

Adolescent and Family Recovery Capital 101 for JDTCs and FDTCS: Part 2

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Disclaimer:

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Treatment
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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

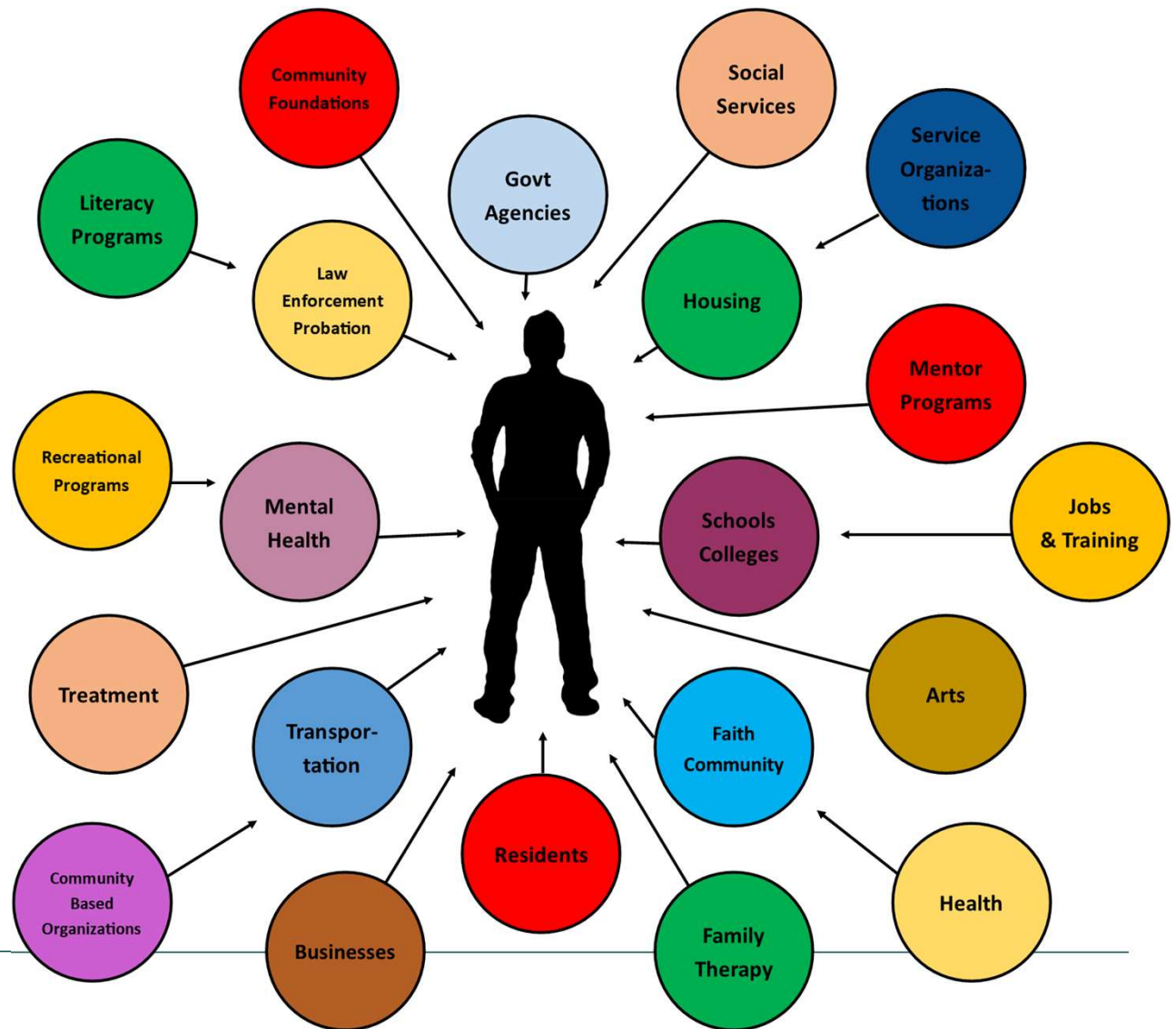
Recovery Capital



Recovery Capital Building Tools



Community-based supports to help achieve goals



Recovery Capital Resource Mapping



Recovery Capital Community Resource Mapping

Human

Financial

Social

Community



Personal

Personal recovery capital generally includes both *financial and human capital*. *Financial physical capital* includes necessities such as safe and recovery-focused housing, clothing, food, health insurance, and access to transportation. *Human capital* includes knowledge, interpersonal skills, problem-solving abilities, self-awareness and self-esteem, and a sense of meaning and purpose in life.

