**Who was surveyed?**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>53%</td>
</tr>
<tr>
<td>Male</td>
<td>46.7%</td>
</tr>
<tr>
<td>Other</td>
<td>1.3%</td>
</tr>
</tbody>
</table>

**Recovery in Canada is attainable.**

- 855 respondents
- 62.4% had completed college, university, or higher education
- 79.9% were employed
- 43.3% were legally married or common law
- 61.4% had children

**What were the most common drugs used during active addiction?**

- Alcohol: 93.3%
- Tobacco/Nicotine: 81.8%
- Cannabis (Marijuana, Hash): 61.5%
- Meth: 1.3%
- Other: 5.0%

**Where were they?**

- 62.4% had completed college, university, or higher education
- 78.9% were employed
- 49.3% were legally married or common law
- 61.4% had children

**Were there any barriers to seeking help?**

- 82.5% experienced one or more barriers to initiating recovery
- 54.9% reported not being ready, not believing they had a problem, or not believing the problem was serious enough
- 49.7% reported being worried about what people would think of them
- 35.8% reported not knowing where to go for help

**What were the top 3 barriers?**

- Barriers reported 1 to 3
- Barriers reported 4 to 10
- Barriers reported more than 10

**What resources and programs were used during their recovery journey?**

- 91.8% reported using a 12-step mutual support group
- 60.6% reported using a residential addiction treatment program
- 56.8% reported using a drop-in or individual counseling program with a professional
- 56.3% reported using spiritual or religious services
- 55.6% reported using other types of counseling

**What helped them maintain recovery?**

- 96.8% reported staying in touch with friends
- 95.4% reported family relationships
- 87.4% reported faith or spirituality
- 85.6% reported staying physically active

**Become a part of the recovery movement in Canada.**

Visit www.ccsa.ca to read the full report and learn about Canada's national commitment to recovery from addiction.