Recovery: support for the next step | Understand

Recovery Can Include More Than One Kind of Support

Adults | 5 to 8 minutes | Handout

Identify a personally meaningful recovery priority and the kind of help it needs.

You can decide which words describe your goals. This page invites you to consider what you want more support with today. You do not need to tell your whole story or commit to a particular recovery identity.

How to use this page

Read the three areas below. Choose one that matters now, or name a different area in your own words. You may use this page with a clinician or trusted support person.

A direction that belongs to you

Your immediate priority might involve substance use, feeling steadier, keeping an appointment, reconnecting with someone, or finding a place to stay. A useful starting point is a change that matters in your actual circumstances, rather than a goal chosen only to satisfy someone else.

More than one source of help

Professional care, peer connection, practical assistance, and supportive relationships can play different roles. One person or group may not meet every need. You can ask about cost, transport, privacy, language, and whether a service respects your choices.

A page beside your care

Use these activities to prepare questions and requests. They do not provide detox instructions, medical treatment, or an emergency plan. If your health or safety needs attention now, connect with appropriate professional or emergency help before continuing the page.

1. The area I would like support with first, and one question I want to ask

Original educational material. Not a validated assessment or treatment protocol.

PK07-01 | continued

Facilitator notes and adaptation

Validate harm-reduction goals, medication treatment, and different recovery pathways. Assess urgent medical needs separately and avoid making worksheet completion a condition of support.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB03 | SAMHSA; official copy hosted by GovInfo | Important Considerations in Recovery

https://www.govinfo.gov/content/pkg/GOVPUB-HE20_400-PURL-gpo234454/pdf/GOVPUB-HE20_400-PURL-gpo234454.pdf

PB04 | National Institute on Alcohol Abuse and Alcoholism | Long-Term Recovery Support

https://alcoholtreatment.niaaa.nih.gov/support-through-the-process/long-term-recovery-support

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