

Using Recovery Capital in Therapeutic Courts

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Using Recovery Capital in FTCs

DEFINING RECOVERY CAPITAL

How we talk about RC to participants.

IDENTIFYING RC ASSETS

What are the different internal and external resources each participant has to “collect” or choose from to initiate and maintain recovery.

ASSESSING RECOVERY CAPITAL

What tools do we have to measure participant's RC. RC begins on day 1 and continues infinitely!

LIFE AFTER FTC

Ways to sustain the journey

LESSONS LEARNED

What does not work when implementing recovery capital within a FTC program and what to consider to help make it work

NEXT STEPS

Does it work? Evaluating the process...



IVY THOMPSON



TAMI SIEMERS



SHAWN
POWELL

FTC Recovery Capital Definition:

The different internal and external resources each participant needs to build and choose from to initiate and maintain their recovery.

RECOVERY CAPITAL ASSETS

FAMILY

- Bio and Chosen
- Relationships
- Values
- Supports
- Conflict Resolution

TRANSPORTATION

- How Do You Show Up?
- Public Transit/Orca Card
- Legal Barriers
- ID/Insurance
- Hopelink/Friends/Family

HOUSING

- Does it Suit the Need?
- School Districts
- Transportation
- Utilities
- Pets
- Laundry
- Costs
- Location (Near Services)
- Barriers



FINANCIAL

- How are needs getting met?
- Budgeting Skills
- Accessing Resources
- Strengths
- Plans for Transitioning off Services

MEDICAL

- Includes Whole Health Care
- Mental Health, Dental, Physical
- Identified PCP
- Advocating for self and family
- Putting Yourself First

RECOVERY

- Reinforce Recovery Behavior
- Networks
- Activities
- Groups
- Supports

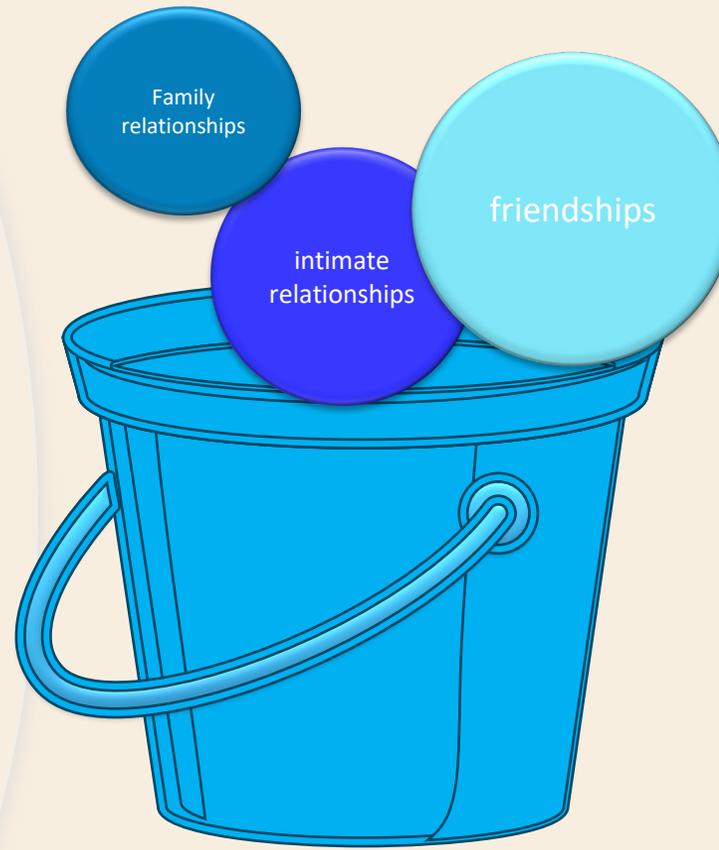
PROBLEM SOLVING

- Critical Thinking Skills
- Creative Solutions
- Learning to be Adaptable
- Living Life on Life's Terms
- How Do You Deal with Disappointment?

