

# MIRC – Multidimensional Inventory of Recovery Capital

Name \_\_\_\_\_ Date \_\_\_\_\_

Instructions: This survey asks how strongly you agree or disagree with each statement based on your **current situation** or **how you feel right now**. Your answers help identify resources and challenges in recovery. There are no right or wrong answers.

<b>Social Capital</b>	<b>1</b> Strongly Disagree	<b>2</b> Disagree	<b>3</b> Agree	<b>4</b> Strongly Agree
1. I actively support other people who are in recovery.				
2. My family makes my recovery more difficult.				
3. I have at least one friend who supports my recovery.				
4. My family supports my recovery.				
5. Some people in my life do not think I'll make it in my recovery.				
6. I feel alone.				
7. I feel like I'm part of a recovery community.				

<b>Physical Capital</b>	<b>1</b> Strongly Disagree	<b>2</b> Disagree	<b>3</b> Agree	<b>4</b> Strongly Agree
8. My housing situation is helpful for my recovery.				
9. I have difficulty getting transportation.				
10. My housing situation is unstable.				
11. I have enough money every week to buy the basic things I need.				
12. Not having enough money makes my recovery more difficult.				
13. I can afford the care I need for my health, mental health, and recovery.				
14. I have reliable access to a phone and the internet.				

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<b>Human Capital</b>	<b>1</b> Strongly Disagree	<b>2</b> Disagree	<b>3</b> Agree	<b>4</b> Strongly Agree
15. I find it hard to have fun.				
16. I feel physically healthy most days.				
17. I am struggling with guilt or shame.				
18. I am experiencing a lot of stress.				
19. My education and training have prepared me to handle life's challenges.				
20. I have problems with my mental health.				
21. I feel my life has purpose and meaning.				

<b>Cultural Capital</b>	<b>1</b> Strongly Disagree	<b>2</b> Disagree	<b>3</b> Agree	<b>4</b> Strongly Agree
22. It's hard for me to trust others.				
23. I have opportunities to participate in fun activities that do not involve drugs and alcohol.				
24. I feel disconnected from my culture or not part of any culture.				
25. I feel like an outcast.				
26. There are helpful services and resources accessible to me.				
27. It's hard to let go of the part of my identity that was linked to my drinking or drug use.				
28. My neighborhood or town feels safe.				

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## Scoring Instructions:

Please see the written instructions below. For a visual example see the sample scoring chart on the next page.

**Step 1.** Write the score for each survey item in the 'Starting Score' column.

**Step 2.** For the items highlighted in yellow, change the scores from 4 to 1, 3 to 2, 2 to 3, or 1 to 4. Write the new score in the 'Reverse Score' column.

**Step 3.** If the item has a 'Reverse Score' write that in the 'Final Score' column. If it does not, write the 'Starting Score' in the 'Final Score' column.

**Step 4.** Add the final scores in each section. Write this in the light gray Social, Physical, Human, and Cultural capital 'Total' box. The minimum score is 7, the middle score is 17-18, and the maximum score is 28.

**Step 5.** Add the 'Total' scores from each section and write this in the dark gray Overall Recovery Capital 'Total' box. The minimum score is 28, the middle score is 70, and the maximum score is 112.

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Sample Scoring Chart

Item #	Starting Score	Reverse Score	Final Score	Total
1	4		4	
2	3	2	2	
3	2		2	
4	1		1	
5	4	1	1	
6	3	2	2	
7	2		2	
<b>Social Capital</b>				<b>14</b>
8	1		1	
9	4	1	1	
10	3	2	2	
11	2		2	
12	1	4	4	
13	4		4	
14	3		3	
<b>Physical Capital</b>				<b>17</b>
15	2	3	3	
16	1		1	
17	4	1	1	
18	3	2	2	
19	2		2	
20	1	4	4	
21	4			
<b>Human Capital</b>				<b>13</b>
22	3	2	2	
23	2		2	
24	1	4	4	
25	4	1	1	
26	3		3	
27	2	3	3	
28	1		1	
<b>Cultural Capital</b>				<b>16</b>
<b>Overall Recovery Capital</b>				<b>60</b>

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## Scoring Chart

Item #	Starting Score	Reverse Score	Final Score	Total
1				
2				
3				
4				
5				
6				
7				
Social Capital				
8				
9				
10				
11				
12				
13				
14				
Physical Capital				
15				
16				
17				
18				
19				
20				
21				
Human Capital				
22				
23				
24				
25				
26				
27				
28				
Cultural Capital				
<b>Overall Recovery Capital</b>				