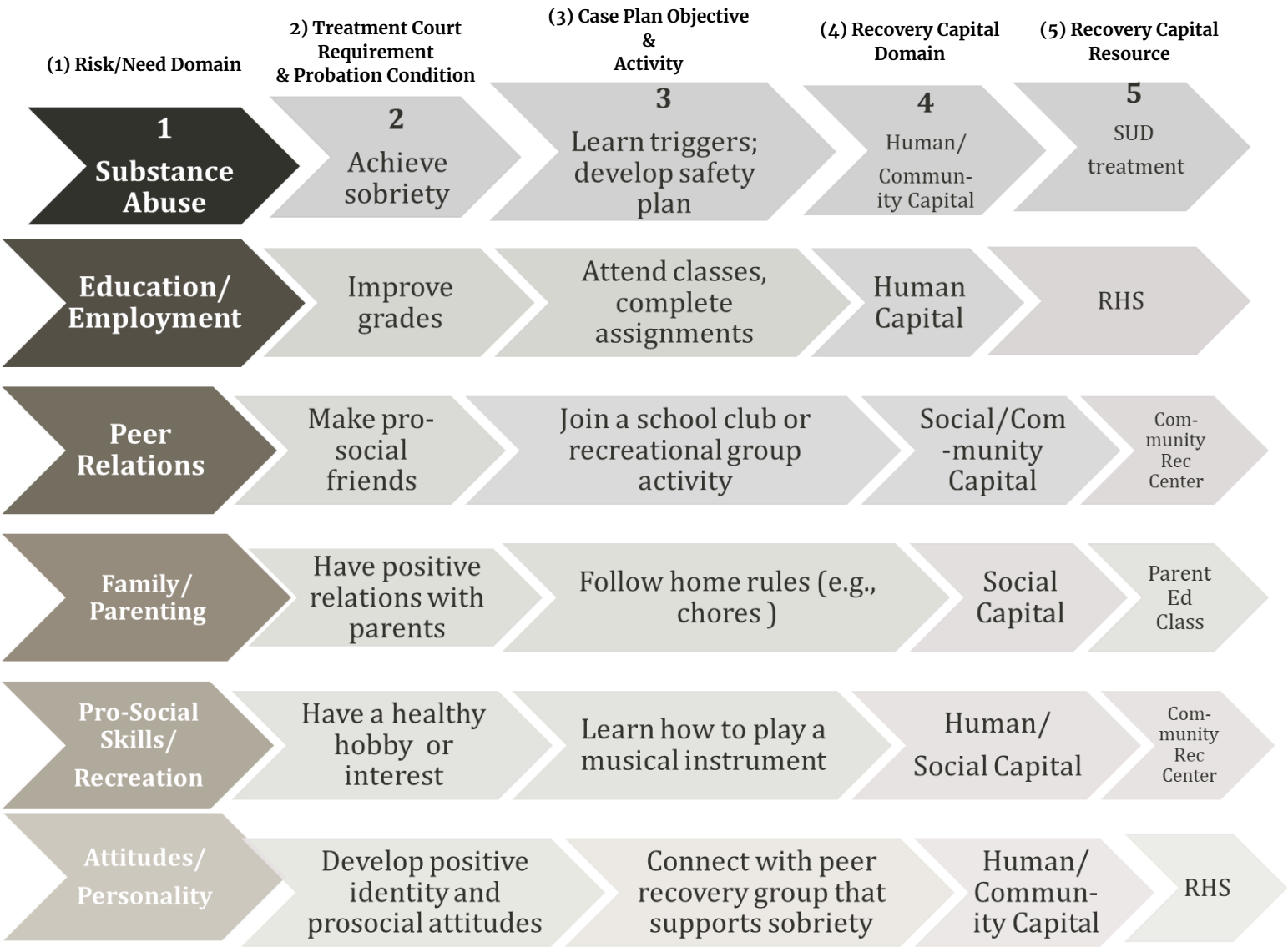


4 Plans on Maintaining the AROSC Catalog

- We have agreed to have quarterly meetings with the Program Coordinator, Juvenile Counselors, & Peer Mentor with the goal to...
- Collaborate on resources that were utilized by youth and families
 - Assess if the resource is still available
 - Add newer resources that are now available within Washington County
 - As this is a live document, it can be edited at any time



Assessment for Recovery Capital



Sample Assessment Worksheet

Recovery Capital Worksheet

Recovery Capital refers to the internal and external resources an individual has in order to build and maintain recovery/wellness for the longer term. To get a picture of your Recovery Capital, score each statement from 1 to 5 (1-lowest and 5-highest), based on your current situation.

