The Substance Abuse and Mental Health Services Administration (SAMHSA) Defines recovery as:

"Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential."

SAMHSA also identifies the four dimensions that support recovery to be:

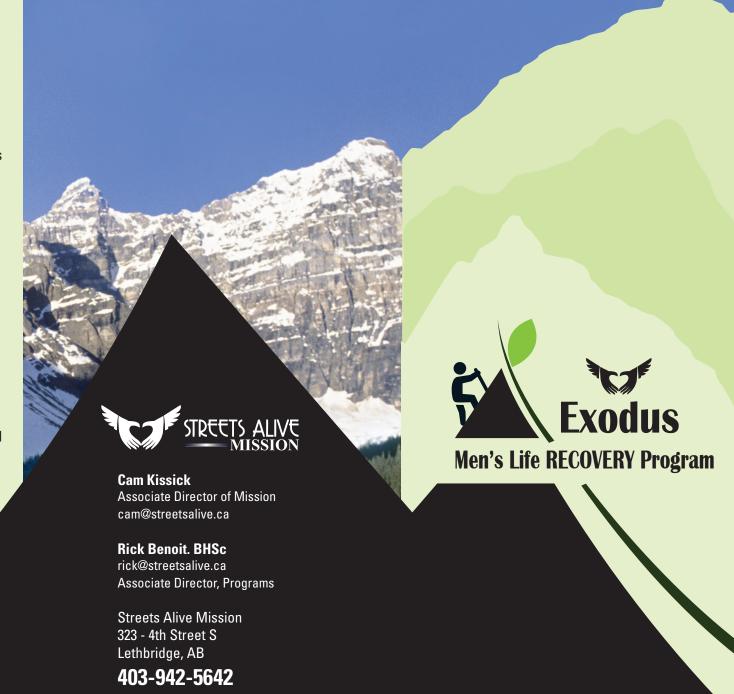
Health - overcoming or managing one's disease or symptoms and making informed, healthy choices that support physical and emotional wellbeing.

Home - having a stable and safe place to live.

Purpose - conducting meaningful daily activities and having the independence income, and resources to participate in society.

Community - having relationships and social networks that provide support, friendship, love, and hope.

These are the pillars that the Exodus Recovery Program is built on.



Recovery: "a return to a normal state of health, mind, or strength".

Oxford dictionary

stage 3

MOVING FORWARD

- P.A.W.S.
- Social Roles
- Stress
- Defense Mechanisms
- Self-esteem
- Relapse Prevention
- Forgiveness& Resentments
- Money Management

HONING SKILLS

JOB/SCHOOL READINESS

LIFE PLAN

stage

MAKING THE CHANGES

- Self Awareness
- Anxiety
- Emotional Management
- Co-Dependency
- Medical Consequences
- Boundaries
- Anger Management
 & Resentments
- Physical Health

STABILIZING SELF

UNDERSTANDING

THE TRIGGERS

APPLYING THE TOOLS

• Cross Addiction - substance/behavioral

UNDERSTANDING THE ADDICTION

- What is Addiction?
- What is Recovery?
- The Addicted Brain
- The Six P's of Recovery
- False Core Drivers

- Relapse Prevention
- Sleep, Nutrition
- Mental Health
- Interpersonal Relationships
- Communication

OWNERSHIP

UNDERSTANDING THE PYSIOLOGY

RECOVERY REALITIES

stage