**Definitions of Recovery**

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| **Betty Ford Institute logo** | **Betty Ford Institute** *“Recovery from substance dependence is a voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship” (Betty Ford Institute Consensus Panel, 2007).* |
|  | **New York State Office of Alcoholism and Substance Abuse Services***Recovery is seen as a journey of phases. The phases are described as: transition; early recovery; mid-recovery; maintenance; and sustained recovery (New York State, n.d.)* |
| **United Kingdom flag** | **United Kingdom (UK) Drug Policy Commission Recovery Consensus Group** *“Recovery is voluntarily sustained control over substance use, which maximises health and well-being and participation in the rights, roles and responsibilities of society” (UKDPC, 2008).* |
| **Scottish flag.** | **The Scottish Government***“Recovery is a process through which an individual is enabled to move on from their problem drug use towards a drug-free life and become an active and contributing member of society” (2008, P. vi).* |
| SAMHSA's logo | **SAMHSA 2010***“Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence, improved health, wellness and quality of life”* (Center for Substance Abuse Treatment Recovery Summit, 2010). |
| SAMHSA's logo | **SAMHSA 2011** *“Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential” (*SAMHSA, 2011). |
| SAMHSA's logo | **SAMHSA 2012***“Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential in context of health, home, purpose and community”* (SAMHSA, 2012) |