

BARC-10 Information Sheet

March 2021

What is the BARC-10?

BARC-10 stands for Brief Assessment of Recovery Capital-10.

Recovery capital is the characteristics and assets that a person develops on the recovery journey from a substance use disorder. The BARC-10 is a validated questionnaire that assesses an individual's recovery capital through **10 questions** that measure **10 domains** of recovery capital. Below are the 10 domains and the question that measures that domain.



Substance Use & Sobriety

There are more important things to me in life than using substances.



Meaningful Activities

I regard my life as challenging and fulfilling without the need for using drugs or alcohol.



Global Psychological Health

In general, I am happy with my life.



Housing Status

My living space has helped to drive my recovery journey.



Global Physical Health

I have enough energy to complete the tasks I set for myself.



Risk-Taking Behavior

I take full responsibility for my actions.



Civic & Community Engagement

I am proud of the community I live in and feel a part of it.



Recovery Experience

I am making good progress on my recovery journey.



Coping & Life Functioning

I am happy dealing with a range of professional people.



Social Support

I get lots of support from friends.



How is the BARC-10 score calculated?

Participants rate their agreement with each statement in the BARC-10 from “Strongly Disagree” (with a value of 1) to “Strongly Agree” (with a value of 6). The score for each question is added together to create the participant's total score.



Total scores can range from 10 to 60. Scores of 47 or higher that are sustained over time indicate higher chances for long-term remission from SUD. If the BARC-10 is completed as part of the GPRA or through the OMNI-provided online form, you can receive an email that includes this score, as well as the response to each question. On the GPRA, you will be asked if you, or another staff member, would like to receive the BARC-10 results and to enter your email.



How can I use this tool?

The BARC-10 can be used to support an individual's recovery process by focusing on their strengths and resources throughout various phases of treatment and recovery. The sections below include details and examples of how the BARC-10 can be used across phases and provider roles. The *providers* described below can include clinicians, counselors, peer supporters, Peer Recovery Specialists (PRS), doctors, or other health care providers. The *individuals* described below can include clients, peers, people in or seeking treatment or recovery, or any person receiving services.



Engagement & Rapport Building

The BARC-10 can be used to connect providers and individuals during sessions or meetings, build mutual understanding, and develop relationships, especially where barriers exist.

Examples:

A provider used the BARC-10 in an early session to **engage a new individual** and discuss their recovery. The provider was able to build rapport by discussing the individual's score in each domain. The provider noticed that the individual had a lower score on the *substance use and sobriety* domain and started a conversation about substance cravings. This led to a discussion of the individual's difficulty with finding other engaging activities outside of substance use.

A provider reached out to an individual after they finished treatment and offered the BARC-10 as a tool. The provider used the tool as a starting point to talk about different areas of recovery and get to know the individual. Discussing the individual's responses led to conversation about their shared recovery experiences and meaningful activities, **building rapport quickly**.



Treatment & Recovery Planning

Scores on specific domains can offer insight into areas to focus on and inform treatment and recovery goals.

A provider used the BARC-10 in a session and noted the individual's low scores on *global physical health* and *meaningful activities*. This led to the provider and individual **agreeing on treatment goals** focused on physical self-care and trying new activities.

A provider included the BARC-10 in a recovery group session. Participants used their individual scores to **create their own recovery plans**. The BARC-10 highlighted areas with lower scores that need more attention, while also showing areas of opportunities for planning and support.



Tracking Progress & Growth

When completed over time, the BARC-10 can be used to show areas of growth, provide immediate feedback, and encourage individuals in their recovery. Generally, decreasing scores indicate areas in need of more support, and increasing scores indicate progress and growth.

A provider completed a follow-up GPRA with a client and received their BARC-10 responses via email. The provider reviewed these scores and the intake GPRA BARC-10 scores with the individual, highlighting areas of progress. This led to a conversation **reflecting on the growth** the provider and individual have seen. The individual responded positively to the strength-based, immediate feedback, noting that it was helpful to see changes from an "outside perspective."

A provider uses the BARC-10 to support their own recovery journey, completing it monthly to see if and **how their score changed and where they might need to ask for help** from their support network.