Key Questions:

- What resources do we have on the team and in the community to support treatment court participants in building their financial and human capital?
- How does someone access these resources?

Financial Capital:

- Recovery focused housing
- Rental assistance
- Utilities assistance
- Clothing banks
- Food banks
- Household goods assistance
- Insurance
- Legal assistance
- Employment services
- Financial education
- Transportation
- Nutrition programs
- Skill-based education

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

Human/Financial

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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.

Key Questions:

- How can we maximize natural resources?
- How can we increase access to sober outlets?
-

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

Social

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:

- How active is our recovery community?
- What are our treatment resources?

Community Mapping

- 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

Community

DEBRIEF



One Team's Approach





Steps Taken for Community Mapping/ Resource Project



01

Community Mapping & Organizing



02

Creating the AROSC Catalog



03

Youth Specific Resources



04

Maintaining Resources





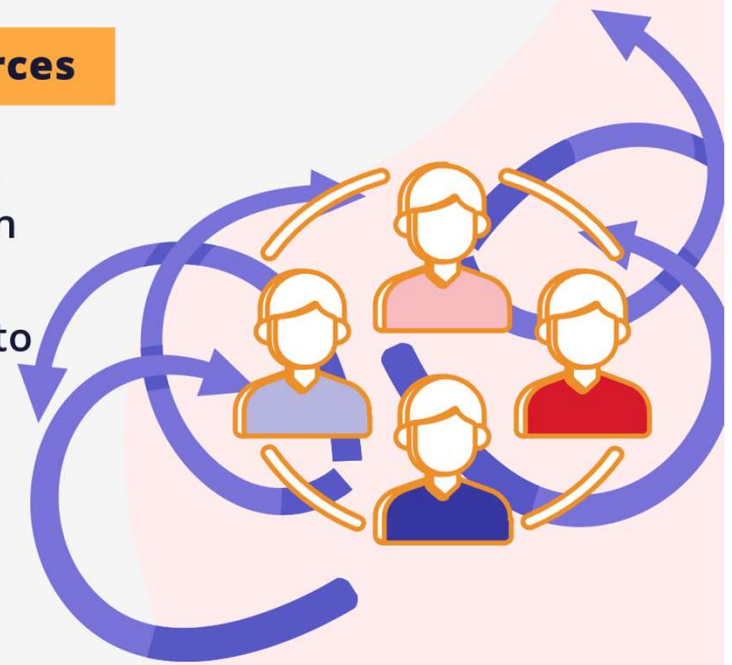
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Community Mapping

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

Human Capital

AOD/Mental Health Providers:

- Barcelona Counseling
- CODA
- EASA Program
- For Health Treatment & Recovery (18yrs or older)
- Hawthorn Walk-in
- Inner Journey Healing Arts
- Life Stance

Personal

Housing/Utility Assistance:

- Community Action – eviction prevention
- Oregon Energy Fund – utilities
- Bienstar – rental assistance funding
- Open Door – house assistance
- Boys and Girls/Safe Place – shelter
- Community Action Energy Co.
- Project Homeless Connect (PHC)
- Second Home
- Community connect
- SOAR

- 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



2

Creating the Resource Catalog

- The team verified each resource to check if...
 - Is the organization still running
 - Assess what is the best form of contact
 - Are referrals needed
 - Where the resource is located
- Create a catalog that is eye catching and can be utilized by our Keys to Success team
- Place each resource under its specific subcategory
- Initially created a power point and PDF

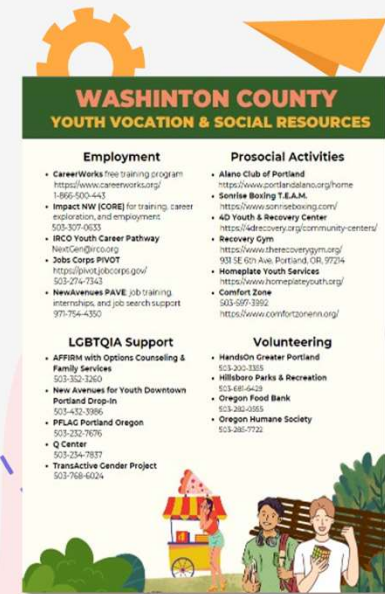
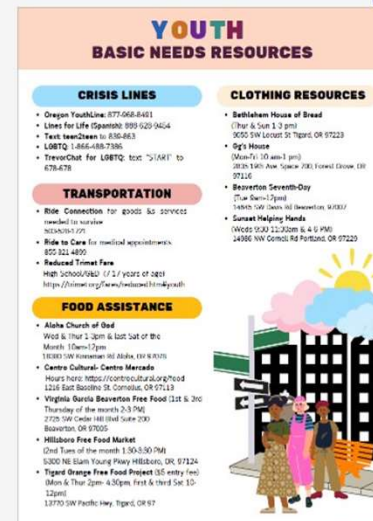
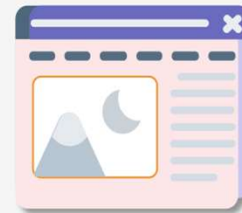