Holistic Recovery Capital



PERSONAL

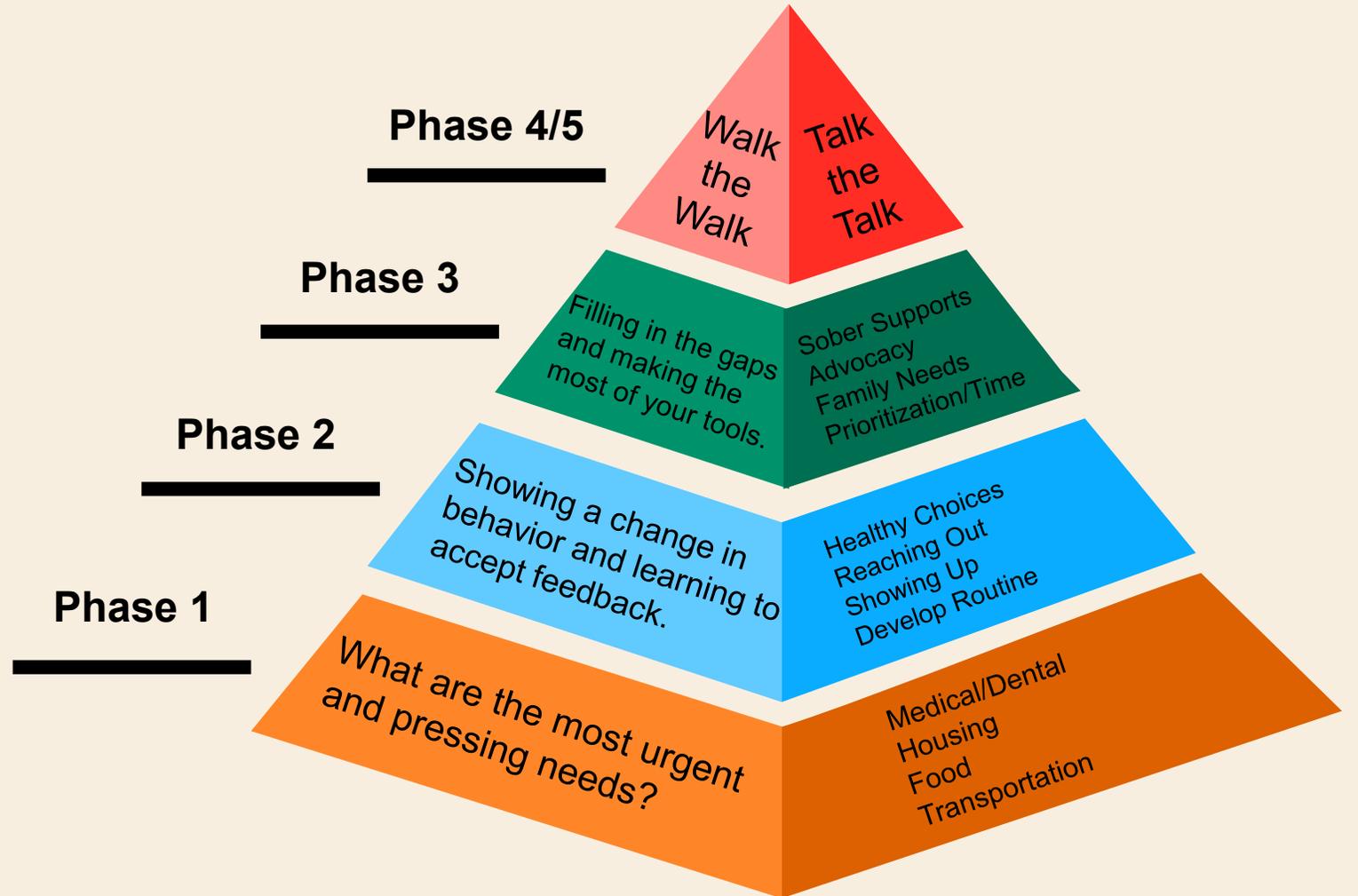


SOCIAL



COMMUNITY

Assessing Recovery Capital



Phase 1: Assessing Recovery Capital

Phase 1

Introducing Recovery
Capital through
addressing basic needs

“Discovering your
Personal Recovery
Capital”

What are the most urgent
and pressing needs?

