





Where Does Your Path Begin?





-  **Personal Growth:** Self-guided improvement (yoga, hiking, creativity)


-  **Service to Others:** Giving back (volunteering, mentoring, sponsoring)


-  **Harm-Reduction:** reducing the risks


-  **Abstinence:** Free of all substances


-  **Mutual Aid Groups:** Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Smart Recovery, etc.


-  **Recovery Coaching:** Provides support, encouragement, validation, accountability and empowerment


-  **Recovery Centers:** Peer-led services


-  **Recovery Housing:** Supportive substance free environments


-  **Recovery-Based Education:** Provides support for relapse prevention and lifestyle management

-  **Social and Recreational Recovery:** Substance free interaction and social media

-  **Medication Assisted Treatment (MAT):** Behavioral health and medication treatment for initiating and sustaining recovery

-  **Residential Treatment:** Inpatient treatment

-  **Outpatient /Intensive Outpatient Treatment (IOP):** Individualized non-residential treatment

-  **Relapse:** A minor set back of continued use