Human

- _____ Today I have a clear sense of who I am.
- _____ My life has purpose.
- _____ I have goals and great hopes for my future.
- _____ Service to others is an important part of my life.
- _____ I have good problem-solving skills and resources.
- _____ My personal values and sense of right and wrong are clear to me and influence my choices.
- _____ My living space has literature, tokens, posters, or other symbols of my commitment to recovery.
- _____ I practice self-care that supports my physical, mental, and emotional wellness.
- _____ I have a primary care physician who helps me with my health concerns.
- _____ I am in good health, or I have an active plan to manage any health concerns.
- _____ I have recovery rituals that are now part of my daily life.
- _____ I have a thoughtful experience that started or strengthened my commitment to recovery.
- _____ I am on prescribed medication(s) that helps minimize my cravings.
- _____ I get enough sleep every night. I can fall asleep easily and sleep through the night.
- _____ I have leisure activities that I enjoy and get to do.
- _____ I have a strong spirituality.

Financial

- _____ I have health insurance that will allow me to receive help for health problems.
- _____ I have resources to meet my basic needs.
- _____ I have personal transportation or access to public transportation.
- _____ I have a driver's license.
- _____ I live in an environment that is safe and is free from alcohol and other drugs.
- _____ I have clothes that are comfortable and clean.
- _____ I have access to regular, healthy meals.
- _____ I am complying with all legal requirements related to me.

Sample Assessment Worksheet

Recovery Capital Worksheet Cont.

Social

- _____ I have meaningful, positive relationships with my family and participation in my community.
- _____ I have family that are safe and supportive of my recovery process.
- _____ I have friends that are safe and supportive of my recovery process.
- _____ People close to me are also in recovery.

Community/Cultural

- _____ I have access to recovery support groups in my local community or online.
- _____ I am working with a treatment agency that monitors and supports my recovery process.
- _____ I have a sponsor or someone who serves as a special mentor related to my recovery.
- _____ I have established a close affiliation with a local recovery group.
- _____ I am involved in my community or ethnic community.