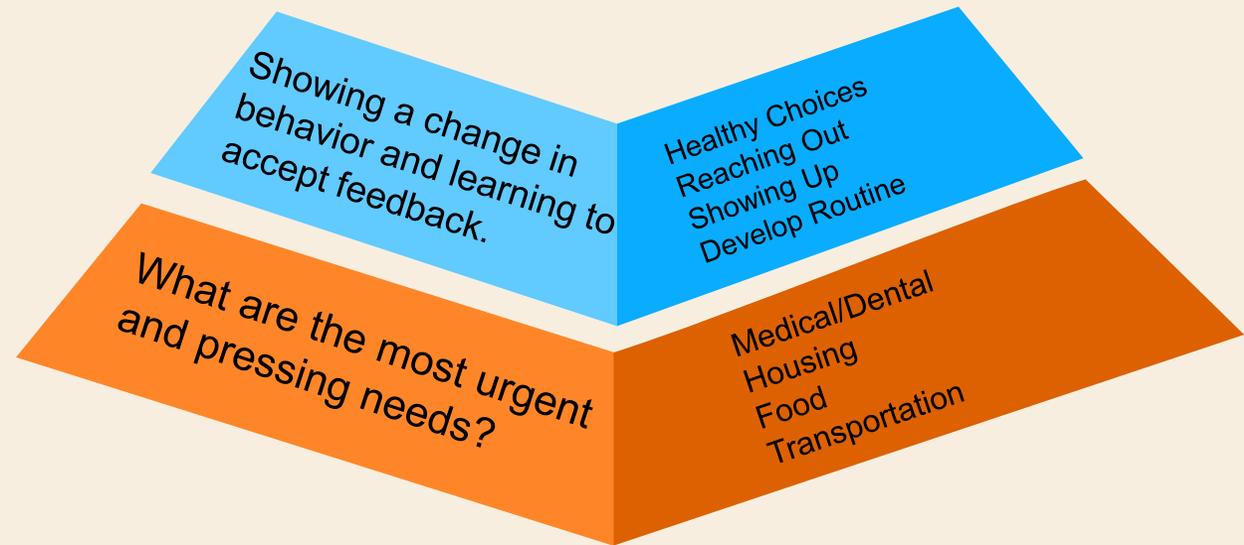
Medical/Dental
Housing
Food
Transportation

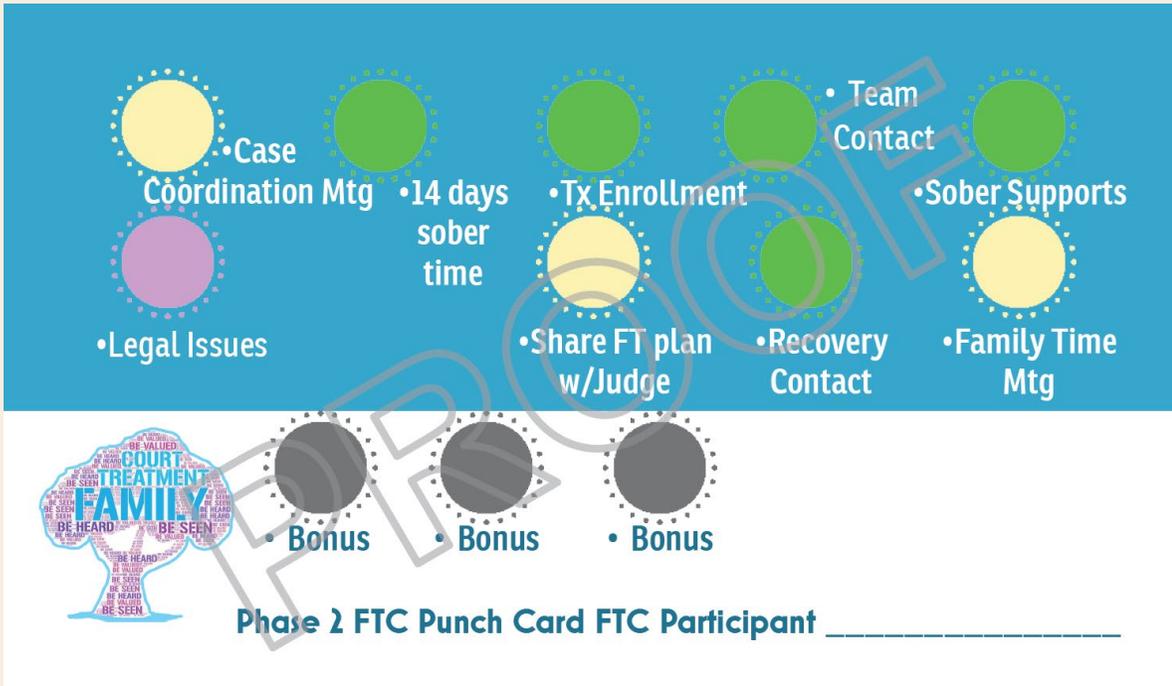
Phase 2: Assessing Recovery Capital

Phase 2

Introducing **Social** and **Community** Capital through addressing program requirements

