

10 Components of Recovery

As adapted by SUDA

Recovery encompasses all aspects of life, including mental, physical, spiritual, and social well-being. We focus on giving space to allow individuals' to find their own strengths and resilience. We do this by fostering peer support, and eliminating stigma. We think that connection is the opposite of addiction, and is the most important part of peer recovery.

SUDA aligns with the consensus statement on mental health and their Components of Recovery, recognizing that substance use disorder is a mental health condition. We believe that these are essential for individuals with substance use disorder to consider when defining their recovery from addiction, unmanageable, or undesired consequences substance use.

1. **Guided by Self-Direction.** People determine their own path of recovery with autonomy, independence, and control of their abilities and resources available.
2. **Individualized and Person-Centered.** There are multiple pathways to recovery based on each individual's unique strengths as well as the person's needs, preferences, experiences, and cultural background.
3. **Empowerment.** People have the authority to participate in all decisions that will affect their lives, and they are coached and supported in this process *rather than directed*.
4. **Holistic.** Recovery encompasses an individual's whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, social networks, employment, education, mental health and health care treatment including access to medications, safe use, alternate treatments, and family support.
5. **Non-Linear.** Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.
6. **Strengths-Based.** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of each human being. The process of recovery moves forward through *interaction with others in supportive, trust-based relationships*.
7. **Peer Support.** Mutual support plays an invaluable role in recovery. *Peers encourage and engage others in recovery and provide each other with a sense of belonging and acceptance. Support rather than pressure is crucial.*
8. **Respect.** Eliminating discrimination and stigma are crucial in achieving recovery. *Self-acceptance and regaining belief in oneself are particularly vital. Non-judgement, compassion, and acceptance of others, and tolerance are invaluable.*
9. **Responsibility.** All of us have a personal responsibility for their own self-care and journeys of recovery. People identify coping strategies and healing processes useful to them to promote their own wellness. We take responsibility for our Substance Use Disorder, our recovery, and healthy boundaries with people and substances.
10. **Hope.** Hope is the catalyst of the recovery process and provides the essential and motivating message of a positive future. There are as many ways to recover as there are people on Earth as long as there is hope to be had.

In SUDA we believe in learning, not relapse. SUDA is committed to providing a supportive environment that fosters these concepts and empowers individuals to achieve their recovery goals. We offer a space for connection, learning, and empowerment. Our approach is modern and person-centered, focusing on the person with Substance Use Disorder rebuilding their own self-esteem, confidence, flexibility, and resilience with support, rather than direction.

We believe in a self-directed approach to recovery, emphasizing personal discovery and critical thinking. We avoid peer pressure, dogma, and conformity. Recovery is a continuous journey, and what works for one person may not work for another. What works for one person now, may be very different for even that same person in the future. We encourage individuals to be open-minded and learn from all ours and their experience. We need not have expectations of anyone except ourselves, have peace and be yourself. Welcome to SUDA.