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Creating Youth Flyers

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

Now

Keeping the resources within the catalog most up to date

Then

1

2

3

4

Appreciation for and recognition of the Washington Co. OR Keys to Success (JDTC) program for sharing their recovery capital resource mapping journey!

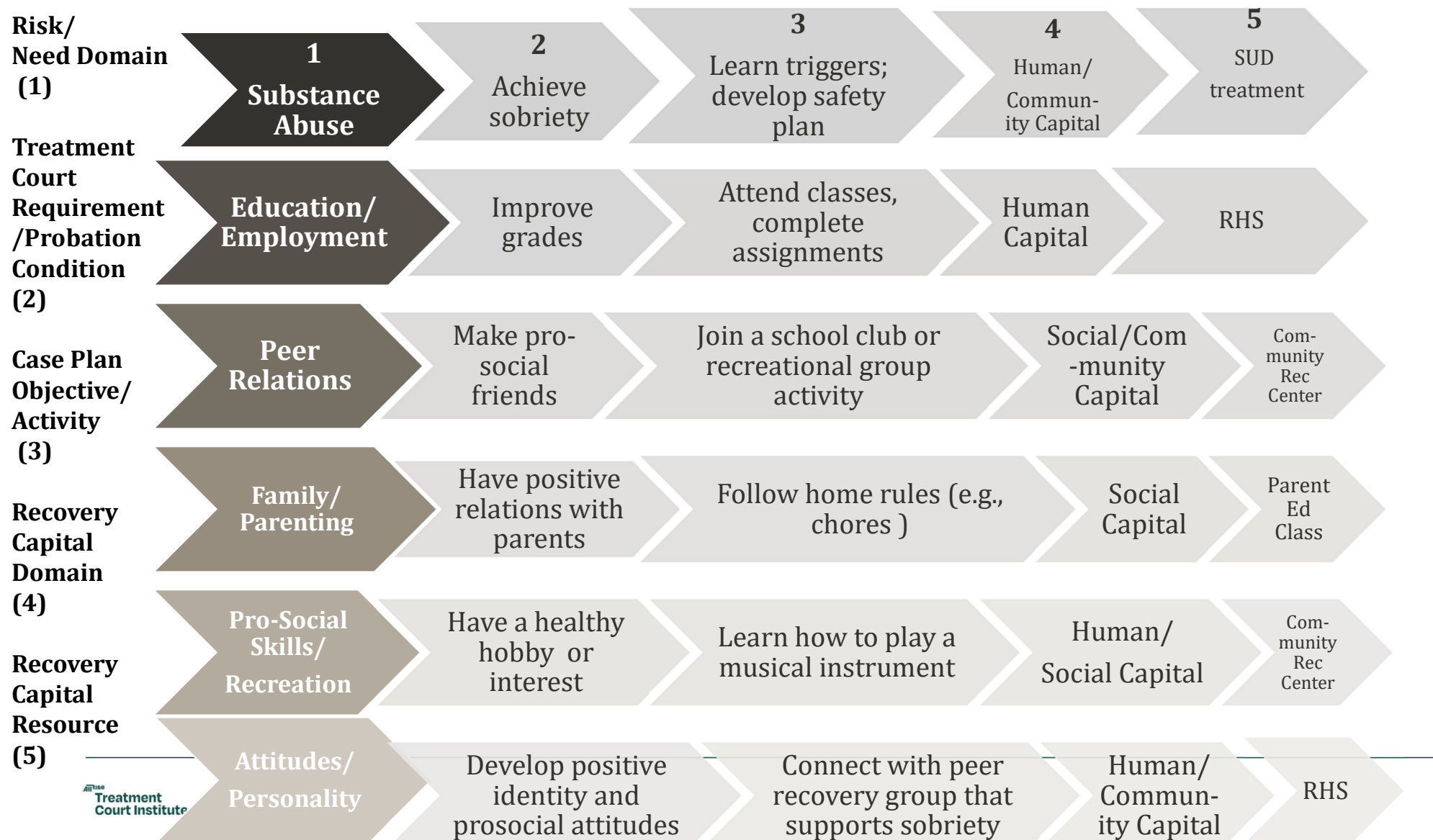
What are some steps your team could take to map recovery capital resources in your community and increase the number and variety of resources to meet the needs of court participants ?

