SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. The process of recovery is highly personal and holistic, and it occurs via many pathways.

**Recovery is Real & Holistic**

**7 IN 10 ADULTS** who ever had a substance use problem considered themselves to be recovering or in recovery.

**2 IN 3 ADULTS** who ever had a mental health problem considered themselves to be recovering or in recovery.

**THOSE IN SUBSTANCE USE AND/OR MENTAL HEALTH RECOVERY ARE MORE LIKELY TO:**

- Have Ever Been Married
- View Religious Beliefs as Important
- Be Older in Age
- Have Higher Education
- Have Never Been Arrested/Booked for Breaking the Law
- Have Received Substance Use Cleaned Treatment in the Past Year
- Have Higher Income
- Have Higher Education
- Have Received Government Assistance
- Have Lower Income
- Have Lower Education
- Have Received Substance Use Disorder Treatment in the Past Year
- People in recovery who used ALCOHOL in the past year were more likely to report that COVID-19 DID NOT INCREASE their alcohol use.
- People in recovery who used ILLICIT DRUGS in the past year were more likely to report that COVID-19 DID NOT INCREASE their drug use.

**ADDITIONALLY, THOSE IN SUBSTANCE USE RECOVERY ARE MORE LIKELY TO:**

- Have Ever Been Married
- View Religious Beliefs as Important
- Be Older in Age
- Have Higher Education
- Have Never Been Arrested/Booked for Breaking the Law
- Have Received Substance Use Cleaned Treatment in the Past Year
- Have Higher Income
- Have Higher Education
- Have Received Government Assistance
- Have Lower Income
- Have Lower Education
- Have Received Substance Use Disorder Treatment in the Past Year

**WHILE THOSE IN MENTAL HEALTH RECOVERY ARE MORE LIKELY TO:**

- People in recovery who used ALCOHOL in the past year were more likely to report that COVID-19 DID NOT INCREASE their alcohol use.
- People in recovery who used ILLICIT DRUGS in the past year were more likely to report that COVID-19 DID NOT INCREASE their drug use.

**THOSE IN SUBSTANCE USE AND/OR MENTAL HEALTH RECOVERY EXHIBITED HIGHER RESILIENCY THROUGHOUT THE COVID-19 PANDEMIC.**

- People in recovery were likely to report that COVID-19 had LITTLE OR NO NEGATIVE IMPACT on their mental health.
- People in recovery who used ALCOHOL in the past year were more likely to report that COVID-19 DID NOT INCREASE their alcohol use.
- People in recovery who used ILLICIT DRUGS in the past year were more likely to report that COVID-19 DID NOT INCREASE their drug use.

**POLICY RECOMMENDATIONS TO SUPPORT THOSE IN RECOVERY:**

**HEALTH**
- Expand access to primary health care and mental health and substance use treatment.
- Build resiliency.

**PURPOSE**
- Implement supportive employment programs.
- Expand collegiate recovery.
- Offer financial counseling and education.

**HOME**
- Create affordable, safe, and stable housing options.

**COMMUNITY**
- Establish community outreach and support networks.
- Promote anti-discrimination and stigma-reduction efforts.
- Engage with faith communities.
- Ensure equity access.
- Implement criminal justice diversion programs.
- Provide family support services.

**NO MATTER WHO YOU ARE OR WHERE YOU ARE...THERE IS HOPE.**


If you or someone you know is struggling or in crisis: Call or text 988 or chat 988Lifeline.org

Get help at FindTreatment.gov

SAMHSA Office of Recovery promotes a recovery-oriented system of care, working in partnership with recovery community leaders, tracking progress over time, and identifying to resolve barriers to system transformation.

Visit the SAMHSA Office of Recovery webpage to learn more and get resources.