

# RECOVERY SUPPORT



The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery signals a dramatic shift in the expectation for positive outcomes for individuals who experience mental and substance use conditions or the co-occurring of the two.

## THE FOUR MAJOR DIMENSIONS OF RECOVERY

- **Health** - Overcoming or managing one's disease(s) or symptoms - for example, abstaining from the use of alcohol, illicit drugs, and non-prescribed medication if one has an addiction problem- and for everyone in recovery making informed, healthy choices that support physical and emotional well-being.
- **Home** - Having a stable and safe place to live.
- **Purpose** - Conduct meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.
- **Community** - Having relationships and social networks that provide support, friendship, love, and hope.



Substance Abuse and  
Mental Health Services  
Administration



Arizona Health Care Cost  
Containment System

IF YOU OR SOMEONE YOU KNOW  
IS STRUGGLING OR IN CRISIS,  
HELP IS AVAILABLE.

- Call or text 988
- Call 1-844-534-4673 (HOPE), or text HOPE to 4HOPE (44673)

**ARIZONA**  
GOVERNOR'S OFFICE OF  
YOUTH, FAITH & FAMILY