

SAMHSA's 10 Guiding Principles of Recovery

01 Hope



The belief that recovery is real provides the essential and motivating message of a better future. Hope is internalized by those we surround ourselves with.

Self-determination is the foundation for recovery as individuals define their own life goals and design their unique path(s) towards those goals.

02 Person-Driven



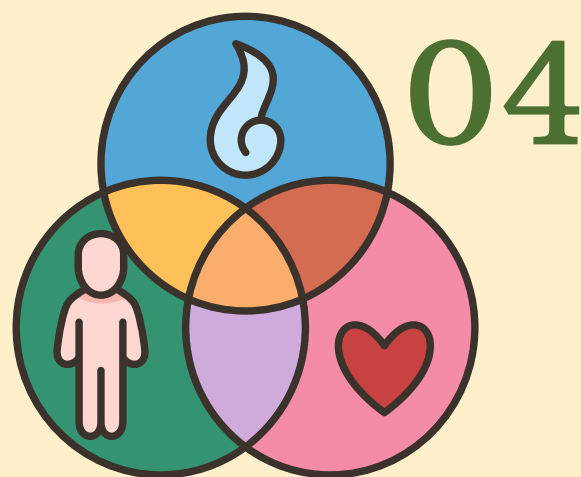
03 Many Pathways



Individuals are unique with distinct needs - goals and cultures that affect and determine their pathway(s) to recovery.

Recovery pathway(s) are highly personalized.

Recovery encompasses an individual's whole life, including mind, body, spirit, and community.



04

Holistic

Peer Support 05

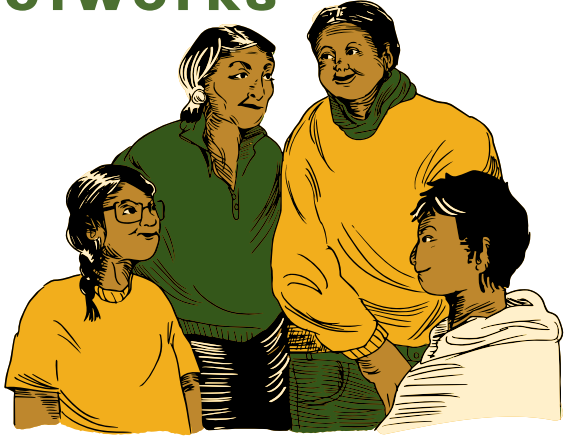


Peer support groups include the sharing of a grown knowledge and skills, as well as social learning, play an invaluable role in recovery.

Recovery is the process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential

Relationships and Social Networks

06



an important factor in the recovery process is the presence and involvement of people who believe in the person's ability to recover

Culture includes values, traditions, and beliefs and are key in determining a person's journey and unique pathway to recovery



07

Culture

08



Addresses Trauma

the experience of trauma - physical or sexual abuse, domestic violence, is often associated with drug use and mental health problems This is key to discuss in recovery

Individuals require support and responsibilities from themselves, family, and community to successfully stay on the path to recovery



09

Strength and Responsibility

10 Respect



Achieving recovery relies on societal acceptance and appreciation for people who are affected by substance use problems