

## Recovery Participation Scale

### Face-to-Face Recovery Support Group Participation Scale

- \_\_\_ I attend recovery support group meetings
  - 1-2 per week (1 point)
  - 3-4 per week (2 points)
  - 5+ per week (3 points)
- \_\_\_ I attend
  - online recovery support meetings (1 point)
  - face-to-face recovery support meetings (2 points)
  - both face-to-face and online or telephone recovery support meetings (3 points)
- \_\_\_ I have a home group (meeting that I attend regularly) (3 points)
- \_\_\_ If I did not make a meeting at my home group for two weeks, I think the number of people who would call to see if I was okay would be \_\_\_.
  - 1 person (1 point)
  - 2-4 people (2 points)
  - 5+ people (3 points)
- \_\_\_ The majority of meetings that I attend are:
  - Closed Meetings (3 points)
  - Open Meetings (2 point)
  - Not sure of the difference (0 points)
- \_\_\_ The majority of recovery support meetings I attend are
  - Discussion Meetings (3 points)
  - Speaker Meetings (2 points)
- \_\_\_ I speak at meetings
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I perform service work at meetings (e.g., helping set the room up, reading, chairing a meeting, making coffee, cleaning up)
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I have a sponsor with greater recovery experience who serves as a primary source of recovery support to me (3 points)
- \_\_\_ I am in contact (face-to-face, telephone, email) with my sponsor
  - Once a week (1 point)
  - 2-3 times per week (2 points)
  - 4+ times per week (3 points)
- \_\_\_ I am sponsoring others with less recovery experience (for those with more than a year of sobriety) (3 points)
- \_\_\_ The number of days per week I am involved with one or more of my sponsees is
  - Once a week (1 point)
  - 2-3 times per week (2 points)
  - 4+ times per week (3 points)

- \_\_\_ I carry a message of hope to others in need of recovery (outside of my sponsorship activities)
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I socialize before and/or after meetings
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I speak at meetings
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I attend recovery social events
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I visit a recovery clubhouse
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I read recovery-supportive literature
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I carry an object (e.g., wristband, chip, keychain, etc.) close to me that reminds me of my commitment to recovery
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ The number of phone numbers I have of people who support my recovery is
  - 1-5 people (1 point)
  - 5-9 people (2 points)
  - 10+ people (3 points)
- \_\_\_ I would rate the degree of my recent involvement in taking the Steps (or alternative recovery guidelines) and applying them to my daily life as
  - minimal (1 point)
  - moderate (2 points)
  - significant (3 points)
- \_\_\_ The Step/concept I am currently working on is (Fill in) \_\_\_\_\_.
  - Nothing specific (0 points)
  - If able to describe in detail (3 points)
- \_\_\_ I would rate my success in detaching myself from prior alcohol- and drug-focused relationships and places as
  - Poor (0 points)
  - Making progress but needs improvement (1 point)

- Excellent (3 points)
- \_\_\_ I use daily rituals to strengthen my recovery (e.g., meditation, prayer, self-evaluation)
- Rarely (1 point)
- Sometimes (2 points)
- Frequently (3 points)
- \_\_\_ I do volunteer service work in my community
- Rarely (1 point)
- Sometimes (2 points)
- Frequently (3 points)
- \_\_\_ I acknowledge my recovery status to others who are not in recovery
- Rarely (1 point)
- Sometimes (2 points)
- Frequently (3 points)
- \_\_\_ I encourage my family members to participate in family recovery support meetings
- Rarely (1 point)
- Sometimes (2 points)
- Frequently (3 points)
- Total \_\_\_ (79 points possible)

## **Online Recovery Support Group Participation Scale**

Participation in Online recovery support meetings has increased exponentially in recent years both as an adjunct and an alternative to face-to-face meetings (Kurtz & White, in press). Online participation in recovery support meetings is a viable alternative for people residing in communities with no or few recovery support meetings or that lack specialty meetings (e.g. women's and young people's meetings) and for persons in high status positions who fear the stigma of more open participation. Online participation can also minimize the potential for dual relationships and conflicts of interests for certain professions (e.g., judges, probation officers).

The following scale offers a way to assess whether someone is using the claim of Online participation to minimize or fabricate mutual aid involvement or whether this is a legitimate approach to recovery support.

### **References**

Kurtz, E & White, W. (in press) *Telephone- and Internet Based Recovery Support Services*, Chicago, IL: Great Lakes Addiction Technology Transfer Center

## Online Recovery Support Group Participation Scale

- \_\_\_ I participate in Online recovery support meetings
  - 1-2 per week (1 point)
  - 3-4 per week (2 points)
  - 5+ per week (3 points)
- \_\_\_ I participate in:
  - only online recovery support meetings (1 point)
  - face-to-face recovery support meetings (2 points)
  - both face-to-face and online or telephone recovery support meetings (3 points)
- \_\_\_ I have a home Online group (particular meeting that I attend regularly) (3 points)
- \_\_\_ I would rate my degree of participation as follows
  - primarily lurking (1 point)
  - occasional participation (2 points)
  - frequent participation (3 points)
- \_\_\_ I have an online mentor/sponsor who I communicate with outside of online meetings (3 points)
- \_\_\_ I am in contact (e.g., email, telephone) with my sponsor
  - Once a week (1 point)
  - 2-3 times per week (2 points)
  - 4+ times per week (3 points)
- \_\_\_ I carry a message of hope to others in need of recovery
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I read recovery-supportive literature
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I carry an object (e.g., wristband, chip, keychain, etc.) close to me that reminds me of my commitment to recovery
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I would rate the degree of my recent involvement in taking the Steps (or alternative recovery guidelines) and applying them to my daily life as
  - minimal (1 point)
  - moderate (2 points)
  - significant (3 points)
- \_\_\_ The Step/concept I am currently working on is (Fill in) \_\_\_\_\_.
  - Nothing specific (0 points)
  - If able to describe in detail (3 points)
- \_\_\_ I would rate my success in detaching myself from prior alcohol- and drug-focused relationships and places as
  - Poor (0 points)

- Making progress but needs improvement (1 point)
- Excellent (3 points)
- \_\_\_ I use daily rituals to strengthen my recovery (e.g., meditation, prayer, self-evaluation)
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I do volunteer service work in my community
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
- \_\_\_ I acknowledge my recovery status to others who are not in recovery
  - Rarely (1 point)
  - Sometimes (2 points)
  - Frequently (3 points)
  
- \_\_\_ Total (Possible 45 points)