Recovery Capital Resource Mapping

Steps

Who to Involve

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 long 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 easy 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.

Social

- _____ I have meaningful, positive relationship with my family and participation in my community.
- _____ I have a 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 cultural or ethnic community.

Recovery Capital where I scored the lowest

1. _____
2. _____
3. _____
4. _____
5. _____

Recovery Capital Building Goals and JDTC Program Success

Recovery Capital Building Goal (from lists above)	Associated Case/Treatment Plan Goal	Addresses 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

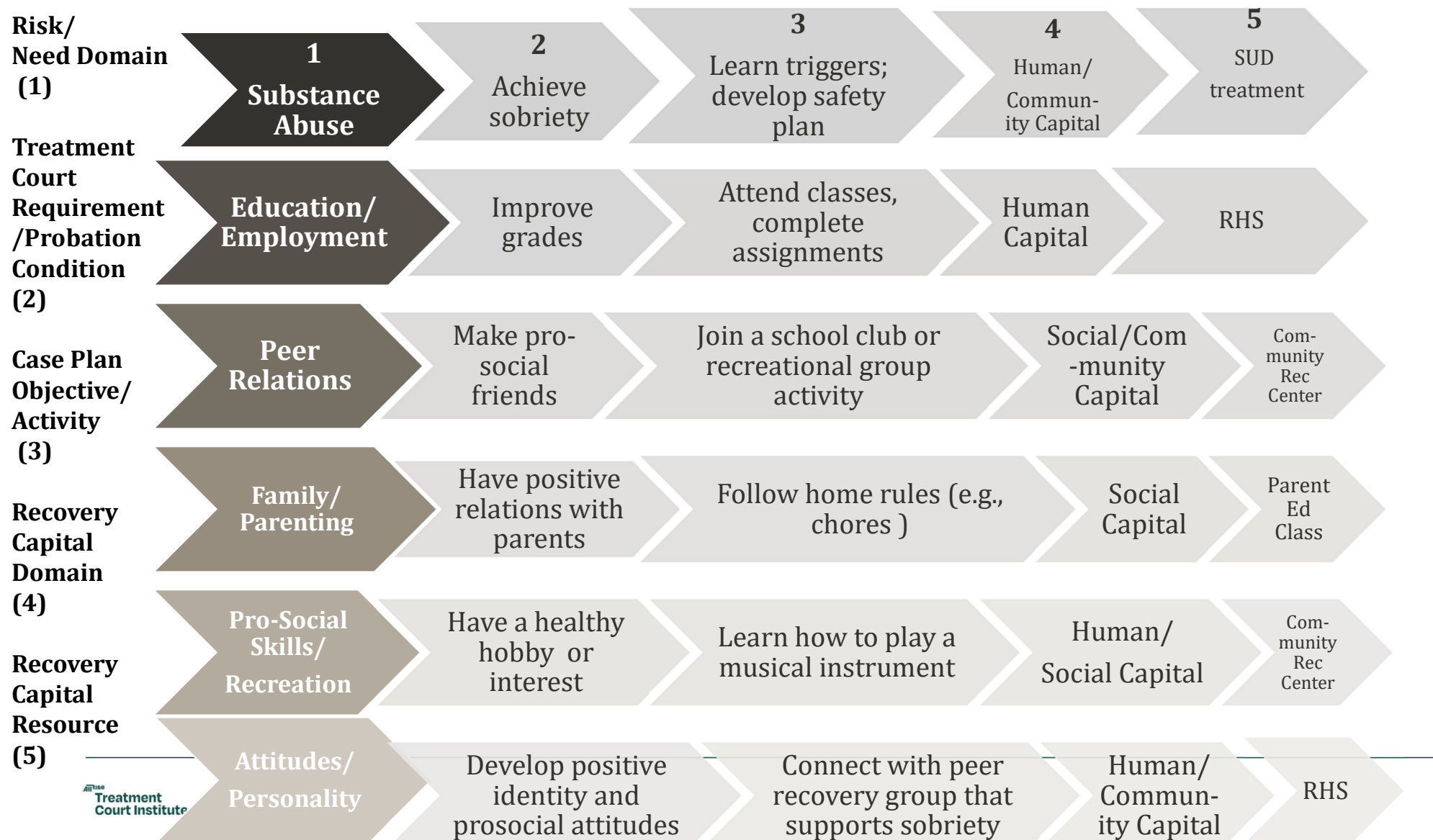
What are some steps your team could take to make assessing recovery capital part of your practice?

