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.

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

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.

04 Holistic
Recovery encompasses an individual’s whole life, including mind, body, spirit, and community.

05 Peer Support
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**

An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover.

**Culture**

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

**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.

**Strength and Responsibility**

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

**Respect**

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

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