

RECOVERY MONTH

September 2017

What is Recovery Month?

Recovery Month is a national observance that highlights individuals in long-term recovery and honors the prevention, treatment and recovery service providers who help make recovery possible.

Recovery Month emphasizes that while the road to recovery may be difficult, the benefits are significant and valuable to individuals, families, and communities.

To learn more about Recovery Month, to post your own event, or for help planning your own event, please visit: recoverymonth.gov.

For more information on Recovery Month in New Hampshire visit: drugfreenh.org/about-us/item/62-recovery-month



Get inspired by the recovery community!

What is Recovery ?

Recovery is different for each person, therefore recovery is best defined on an individual basis. Individuals who are in recovery know what it means to them and how important it is in their lives. The Substance Abuse and Mental Health Services Commission (SAMHSA) offers this definition "recovery is a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential."

10 Guiding Principles of Recovery

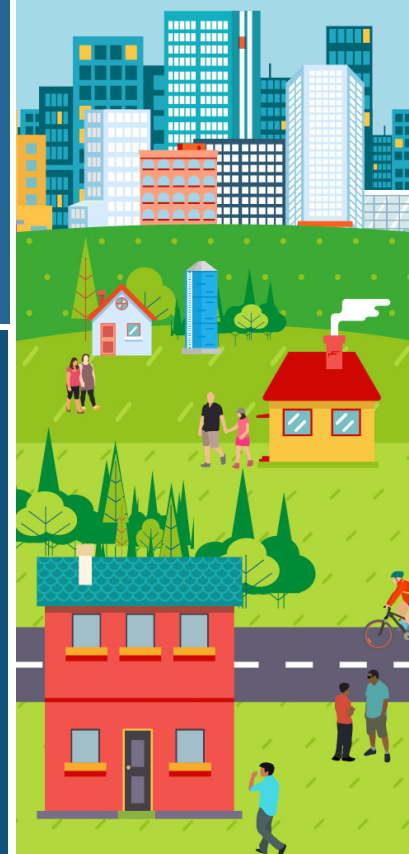
1. Recovery emerges from hope
2. Recovery is person driven
3. Recovery occurs via many pathways
4. Recovery is holistic
5. Recovery is supported by peers and allies
6. Recovery is supported through relationships and social network
7. Recovery is culturally-based and influenced
8. Recovery is supported by addressing trauma
9. Recovery involves individual, family and community strengths and responsibility
10. Recovery is based on respect



For more information on the Guiding Principles of Recovery visit: store.samhsa.gov/shin/content/SMA05-4129/SMA05-4129.pdf

JOIN THE VOICES FOR RECOVERY

STRENGTHEN FAMILIES AND COMMUNITIES



If you or someone you know is experiencing a substance use or an addiction-related crisis, call the NH Statewide Addiction Crisis Line 24/7 at 1-844-4357 (HELP). For statewide referrals and information, call 211 or visit nhtreatment.org.

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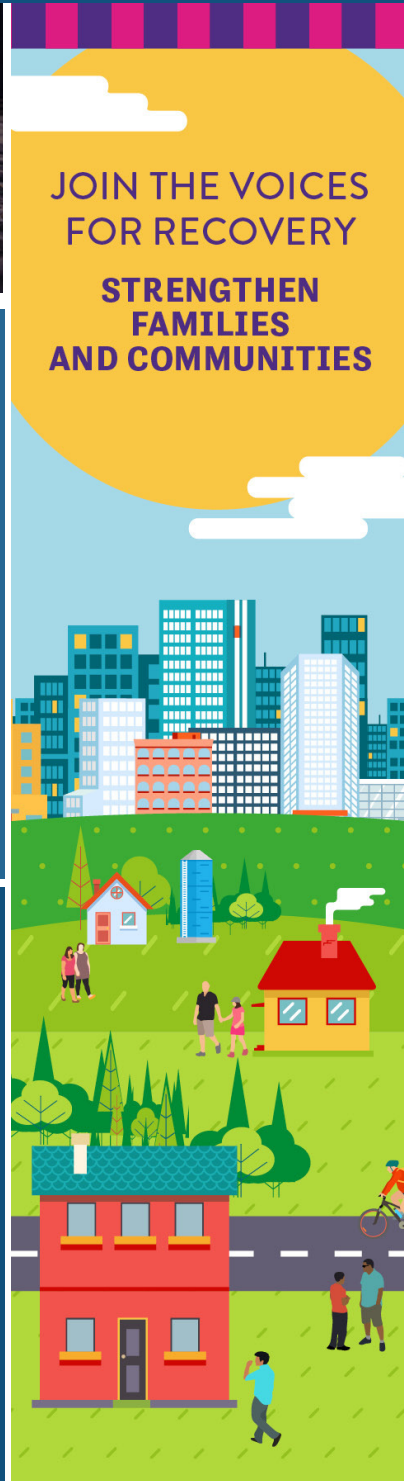


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10 Guiding Principles of Recovery

- 1. Recovery emerges from hope** – belief in the process and reality of recovery is vital for struggling individuals.
- 2. Recovery is person driven** – each person is ultimately in charge of their own recovery, setting goals and creating a path to achieve them
- 3. Recovery occurs via many pathways** – people recovering from substance misuse have different backgrounds and face unique challenges. As a result, the paths that people take toward recovery will vary.
- 4. Recovery is holistic** – in order for long-term recovery to take root, a person must address every aspect of their life, from mental and physical health to income and housing to seeking support and maintaining medication if needed.
- 5. Recovery is supported by peers and allies** – having peers that have experienced similar challenges and come through it provides a model for those in recovery to lean on, refer to and receive support from.
- 6. Recovery is supported through relationships and social network** – friends and peers that believe in a person's ability to recover can offer the strength and determination to get through these difficult times.
- 7. Recovery is culturally-based and influenced** – services for recovery must consider an individual's unique cultural beliefs, values and traditions.
- 8. Recovery is supported by addressing trauma** – sexual assault, domestic violence, emotional abuse and any other trauma has to be treated if recovery is to be long lasting and successful.
- 9. Recovery involves individual, family and community strengths and responsibility** – each person in recovery is responsible for their own care, though families and significant others also bear a responsibility, especially with recovering teens or young people, to support their loved ones. Communities also have a responsibility to make sure that those in recovery can live free of discrimination and have opportunities to have housing, employment and education
- 10. Recovery is based on respect** – recovering from addiction and psychiatric issues require bravery. Communities and social systems that acknowledge this lessen the stigma and offer people a healthier atmosphere in which they can get better and give back



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Even the smallest step matters.

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Get Involved in New Hampshire

- Attend or volunteer at a Recovery Month Event, find one close to you [here](#)
- Download the Partnership for a Drug-Free New Hampshire's Recovery Month Toolkit
- Use the hashtags #RecoveryMonthNH and #RecoveryMonth on Social Media
- Host a Recovery Month Event in your community

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