

RECOVERY RESOURCE GUIDE

A Practical Guide for Individuals, Providers, and Communities



What is Recovery, Really?

Recovery is a process of change through which individuals improve their health and well-being, build meaningful lives, and pursue the goals that matter most to them. Recovery is not a single outcome or a one-size-fits-all journey. It looks different for each person and can include many pathways.

Pathways for Recovery

Clinical Treatment

- As determined appropriate through the level of care assessment
- May include individual, group, and family counseling
- Focused on evidence-based practice

Medications for Opioid Use Disorder (MOUD) and other Addiction Medications

- Methadone, Buprenorphine, Naltrexone, etc.
- Any medication that supports recovery from substance use or mental health conditions

Peer Support and Recovery Community

- Certified Peer Recovery Specialists
- Recovery coaching
- Recovery Community Organizations (ROSC)

Family and Social Support

- Family Engagement
- Mentoring
- Recovery-supportive relationships

Cultural Connection

- Cultural ceremonies and practices
- Culturally specific recovery support
- Community-led healing approaches

Faith-Based and Spiritual Pathways

- Spiritual practices
- Religious recovery programs
- Personal spiritual growth and connection

Holistic Wellness Pathways

- Physical activity and recreation
- Mindfulness and meditation
- Nutrition and wellness practices
- Creative arts and purpose-driven activities

Mutual Aid and Support Groups

- Alcoholics Anonymous (AA)
- Narcotics Anonymous (NA)
- SMART Recovery
- Refuge Recovery
- Peer-led Support Groups

What can we do right now to support recovery within *our* communities?



Reduce stigma through person-centered language and cultural humility



Strengthen peer support



Improve access to care and recovery support



Support stable housing, employment, and education



Strengthen recovery-supportive policies



Foster connection and belonging



Build community recovery capital

Resources & Support

988 Suicide & Crisis Lifeline

Call or Text 988

**Visit
HelplineIL.org**

Call 833-657-7147

**SAMHSA
National Helpline**

1-800-622-HELP (4357)