“Exploring your Social and Community Recovery Capital”





Social Capital

- ✓ Recovery Contact
- ✓ Family Time Team Meeting

Community Capital

- ✓ Sober Supports
- ✓ Treatment Enrollment
- ✓ Case Coordination Mtg
- ✓ Team Contact
- ✓ Legal Issues

Personal Capital

- ✓ 14 days sober time

OPTIONAL BONUS PUNCHES:
 Dependency 201 Attendance
 Adjusted routine/calendar
 Called/Texted Wraparound Coordinator
 Called/Texted CASA
 Obtained a Sponsor
 100% Compliance at each court hearing
 Create a plan for housing

**Be Seen.
 Be Heard.
 Be Valued.**

FTC Family Recovery Support Specialists
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Phase 3: Assessing Recovery Capital

Phase 3

Putting it all together and
finding out where to go
next

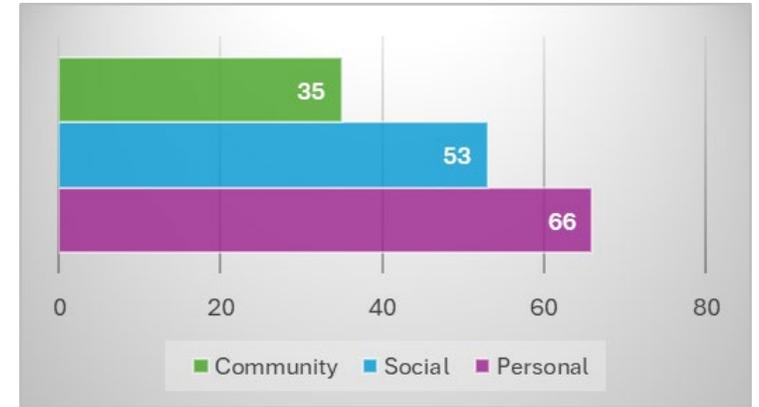
“Managing Your Recovery
Capital”



Recovery Capital Scale

Score	Personal Capital	Score	Social Capital	Score	Community Capital
5	I am acting with good character today (e.g., disciplined, honest, kind, open, responsible)	5	I have a special person with whom I can share my emotions feelings	2	I maintain healthy boundaries in my recovery community
4	I wear clothes that are clean, comfortable, and appropriate for my life activities	5	I have an intimate partner who is supportive of my recovery	2	I routinely collaborate with a peer that supports my recovery
3	I communicate effectively with other people	5	I feel safe in my intimate relationships		I attend activities at my local recovery community organization
4	I use healthy coping skills to address my emotions and feelings	4	I have meaningful relationships with my children	3	I regularly attend recovery group meetings (in-person, online)
3	I have financial resources to provide for myself (and my family)	4	I have a safe family environment	3	I actively participate at recovery group meetings (e.g., share, socialize with others)
3	I am learning and growing in areas of interest	3	I have meaningful relationships with my family of choice		I have a service position within my recovery group
4	I have goals and plans to reach them	3	I get the support I need from my family of choice		I actively support others in recovery (e.g., coach, mentor, or sponsor)
3	I regularly practice meditation (to be calm and present; reduce stress and anxiety)	2	I have meaningful relationships with my family of origin (biological family)		I maintain or am seeking a certificate or degree in my field of study
4	I eat healthy, filling, and nutritious foods daily	3	I get the support I need from my family of origin (biological family)		I work or go to school in an environment that is supportive of my recovery
3	I routinely engage in physical activity to increase my strength, flexibility, endurance, and balance	2	I participate in family activities		I have a stable job that provides for my basic needs
3	I actively care for my physical health (e.g., primary medical care, wound care, hygiene)	3	I have parents or primary care givers who are supportive of my recovery		I participate in a work-related training or education program
3	I use effective problem solving skills	3	I get the emotional support I need from other people	3	I maintain healthy boundaries in my wider relationships
4	I have the things I need to live safely and comfortably	3	I have meaningful relationships in my life	5	I live in a place that is safe and secure
5	I have completed or am complying with all legal requirements related to my past behavior	3	I socialize with others in settings that are substance-free	4	I get help from a mental healthcare provider for my anxiety, depression, or other co-occurring disorders
5	I believe I can live a sober life	3	I have close friends with whom I can be my true self	4	I routinely visit a primary healthcare provider who attends to my needs and concerns
5	I am totally committed to not using alcohol and unprescribed drugs	2	I have work colleagues that are supportive of my recovery	4	I routinely visit specialty healthcare providers who attend to my specific health needs
5	I live in an environment free from alcohol and unprescribed drug use		I have meaningful relationships at work	5	I participate in substance use treatment, continuing care, or alumni programs
66	Total	53	Total	35	Total

