

Volume 6, Issue 1  
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## Articles:

Addiction Recovery:  
Reasons to Recover from  
Someone Who's Been  
There



There is Life after  
Addiction



Recovery is a Journey

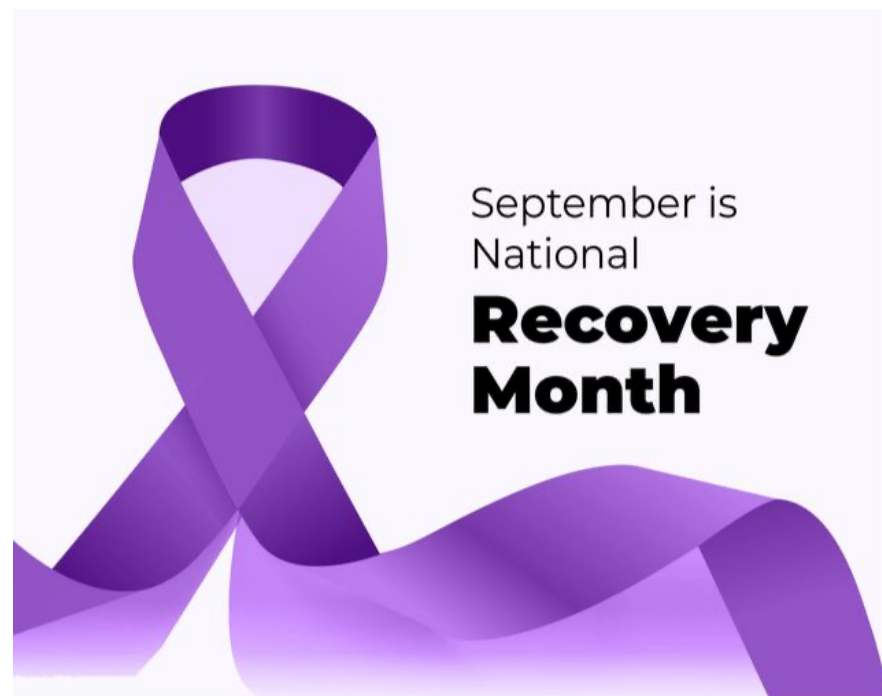


I Am Not Anonymous



## Substance Misuse Prevention Newsletter: A Collection of Readings

### Recovery Month



<https://emeraldislehealthandrecovery.com/wp-content/uploads/2023/03/National-recovery-month-featured.jpg>

National Recovery Month started in 1989 and is an observance held every September. Recovery Month is held to support new evidence-based treatment and recovery practices in addition to supporting the nation's recovery community. Recovery Month also acknowledges the providers within our community who make recovery possible (SAMHSA, 2023).



[https://portal.ct.gov/-/media/DMHAS/images/Recovery-Word-Art-500.jpeg?h=435&w=500&sc\\_lang=en&hash=835C4042868D85166CAD9F4FFF01A313](https://portal.ct.gov/-/media/DMHAS/images/Recovery-Word-Art-500.jpeg?h=435&w=500&sc_lang=en&hash=835C4042868D85166CAD9F4FFF01A313)

## Recovery Resources:

State of Maine  
Department of Health and  
Human Services-  
Substance Use Disorder  
Recovery Supports



State of Maine  
Department of Health and  
Human Services-  
Substance Use Disorder  
Treatment



Portland Recovery  
Community Center



USM's Recovery Oriented  
Campus Center (ROCC)



## “My Life Isn’t Defined by Substance Use”: Recovery Perspectives among Young Adults with Substance Use Disorder (Schoenberger et al., 2022)

Young adults (18-29 year old’s) have the highest prevalence of substance and alcohol use compared to all age groups. Additionally, the rates of opioid overdose among this population have increased by 250% since 1999 (Schoenberger et al., 2022). It is important to note that despite these facts, young adults have lower engagement and retention in substance use disorder (SUD) treatment than any other age group. A qualitative study by Schoenberger et al. (2022) was completed in an attempt to understand the perspectives on recovery among young adults with SUDs with the hope of providing information that could result in a more tailored approach to recovery for this population.

### Key Results:

- Participants described recovery as “a way to grow up and live a normal life not defined by substance use”
- Recovery has to include multiple components, like mental health treatment, in order to be successful
- Young adults described recovery as a self-motivated process and emphasized the importance of having agency in decision-making
- Recovery is a lifelong pursuit that requires “vigilance and commitment”

