

# RECOVERY IS LIFE

Many different factors determine how someone will approach recovery and if it's successful. Personal strengths, talents, coping skills, resources, values, and support from their family, friends, and community all play a role. Recovery really is a holistic journey that includes all aspects of a person's life.

The Substance Abuse and Mental Health Services Administration (SAMHSA) calls it The Dimensions of Recovery. Here are the four most important:

## The Four Major Dimensions of Recovery

### HEALTH

Treatment covers the process of becoming free from substance use disorder, including detox, therapy, and programs like MOUD, while recovery is the lifelong journey of health and stability that follows.



### HOME

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### PURPOSE

Treatment covers the process of becoming free from substance use disorder, including detox, therapy, and programs like MOUD, while recovery is the lifelong journey of health and stability that follows.



### COMMUNITY

Treatment covers the process of becoming free from substance use disorder, including detox, therapy, and programs like MOUD, while recovery is the lifelong journey of health and stability that follows.



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[KNOWTHEDANGERS.COM/SUD-RECOVERY](https://www.samhsa.gov/substance-use/recovery/about)

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