Phase Three: First RC Meeting



	Place a number by each statement that best summarizes your
	5. Strongly Agree
	4. Agree
	3. Sometimes
	2. Disagree
	1. Strongly Disagree
Grand Total	154

Financial Worksheet



Do you have a job? Yes No

If yes, where do you work?

What is your source of income and expenses each month?

Income Source	Amount	Expenses	Amount
		Rent	
		Utilities	
		Phone	
		Food	
		Transportation	
		Activities	
		Daycare	
		Internet	
		Other?	
Total		Total	

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Name all the financial resources you use/know about to help you budget?

-
-
-
-

List any financial barriers or unmet needs (including cost):

-
-
-

What are the requirements, if there are any, for your income sources and do you meet them?

-
-
-

Do you need help with budgeting, saving, or other financial skills? Yes No

If yes, what type of help would benefit you most?

-
-
-

Have you taken the Dependency 301 Budgeting class?

Yes No

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Second RC Meeting: Worksheets

1. Financial
2. Medical
3. Housing
4. Transportation
5. Family/Social
6. Community Connections

Phase
3 **Worksheet**

Life Skills:

What Assets have I built since starting in FTC in my Recovery Capital buckets:

Personal:

-
-
-

Social:

-
-
-

Community:

-
-
-

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After looking at the Recovery Capital Assessment Scale, which bucket needs more work?

- Personal
 Social
 Community

What is the plan to build up this Bucket?

-
-
-

Barrier/Plan	Task	Due Date	Confirmed?

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Final Recovery Capital Meeting:

