

## Recovery Capital and Recovery Community Centers: Evidence-Informed Foundations

Recovery Capital refers to the internal and external resources that individuals can draw upon to initiate, build, and sustain recovery from substance use disorder. These resources include personal strengths, family and social supports, housing stability, meaningful roles, health care access, and connection to community and culture. Recovery Community Centers (RCCs) are non-clinical, peer-led organizations designed to strengthen and expand Recovery Capital at the individual, family, and community level.

### Key Concepts

- Recovery Capital encompasses social, physical, emotional, cultural, and community supports.
- Recovery is strengthened when people have access to resources, belonging, and purpose.
- Recovery Community Centers provide peer-based recovery support grounded in dignity, empowerment, and choice.
- SAMHSA identifies housing, health, purpose, and community as core pillars of recovery — which directly align with Recovery Capital.

### Evidence and National Guidance Supporting Recovery Capital & RCCs

SAMHSA emphasizes that recovery is supported through health, home, purpose, and community — elements which together form the foundation of Recovery Capital. SAMHSA also recognizes Recovery Community Organizations and peer-led recovery supports as key components of strong recovery ecosystems.

Research on Recovery Capital demonstrates that people with greater access to social connection, housing, employment, and supportive community structures are more likely to achieve and sustain long-term recovery.

National advocacy and research groups — including Faces & Voices of Recovery and the Recovery Research Institute — identify Recovery Community Centers as critical infrastructure for strengthening Recovery Capital.

### Core Functions of Recovery Community Centers

- Peer-based recovery support services
- Multiple-pathways recovery support
- Safe and sober community space
- Connection to treatment and health resources
- Family and ally inclusion
- Volunteerism, leadership, and civic engagement
- Education and stigma-reduction
- Skill-building and recovery coaching

## Why Recovery Capital Matters

- Increases resilience and coping capacity
- Supports long-term recovery sustainability
- Improves social, employment, and housing stability
- Reduces isolation and stigma
- Strengthens families and communities
- Builds hope, identity, purpose, and belonging

## Citations & Key Sources

- SAMHSA. (2012, revised 2020). SAMHSA's Working Definition of Recovery and Guiding Principles.
- SAMHSA. (2018). Recovery Community Centers: Evidence-Based Resource Guide Series.
- White, W. & Cloud, W. (2008). Recovery Capital: A Primer for Addiction Professionals.
- Best, D. & Laudet, A. (2010-2019). Research on Recovery Capital and social recovery pathways.
- Recovery Research Institute (Harvard Medical School). Recovery Capital and long-term recovery outcomes.
- Faces & Voices of Recovery / Association of Recovery Community Organizations (ARCO). National guidance on the role of Recovery Community Organizations.

Together, these national and academic sources affirm that Recovery Capital and Recovery Community Centers are grounded in best-practice guidance, peer-based evidence, and community-driven recovery principles.