

# What is Recovery

PRO International

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# SAMHSA's Definition

## **Recovery from Mental Disorders and/or Substance Use Disorders:**

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's Definition

Through the Recovery Support Strategic Initiative, SAMHSA has delineated four major dimensions that support a life in recovery:

**Health:** overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.

**Home:** a stable and safe place to live;

**Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and

**Community:** relationships and social networks that provide support, friendship, love, and hope

# My Definition

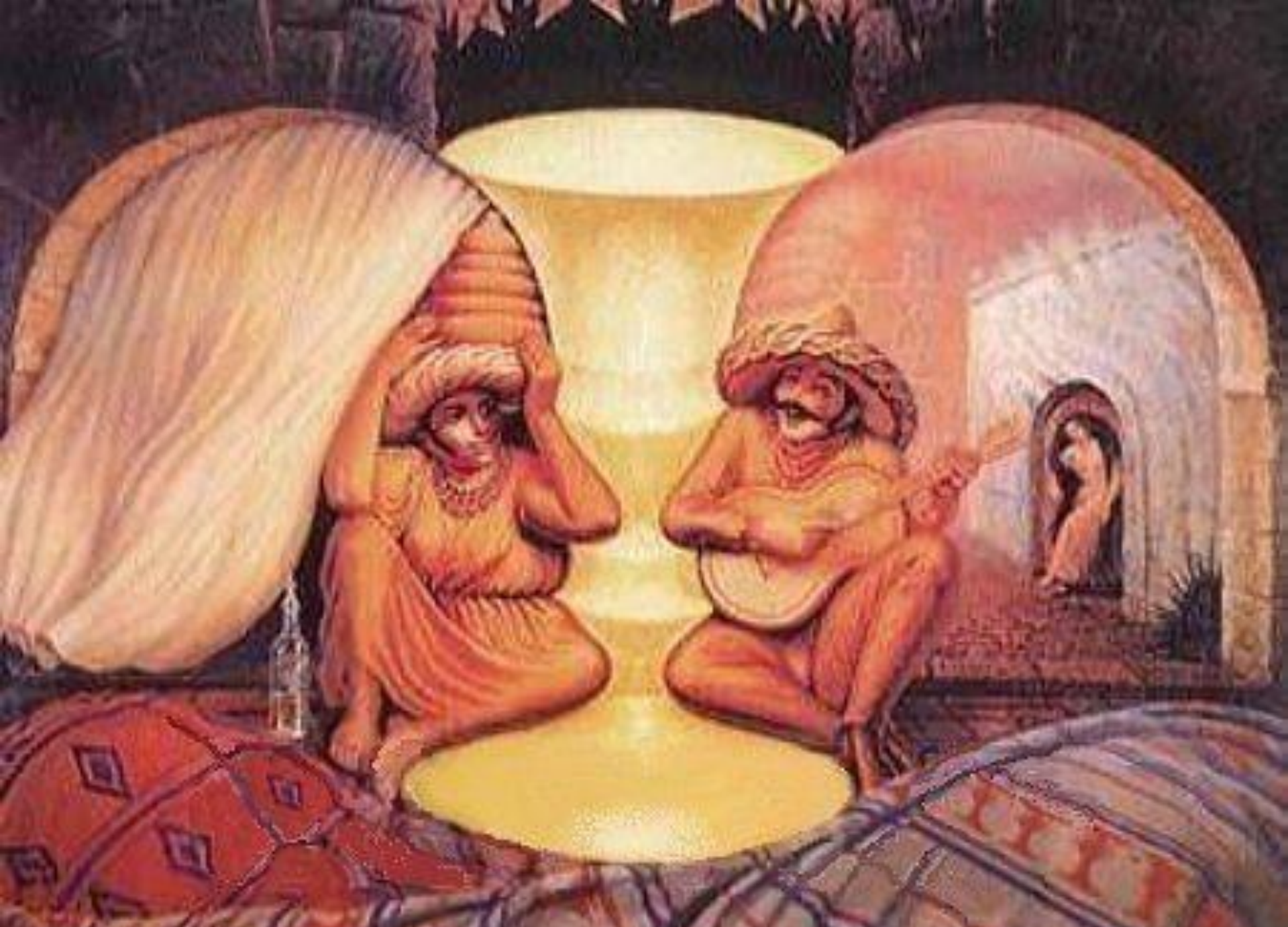
## **Recovery from Mental Disorders and/or Substance Use Disorders:**

A process of putting possibilities back in  
your life.

# My Definition Further Defined

## **Recovery from Mental Disorders and/or Substance Use Disorders:**

When you begin to focus and move forward to a life that excites you!



# What does Recovery Look Like

## **First Signs:**

You become involved in the community

Calendar becomes full

You get excited about waking up

You realize you can and do make an impact in life

# What does Recovery Look Like

## **When you know:**

You begin to love yourself

You begin to love others

You become grateful for all those experiences called mental illness as it created the unique you that you love today. And if given a choice, you would not change anything.



Thank you for your attention

Contact PRO International  
To help you or your organization  
Find the way to Mental Health  
Wellness and Recovery