

WHAT'S

RECOVERY?



There's more to recovery than just quitting drugs.

It's a deeply personal journey of self-discovery, growth, and regaining stability and health. And it successful recovery looks different for everyone.

TREATMENT VS. RECOVERY

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

RECOVERY IS INDIVIDUAL

There is no one-size-fits-all approach. Recovery is a lifelong journey that must be tailored to a person's individual needs and goals.

RECOVERY IS ABOUT STABILITY

Recovery doesn't necessarily mean complete abstinence. It's more about living a stable and healthier life than an active substance use disorder allows.

RECOVERY ISN'T (ALWAYS) A STRAIGHT SHOT

Most people in recovery experience setbacks, but recognizing warning signs and building strong coping mechanisms can help prevent relapse and keep the journey moving forward. And it successful recovery looks different for everyone.

RECOVERY THRIVES ON SUPPORT

Stigma makes it hard for people to ask for help. Understanding someone's background, history, and goals is a powerful way to support their successful recovery.

RECOVERY NEVER ENDS

Recovery is a lifelong process that becomes part of a person's identity and lifestyle. And no matter what it might look like from the outside, people in recovery are doing a great job at living the best life they can.



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