



Canadian Centre  
**on Substance Abuse**  
Centre canadien **de lutte**  
**contre les toxicomanies**

Partnership. Knowledge. Change.  
Collaboration. Connaissance. Changement.

## **A National Commitment to Recovery from the Disease of Addiction in Canada**

The disease of addiction is a health issue and it impacts all Canadians.

On January 27 and 28, 2015, individuals from across Canada representing recovery, treatment, continuing care, education, research and government came together to create a united vision for what Recovery means in Canada. This document is the result of that Summit, and an important step toward promoting Recovery in Canada.

### **Vision**

Through this National Commitment to Recovery in Canada, we collectively declare our vision for a Canada in which:

- Recovery is real, available, attainable and sustainable.
- Recovery is an ongoing journey free of stigma and discrimination.
- Individuals, families, workplaces and communities are celebrated for their perseverance and commitment to Recovery.
- Recovery-focused services and supports are based on collaboration and partnership.

### **Principles**

#### **There are many pathways in Recovery**

Recovery involves a process of personal growth along a continuum leading to abstinence. It includes a range of services and supports that spans peer support, mutual aid, early identification and intervention, outreach and engagement, specialized treatment, relapse prevention and continuing care.

#### **Recovery requires collaboration**

Recovery-focused systems require collaboration across sectors, including peer support and mutual aid, health, social, educational, criminal justice, employment, economic, spiritual and housing sectors.

#### **Recovery is a personal journey toward wellbeing**

Recovery is an ongoing and dynamic process that is unique to the individual's strengths, culture, gender, personal qualities and experiences.

#### **Recovery extends beyond the individual**

Recovery involves family, peers, workplaces and the community.

#### **Recovery is multidimensional**

Recovery enhances physical, social, mental, emotional and spiritual health.

#### **Recovery involves everyone**

Everyone has a role to play in overcoming the stigma of addiction and in supporting and celebrating Recovery.

**Let's celebrate Recovery!**

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**Note:** Participants of the National Summit on Addiction Recovery agreed to use the definitions of recovery, addiction and abstinence provided by the [American Society of Addiction Medicine](#).



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The Canadian Centre on Substance Abuse changes lives by bringing people and knowledge together to reduce the harm of alcohol and other drugs on society. We partner with public, private and non-governmental organizations to improve the health and safety of Canadians.

**CCSA activities and products are made possible through a financial contribution from Health Canada. The views of CCSA do not necessarily represent the views of the Government of Canada.**