



# Recovery

## Awareness Month

Recovery Awareness Month is dedicated to raising awareness about substance misuse, celebrating recovery, and encouraging support for those on their recovery journey. This month, we focus on education, understanding, and fostering a supportive community.

### Why Recovery Awareness Matters

The belief that challenges and conditions can be overcome, is the foundation of recovery. A person's recovery is built on their strengths, talents, coping abilities, resources, and inherent values. It addresses the whole person and their community, and is supported by peers, friends, and family members.

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### Four Dimensions of Recovery

1. **Health** - Abstaining from 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 wellbeing
2. **Home** - Having a stable and safe place to live
3. **Purpose** - Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
4. **Community** - Having relationships and social networks that provide support, friendship, love, and hope

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### SAMHSA Recovery Support

[Find a recovery program](#)

[Coping Tips and Tools](#)

[Helping Someone Else](#)

### HSC Recovery Resources



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