Recovery Capital where I Scored the Lowest

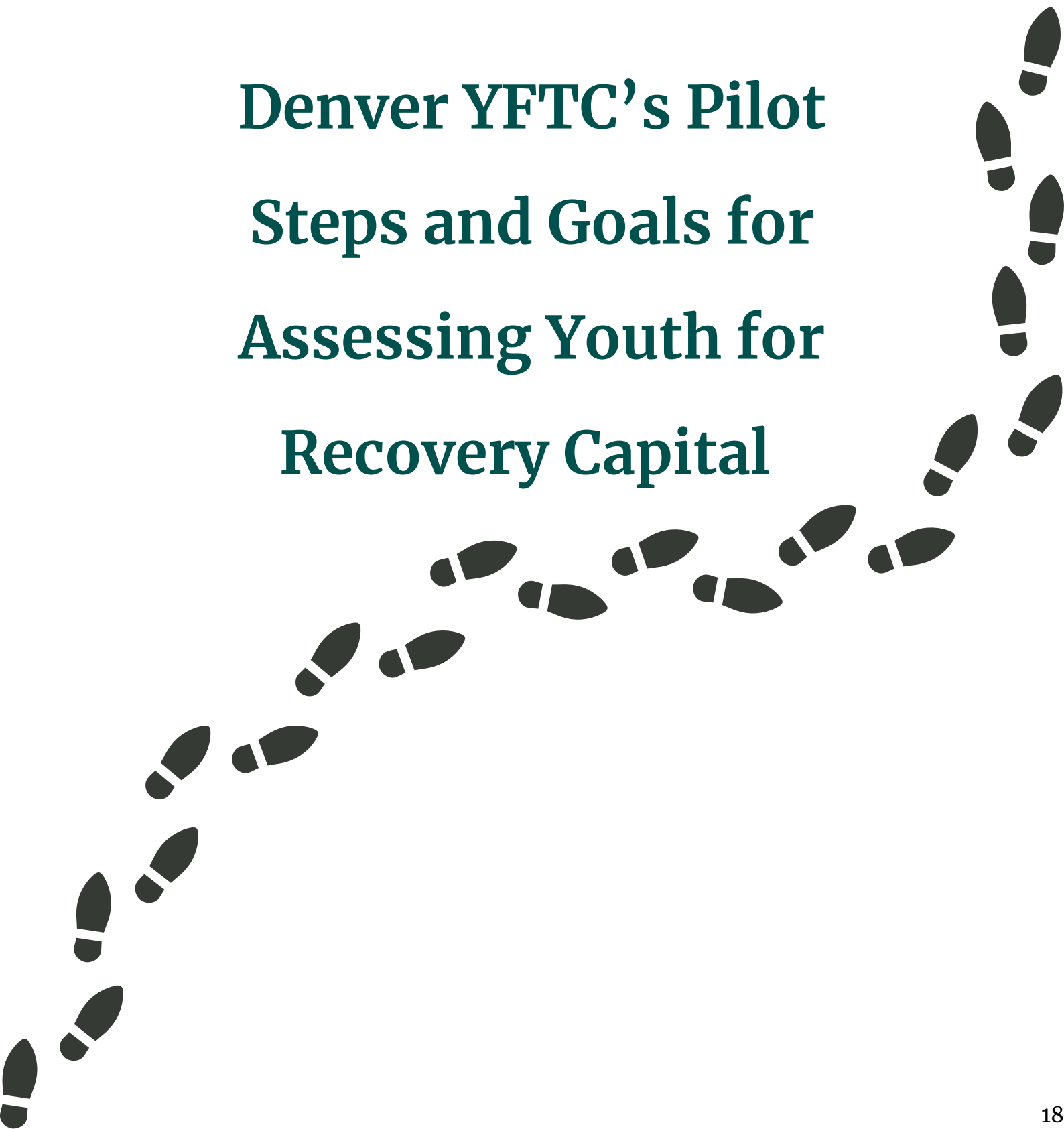
- 1 _____
- 2 _____
- 3 _____
- 4 _____

Recovery Capital Building & JDTC Program Goals

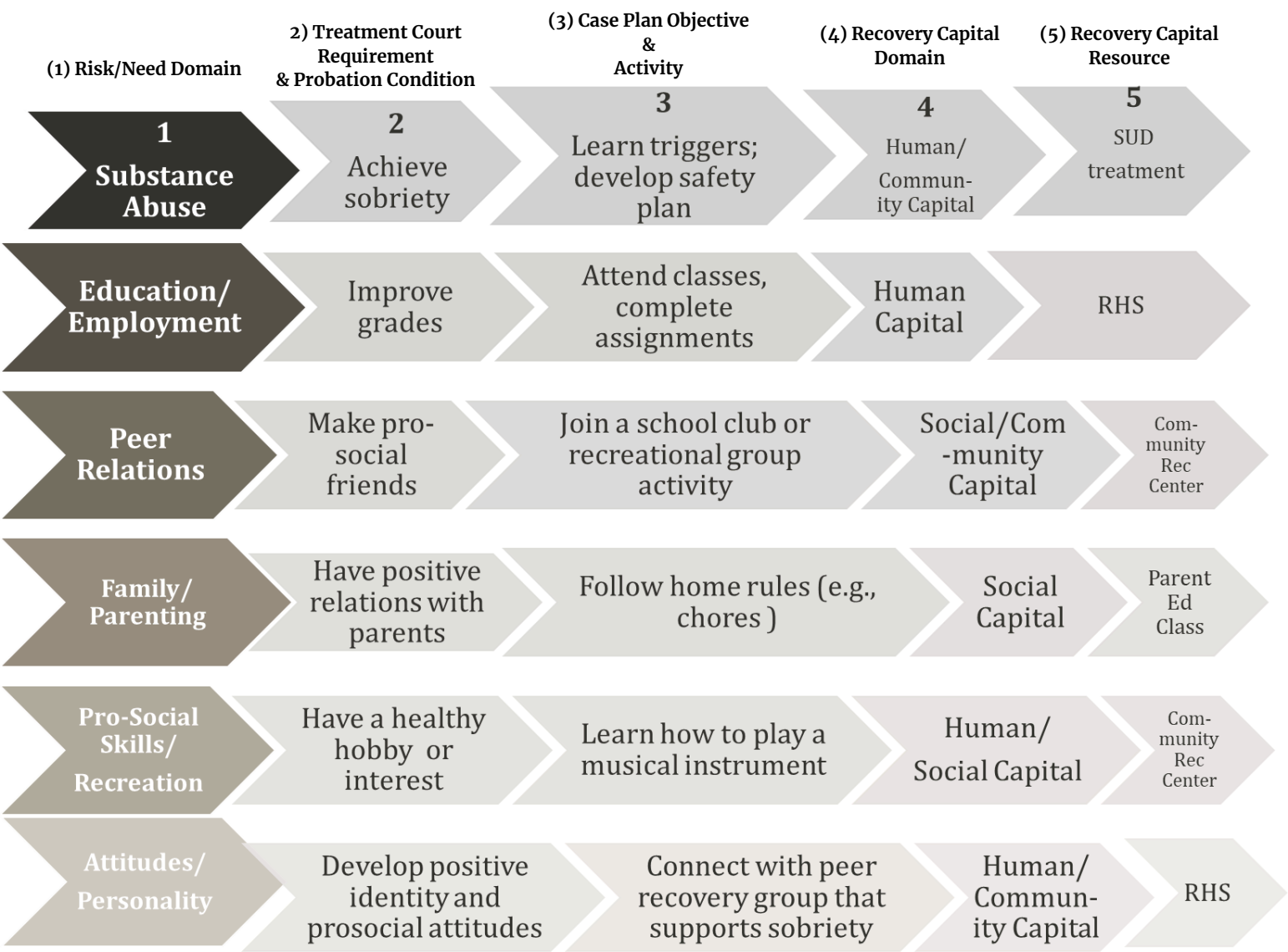
Recovery Capital Building Goal (from lists above)	Associated Case/Treatment Plan Goal	Address Risk Need Domain of:	Relates to JDTC Program Requirement/Activity of

Steps...

