



RECOVERY MONTH

Recovery Q&A

Curiosity is where community starts. Asking real questions, and learning the real answers, is what lets neighbors show up for each other well.



Does a relapse mean recovery failed?

A:

No. Recovery is not a straight line, and a setback doesn't erase the progress that came before it.



Is recovery the same for everyone?

A:

No. For some, it means abstinence; for others, it means a significant reduction in harm and a better quality of life. What matters is that it's self-directed.



Does recovery only apply to substance use?

A:

No. The same concept applies to mental health conditions, and the two often overlap. SAMHSA's official definition of recovery covers both.



Can someone recover without professional treatment?

A:

Sometimes. Peer support, faith communities, and stable relationships all play a real role. For more serious or complex needs, professional treatment is often what makes recovery possible. There's no single right path.



How long does recovery take?

A:

There's no finish line. It's an ongoing process, which is exactly why it deserves more than one month of attention.