

# RECOVERY CAPITAL REDUCES CRIMINOGENIC-RISK EXPOSURE

Structured recovery housing works when daily participation builds protective factors and reduces exposure to high-risk people, places, patterns, and behaviors.

**It is not about perfection. It is about participation.**

*For recovery housing, court, probation, and case-management settings.*

## RECOVERY CAPITAL

Abstinence-focused community

Recovery identity

Strong peer engagement

12-step participation and support

Stable housing and sleep hygiene

Clear standards of behavior

Structure and routine

Transparency and accountability

Holding each other accountable

Practice respectful conflict resolution

## CRIMINOGENIC-RISK FACTORS REDUCED

Substance possession, distribution, use, and normalization of illegal conduct

High-risk or criminal identity

Association with active users or criminal peers

Isolation, idle time, and high-risk networks

Unstable housing and disrupted sleep patterns

Chaos and unpredictability

Impulsivity and decision fatigue

Secrecy, minimization, and denial

"Don't snitch" culture and repeated violations

Conflict avoidance, resentment, and unhealthy conflict strategies

## PROTECT YOUR HOUSE. PROTECT EACH OTHER.

Healthy recovery housing works best when concerns are addressed early, directly, and respectfully. If a house rule is being missed, name the behavior, explain the impact, and ask for a simple commitment to correct.

**Example: "You have not made your bed this week, and I cannot vacuum when clothes are on the floor. Please keep your room clean."**

*Healthy response: "You are right. I am sorry. I will get that cleaned up now."*

Most problems do not need escalation when people listen, take responsibility, and correct the issue early. Accountability is participation, not punishment.