

Definitions: Supporting Coloradans in Recovery through Peer Support Services Funding Opportunity

Four Dimensions of Recovery: The Substance Abuse and Mental Health Services Administration (SAMHSA) has delineated four major dimensions that support a life in recovery:

1. **Health:** Overcoming or managing one's disease(s) or symptoms—for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem—and, for everyone in recovery, making informed, healthy choices that support physical and emotional well-being
2. **Home:** Having a stable and safe place to live
3. **Purpose:** Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
4. **Community:** Having relationships and social networks that provide support, friendship, love, and hope

Multi-generational approach: This includes the person in recovery as well as their children, parent(s), grandparent(s) and/or any other caregiver or family members who are part of their recovery journey.

Mutual-aid Groups: These organizations provide non-clinical and non-professional help to achieve long-term recovery from addiction. The most well-known is the 12-step group.

Peer support: SAMHSA defines peer support services as those delivered by individuals who have common life experiences with the people they are serving. The peers can be called peer specialist, peer advocate, peer navigator, wellness advocate or recovery specialist.

Recovery: SAMHSA defines recovery as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Recovery Community Organization (RCO): SAMHSA defines RCOs as independent, non-profit organizations led and governed by representatives of local communities of addiction recovery.

Stigma: SAMHSA defines stigma as a mark of disgrace or infamy, a stain or reproach, as on one's reputation. Substance use disorders carry a high burden of stigma; fear of judgment means that people with substance use disorders are less likely to seek help and more likely to drop out of treatment programs in which they do enroll.

