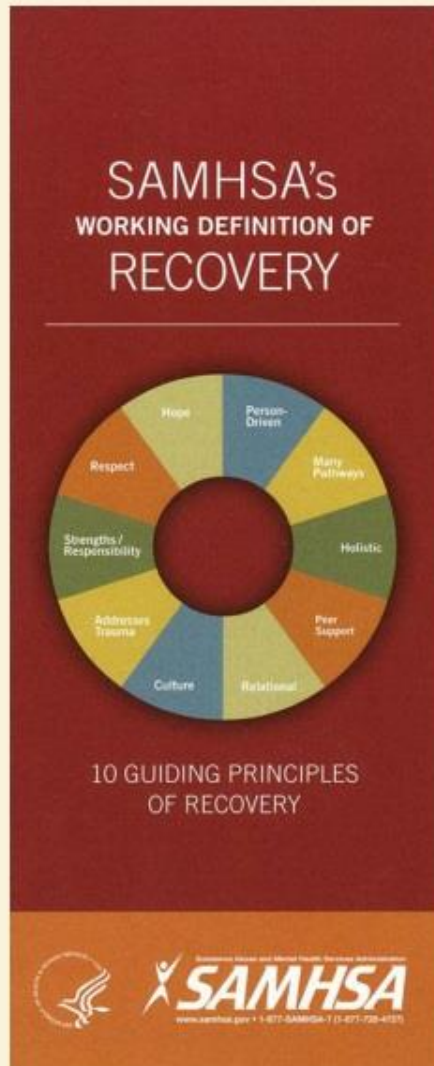


SAMHSA's Working Definition of Recovery

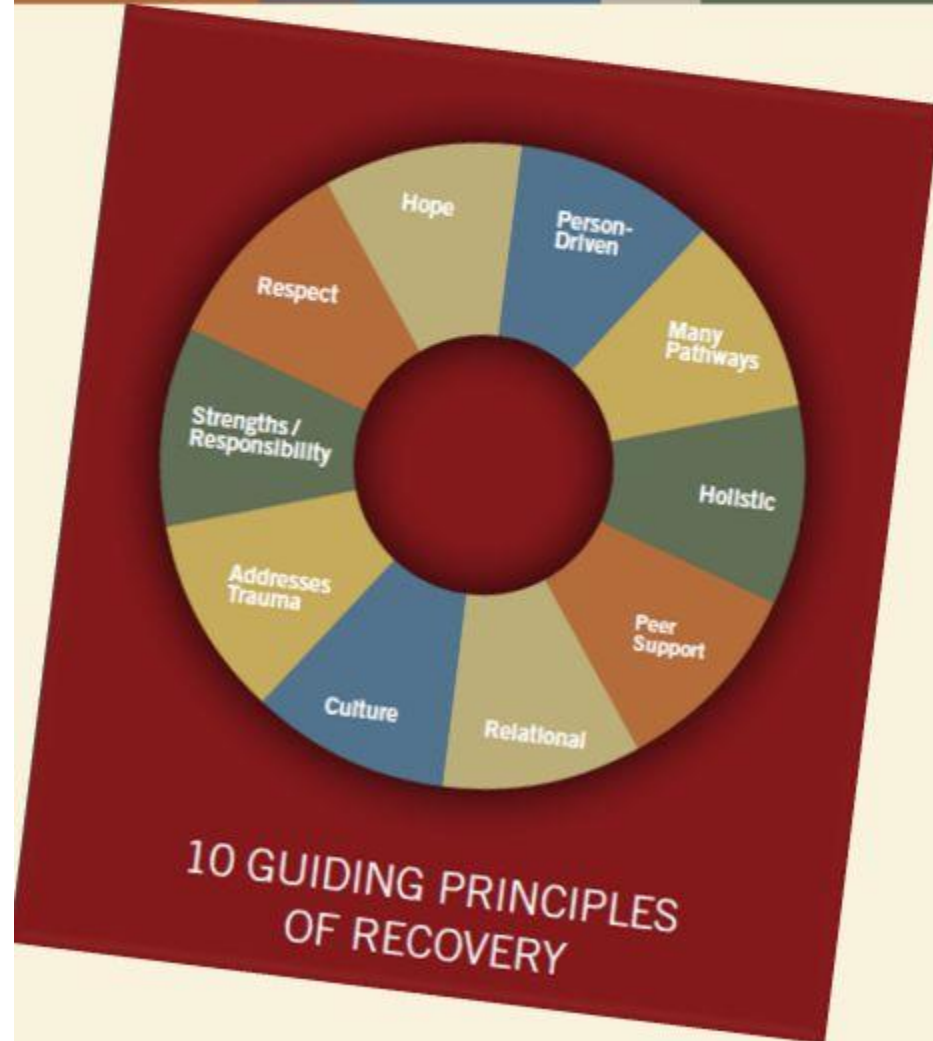
6



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

(SAMHSA, 2011)


Guiding Principles of Recovery




- Holistic
- Person-driven
- Many pathways
- Peer support
- Relational/social
- Strengths/responsibility
- Respect
- Culturally based
- Addresses trauma
- Hope

SAMHSA's Four Dimensions Of Recovery

SAMHSA's
WORKING DEFINITION OF
RECOVERY



10 GUIDING PRINCIPLES
OF RECOVERY



Substance Abuse and Mental Health Services Administration
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COMMUNITY

Have relationships and social networks that provide support, friendship, love and hope.

HEALTH

Make informed, healthy choices that support physical and emotional well-being.

HOME

Have a stable and safe place to live.

PURPOSE

Have meaningful daily activities and independence, income, and resources to participate in society.

Recovery Capital Domains

Best & Laudet (2010)

Domains	Key Questions	Examples
Social	What kinds of support are available from family, social networks, and community affiliations? What are the participant's obligations to these entities?	<ul style="list-style-type: none">← Family and kinship networks← Friendships← Support groups← Community affiliations
Physical	What tangible assets (e.g., property, money, job, etc.) are available to expand the participant's recovery options?	<ul style="list-style-type: none">← Money← Personal property← Job← Home
Human	What intangible assets (skills, aspirations, personal resources, etc.) will enable the participant to flourish in recovery?	<ul style="list-style-type: none">← Skills and talents← Education← Dreams and aspirations← Personal resources
Cultural	What network of values, principles, beliefs, and attitudes will serve to support the participant's recovery?	<ul style="list-style-type: none">← Access to cultural activities← Connection to cultural institutions← Belief systems and rituals