

# 42nd Annual InterCourt Conference



Session 2D: Building  
Recovery Capital for  
Adolescents

March 12, 2026  
Hilton Columbus at  
Easton Town Center  
Columbus, OH

## FACULTY BIOGRAPHIES

**PAUL BOWEN, LSW**, is a Project Director at All Rise, where he leads initiatives under the Juvenile Treatment Court Project. He provides training and technical assistance to treatment court programs nationwide and contributes to developing training materials and publications.

Before joining All Rise, Paul served as the court administrator for a juvenile court in Mississippi. In that role, he oversaw the court system and its supporting services, including probation, juvenile drug treatment court, family treatment court, and administrative staff.

With over twenty years of experience in the juvenile justice system, Paul has co-authored multiple grants and successfully secured and managed funding to expand services across various programs. He has served on the Advisory Council for the National Center for State Courts' Rural Justice Collaborative and held board positions with the Mississippi Court Administrators Association and the Mississippi Association of Drug Court Professionals.

# **Building Recovery Capital for Adolescents**

**Paul Bowen, LSW**

*Project Director*

*AllRise Treatment Court Institute*



# Building Recovery Capital for Adolescents

Paul Bowen, Project Director, All Rise

March 12, 2025

© AllRise, February 2026.  
The following presentation may not be copied in whole or in part without the written permission of the author of the National Drug Court Institute.  
Written permission will generally be given upon request.

## Module Objectives

- Define Recovery and Recovery Capital
- Identify the Four Primary Recovery Capital Domains
- Review Ways to Integrate Recovery Capital into Your Juvenile Justice Services



# Defining Recovery and Recovery Capital



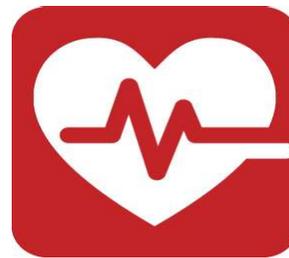
## Recovery

**SAMHSA:** “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

**Recovery Research Institute:**

“The process of improved physical, psychological, social well-being and health after having suffered from a substance-related condition”

## SAMHSA 4 Major Dimensions



**Health**



**Home**



**Purpose**



**Community**

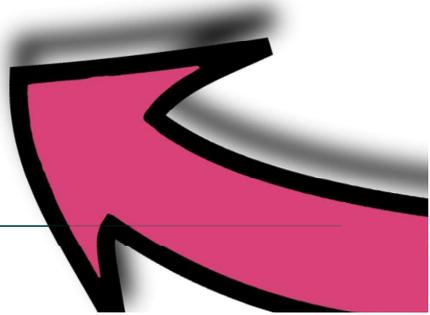


# Common themes?

There are common themes across these definitions

The process of recovery is not just about abstinence

Includes:

- Empowerment
  - Well-being
  - Quality of life
  - Connectedness
- 
- 

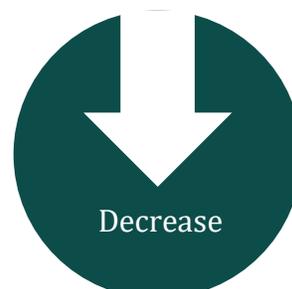
## Defining Recovery Capital

All the personal and tangible resources a person has and needs in order to initiate and sustain recovery (Granfield & Cloud, 1999; Laudet and Best, 2010; White & White, 2008).

Recovery Capital



Return to Use



# Recovery Capital Domains



**Raise your hand if –**

**You can name the  
Recovery Capital  
domains**





Treatment Court Institute

# Recovery Capital

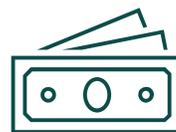
## Human Capital

- Self-efficacy
- Motivation
- Mental/cognitive health
- Physical health
- Education/academic connections and success
- Spirituality



## Financial Capital

- Income/part-time job/employment preparation
- Resources for basic needs
- Access to transportation
- Access to treatment



Treatment Court Institute

# Social Capital

## Relationships

- Family
- Friends
- Supportive social relationships that are centered around recovery
- Relational connections



# Community Capital

- Full continuum of treatment resources
- Accessibility of a range of resources
- Local recovery efforts and supports
- Supported pathways of recovery
- Recovery norms are valued in the community



# Integrate Recovery Capital





# Steps to Integrating Recovery Capital into Case Plans



Assess Each Youth's Existing Recovery Capital



Identify Strengths and Needs



Develop Case Plan Goals that Increase Recovery Capital



Monitor Progress and Reinforce Growth



## Step 1 – Assess Recovery Capital

### Recovery Capital Tools

- ✓ Identifies resources and strengths (human, financial, social, and community capital)
- ✓ Level of support (individualize recovery plan)

### Types of Recovery Capital Tools

- Brief screeners or in-depth assessments

\*Most tools are designed for adults, but are beneficial for determining family strengths.

- Downloadable worksheets or assessment software

- Recovery Capital Index
- Recovery Link
- Recovery Data Platform
- Recovery Outcomes - REC-CAP



### Family Need

Explore what family means to you and how it supports recovery. Remember family can be biological or chosen. Complete each box and continue the activity on the next page.