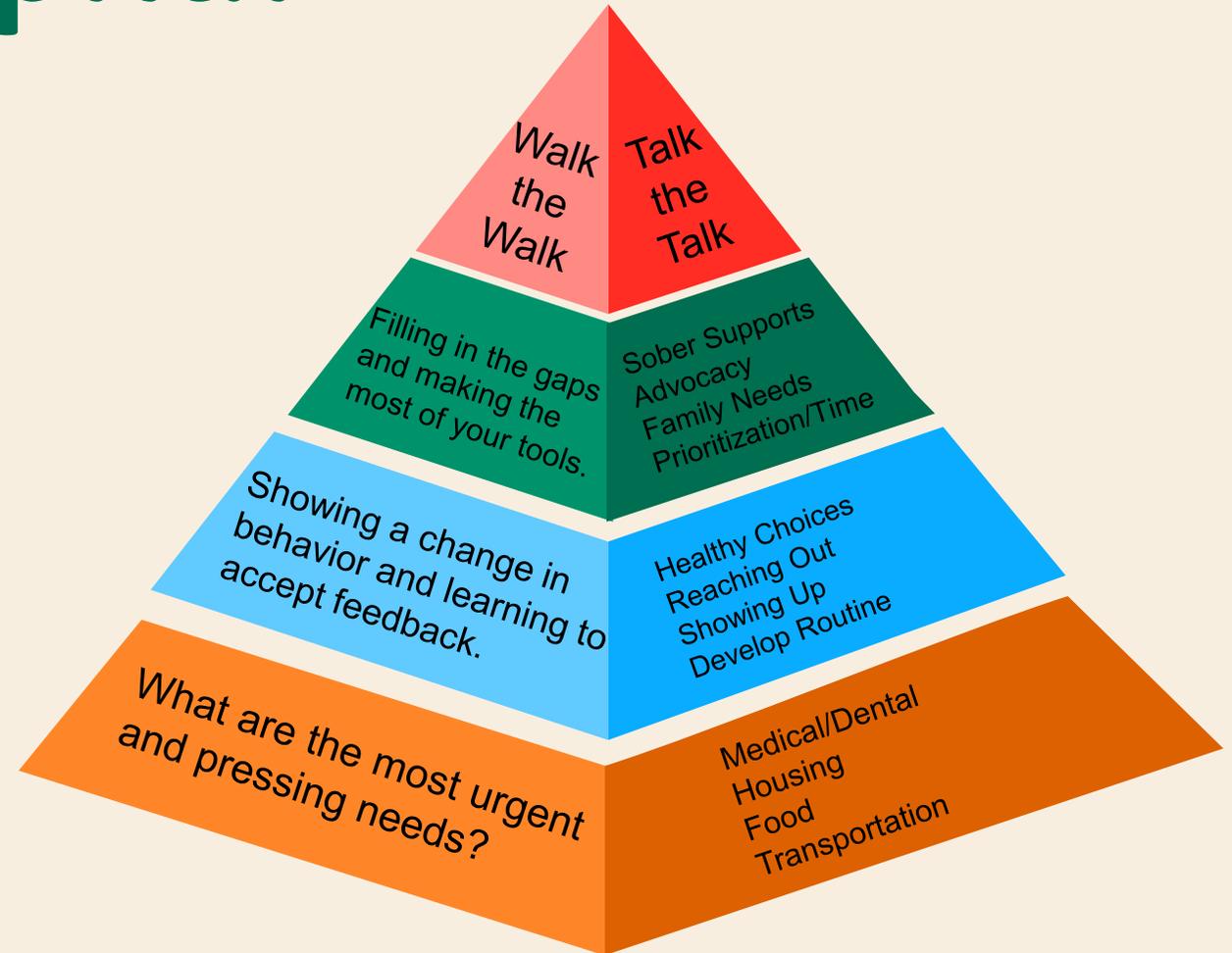
- ✓ Summarizing assets
- ✓ Reviewing buckets
- ✓ Making a plan to add to a bucket
- ✓ Prepare to share it in court

Phase 4/5: Assessing Recovery Capital

Phase 4 and 5

Shoring Up Recovery Capital
Before Graduation

“Owning and Growing Your
Recovery Capital”



SMART Goal

Initial Goal	Write your goal here.
S Specific	Your goal should be well defined, detailed and clear.
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.
A Achievable	Can you reach the goal, taking into account your available time, skills, and financial status?
R Realistic	Is your goal realistically achievable within the given time frame and with the available resources?
T Timely	Set a start and finish date for your goal. Start Date: _____ Finish Date: _____
SMART Goal	Revise your goal based on the answers to the questions above.

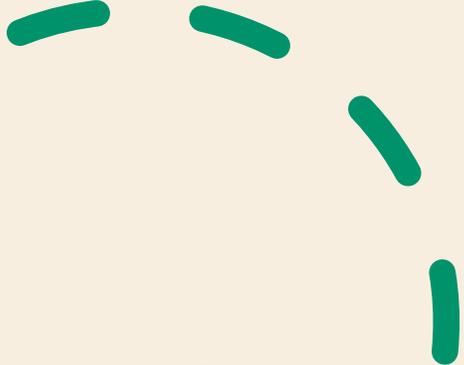
Action Plan

What steps do you need to take to get you to your goal?

