



In the Spring of 2025, GHM began using this survey tool from the University of Buffalo’s School of Social Work:

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.

Social Capital	1 Strongly Disagree	2 Disagree	3 Agree	4 Strongly Agree
1. I actively support other people 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 will make it in my recovery.				
6. I feel alone.				
7. I feel like I’m part of a recovery community.				

Physical Capital	1 Strongly Disagree	2 Disagree	3 Agree	4 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.				

Human Capital	1 Strongly Disagree	2 Disagree	3 Agree	4 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.				

Cultural Capital	1 Strongly Disagree	2 Disagree	3 Agree	4 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 or alcohol.				
24. I feel disconnected with my culture or not part of have any cultural connection.				
25. I feel like an outcast.				
26. There are helpful services and resources available to me.				
27. It's hard to let go of my identity that is linked to my drinking or drug use.				



Garden Home

M · I · N · I · S · T · R · I · E · S

We provide holistic care for female victims of sexual exploitation and trafficking due to substance use coercion.

28. My neighborhood or town feels safe.				
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THE END—THANK YOU!