What does a healthy relationship look like to you?

What does an unhealthy relationship look like to you?

What does support look like for you?

### Housing Need

What do you want for you to feel safe and secure at where you reside. Write what you want in a call home. After completing, continue the activity on the next page.

What do you want to me where I live?

Requirements	Dwelling Size/Type
Bed Features (store, etc.)	Safety Features (low crime, second floor, etc.)
Appliances	Home Features (dishwasher, AC, laundry, etc.)

### Transportation Need

Explore your transportation needs and how you meet them. Complete each box and continue the activity on the next page.

Why is having reliable transportation important to you?

What is your life like when you don't have reliable transportation?

What is your ideal way to meet your transportation need?

**Transportation Barriers**

- Suspended driver's license
- No vehicle insurance
- No vehicle
- Limited/no public transportation
- Money issues
- Schedule/Time to get places
- Childcare/transporting kids
- Other \_\_\_\_\_
- Other \_\_\_\_\_

Looking at barriers to transportation, what are your biggest stressors? Why?

What barrier do you want to start working on first?

# Recovery Capital Worksheets



<https://allrise.org/publications/recovery-capital-worksheets/>





## Step 2 – Identify Strengths and Needs

**Human:**

I have good time-management skills.  
I get angry a lot. (barrier)

**Financial:**

I have a part-time job.  
We have two cars so transportation is not a problem.

**Social:**

My best friend just got put on probation too. (barrier)  
I play football at school.

**Community:**

We live close to the counselor's office.

## Step 3 – Case Planning

Case plans should be individualized, coordinated, and goal-oriented to:

- Reduce criminogenic risks
- Address clinical needs
- Strengthen protective factors/  
build recovery capital



## SAMPLE CASE PLAN

<b>Client Name:</b> Youth Name		<b>Probation Officer/Case Manager:</b> Court Staff Name	
<b>Date Created:</b> 9/29/2025		<b>Last Review Date:</b> 10/10/2025	
<b>Goal:</b> Stop blowing up and getting into fights.			
<b>RNR Assessment Domain:</b> Personality/Behavior		<b>Recovery Capital Domain:</b> <span style="background-color: yellow;">Human</span>	
Action Steps	Completion Date	Measurement	Status
1 The case manager is to provide information for the online conflict resolution course.	10/1/2025	An email will be sent to the youth and the family.	The case manager has provided the necessary information. The youth enrolled in the online course and completed 2 of the 8 program hours.
2 The parent will enroll the youth in an online course.	10/6/2025	The parent will send the case manager proof/confirmation of course enrollment.	
3 The youth will complete the eight-hour course.	10/20/2025	The youth will submit a certificate of completion of the online course.	

## SAMPLE CASE PLAN

<b>Client Name:</b> Youth Name		<b>Probation Officer/Case Manager:</b> Court Staff Name	
<b>Date Created:</b> 9/29/2025		<b>Last Review Date:</b> 10/10/2025	
<b>Goal:</b> To have a reliable ride to my appointments and court meetings.			
<b>RNR Assessment Domain:</b> N/A		<b>Recovery Capital Domain:</b> <span style="background-color: yellow;">Financial</span>	
Action Steps	Completion Date	Measurement	Status
1 The case manager will create and maintain a calendar of all court-related events.	10/1/2025	Calendar will be created and submitted to the youth and parents.	The case manager created and shared the calendar. The parents have arranged support from the youth's aunt, and the family now meets every Friday evening to review and plan transportation for the upcoming week.
2 Parents will assist with arranging transportation by coordinating with family members or trusted adults	10/3/2025	The parent will call family members and trusted adults to discuss this week's needs.	
3 The youth will review the shared calendar regularly and communicate upcoming transportation needs.	10/5/2025	The youth will review this week's activities with parents.	



# Step 4 – Monitor Progress

Measure the progress of reducing criminogenic risks, addressing clinical needs, and strengthening protective factors/recovery capital.

- Use validated tools to measure improvements.
- Reassess at regular intervals (30, 60, or 90 days)
- Look for trends (increase, decrease, or plateaus)



**Human:**

I have good time-management skills.  
I have learned new skills, so I don't get angry like I used to.



# In Summary

Building recovery capital can improve outcomes for adolescents

Assess youths to determine needs

Coordinate case plans to address individual needs

Identify community-based supports

Monitor Progress

TRAINING EVALUATION

**Thank  
You** 

Paul Bowen

PROJECT DIRECTOR, ALL RISE

[pbowen@allrise.org](mailto:pbowen@allrise.org)

## Building Recovery Capital

### Discussion Questions:

- Are there services in our community that help adolescents build recovery capital?
- Are there goals in the case plan that support recovery capital?
- What improvements can be made in connecting participants to recovery capital?

Recovery Capital Domain	Current Resource/Practice	Gaps	Improvement Idea	Person(s) Responsible	Timeline
Human					
Financial					
Social					
Community					

