

Recovery

Prevention * Harm Reduction * Treatment * Recovery



Recovery is a process of change where people improve their health, live self directed lives, and strive towards their full potential. Recovery is unique to each person.

10 Guiding Principles of Recovery



Hope

Believing recovery is possible is the catalyst of the process.



Person-Driven

Individuals lead, control, and implement their own recovery journey.



Many Pathways

An individual's strengths, needs, experiences, culture, and resources drive their unique recovery pathway.



Strengths/Responsibility

Individuals, families, and communities all have roles and responsibilities to support recovery.



Peer Support

Provides a sense of belonging, resources, valued roles, and supportive relationships.

Relational



Recovery is supported through relationships and social networks.

Culture



An individual's culture and background are key in determining their pathway to recovery.

Addresses Trauma



Services and supports should foster safety and trust, promote choice, empowerment, and collaboration, and be trauma-informed.

Holistic



Recovery addresses a person's whole life, mind, body, spirit, and community.

Respect



Community, systemic, and societal acceptance and appreciation for people affected by substance use is crucial in achieving recovery.

Substance Abuse and Mental Health Services Administration. "10 Guiding Principles of Recovery," samhsa.gov

MOSS

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SETTLEMENT
SUPPORT CENTER

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The MOSS Center is here to help those receiving funds by identifying needs, sharing information, connecting with partners, promoting best practices, and evaluating efforts.

With support from Maine Attorney General Aaron M. Frey's office, our services are no cost.