

Recovery is REAL & HOLISTIC

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.



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

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



Receive 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:



Be Older in Age



Have Health Insurance Coverage



Have Never Received Government Assistance



Have Higher Income



Identify as Heterosexual



Have Higher Education



Have Never Been Arrested/Booked for Breaking the Law



Have Received Mental Health Treatment in the Past Year

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.

For the full recovery report, please visit <https://store.samhsa.gov/recovery>

POLICY RECOMMENDATIONS TO SUPPORT THOSE IN RECOVERY:



HEALTH

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



HOME

- Create affordable, safe, and stable housing options.



PURPOSE

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



COMMUNITY

- Establish community outreach and support networks.
- Promote antidiscrimination 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.

Source: SAMHSA. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>

SAMHSA
Substance Abuse and Mental Health
Services Administration



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

Get help at [FindTreatment.gov](https://www.findtreatment.gov)



Scan the QR code to access SAMHSA recovery resources

#RecoveryEquity
Follow SAMHSA



The 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](https://www.samhsa.gov/recovery) webpage to learn more and get resources.