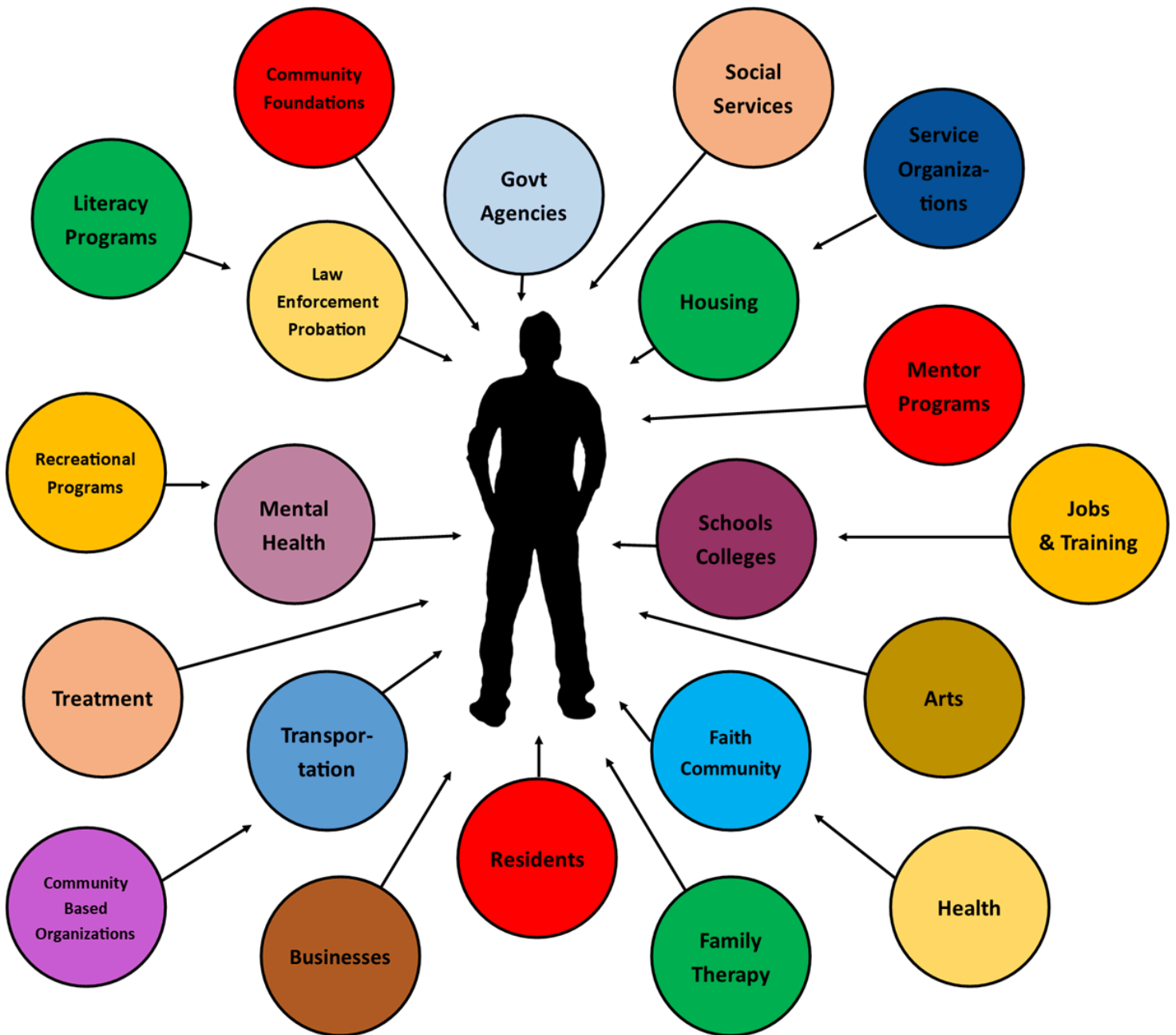
Denver YFTC's Pilot Steps and Goals for Assessing Youth for Recovery Capital



Case Plan with Recovery Capital Goals



Community-based Supports to Help Achieve Case Plan Goals



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Questions?

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*Thank
you!*