Assessment for Recovery Capital

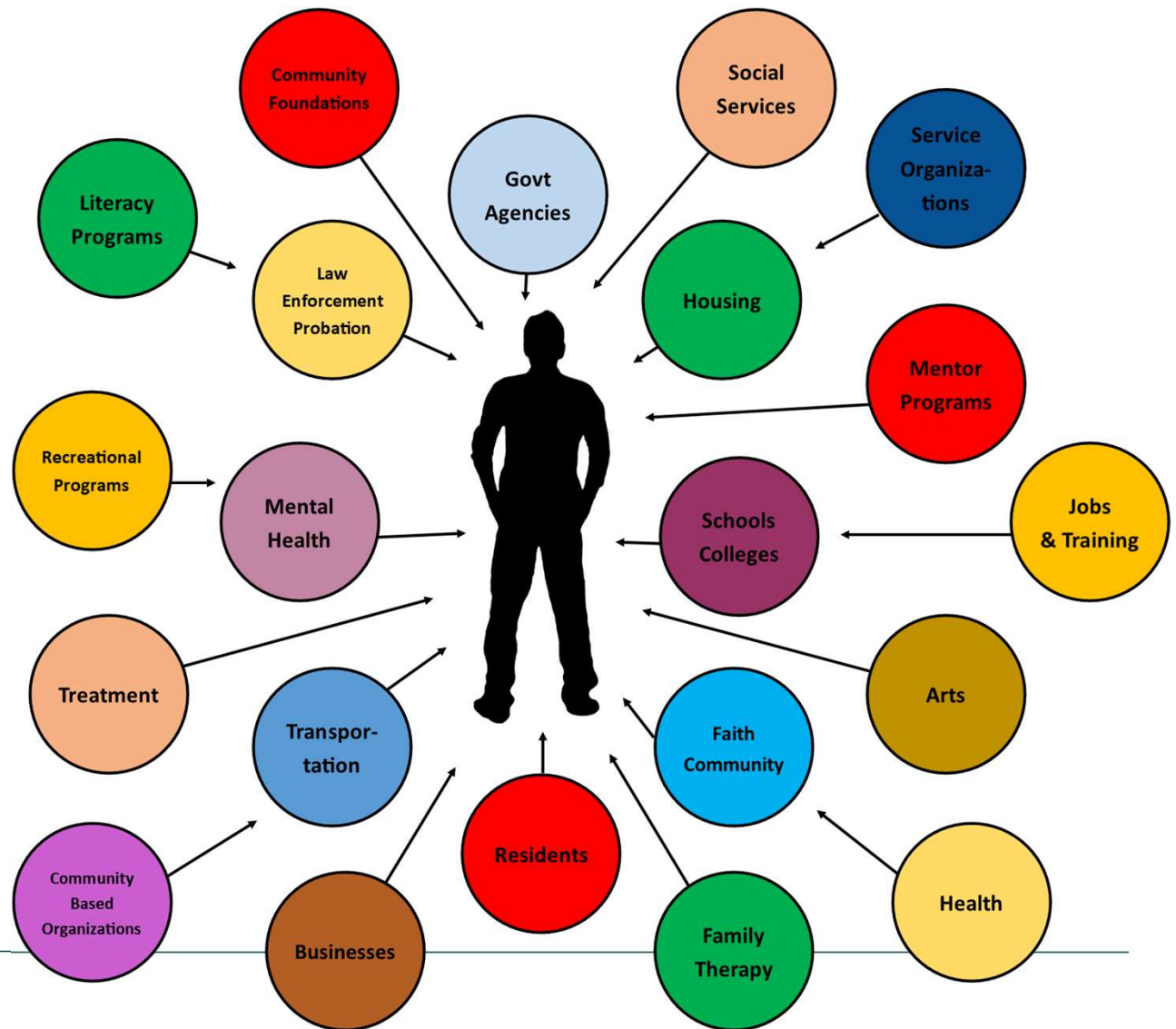
Steps

Who to Involve

Case Plans with Recovery Capital Goals



Community-based supports to help achieve goals



What are some steps your team could take to make including recovery capital building into case plans/goals with clients?

Case Plans with Recovery Capital Goals

Steps

Who to Involve

DEBRIEF



Questions?

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Thank you!