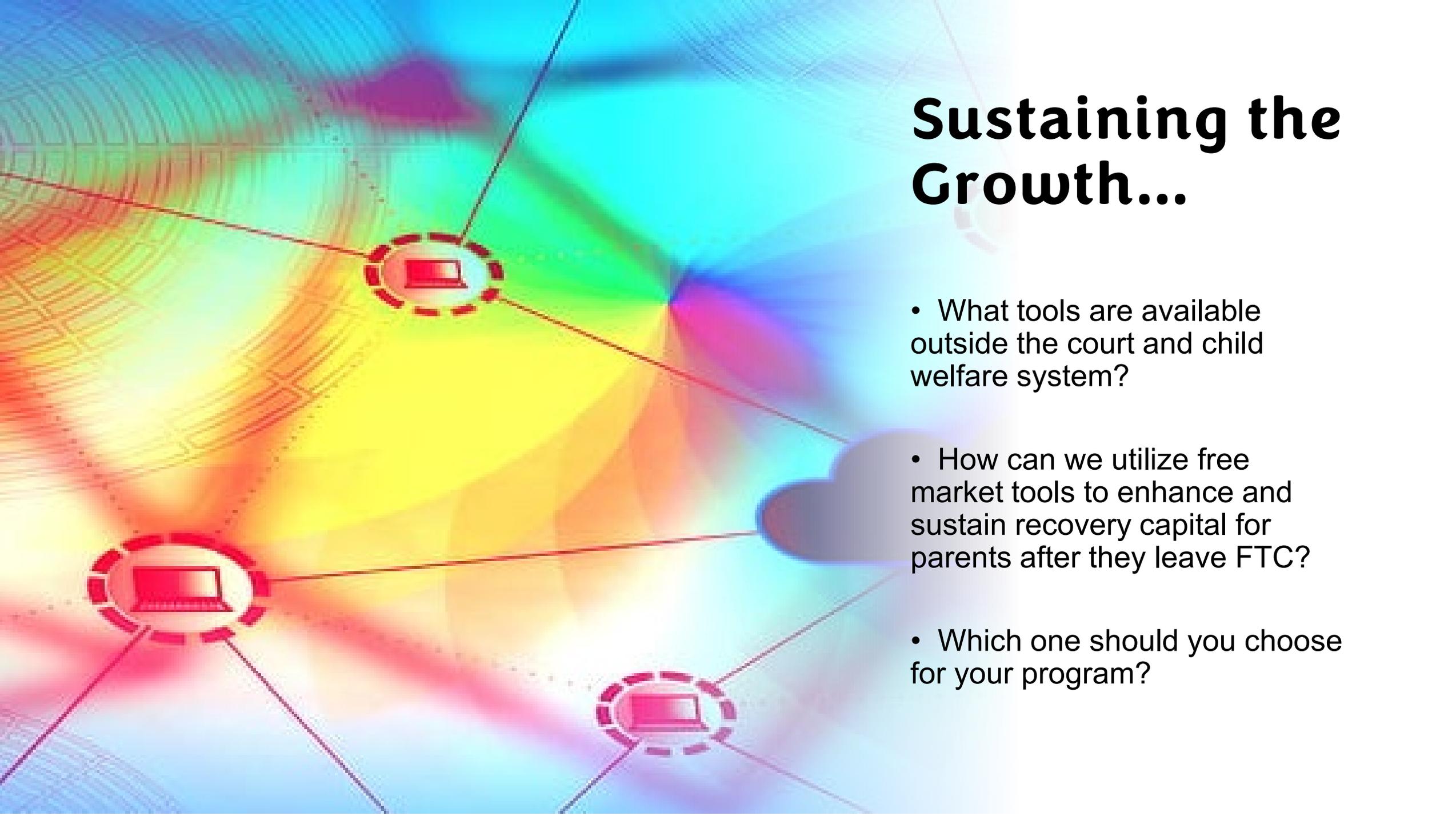
Action Items	Expected Completion Date	Actual Completion Date

Potential Obstacles and Solutions

Potential Obstacles	Potential Solutions



Deciding What's Next and Making a Plan...



Sustaining the Growth...

- What tools are available outside the court and child welfare system?
- How can we utilize free market tools to enhance and sustain recovery capital for parents after they leave FTC?
- Which one should you choose for your program?



Lessons Learned

EDUCATE

Its not enough for parents to understanding recovery capital, the whole team needs to be able to speak to it.

ROLL OUT

It takes time to do something new. Be playful about how to bring all the pieces together.

DON'T WAIT

It doesn't have to be perfect to start. You can fix things as you go.

PEER DRIVEN

Experience matters when developing and selling a new idea. Utilize alumni and other peer voices.

PHASING

You can't just plop recovery capital in the middle of your programming. Gradual building builds internal motivation.

INTEGRATED

Recovery capital needs to be a common lexicon through FTC. Every role needs to play a part.



NEXT STEPS...

- Is the process fully realized?
- Is everyone trained up?
- Do you have all the documents to institutionalize what's being done?
- What do you want to evaluate? Process? Outcomes?
- Who do you want to do the evaluation? Funding?



Thank you!