

RECOVERY IN CANADA IS ATTAINABLE.

855 CANADIAN SHARE THEIR RECOVERY JOURNEY IN CANADA'S FIRST SURVEY

WHO WAS SURVEYED?

855
RESPONDENTS

♀ **53% FEMALE**

♂ **45.7% MALE**

♀ **1.3% OTHER**



62.4% HAD COMPLETED COLLEGE, UNIVERSITY OR HIGHER EDUCATION

78.9% WERE EMPLOYED

49.3% WERE LEGALLY MARRIED/COMMON-LAW

61.4% HAD CHILDREN

WHAT WERE THE MOST COMMON DRUGS USED DURING ACTIVE ADDICTION?



93.3%
ALCOHOL



81.8%
TOBACCO
/NICOTINE



61.5%
CANNABIS
(MARIJUANA, HASH)

WERE THERE ANY

BARRIERS TO SEEKING HELP?

82.5% EXPERIENCED ONE OR MORE BARRIERS TO INITIATING RECOVERY



WHAT WERE THE TOP 3 BARRIERS?

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 RESOURCES AND PROGRAMS WERE USED DURING THEIR RECOVERY JOURNEY?

RESPONDENTS USED APPROXIMATELY **6** OF **17** DIFFERENT RECOVERY RESOURCES AND PROGRAMS

THE TOP 4 RESOURCES AND PROGRAMS USED WERE:

91.8% REPORTED USING A 12-STEP MUTUAL SUPPORT GROUP

60.6% REPORTED USING A RESIDENTIAL ADDICTION TREATMENT PROGRAM

56.5% REPORTED USING GROUP OR INDIVIDUAL COUNSELING BY AN ADDICTION PROFESSIONAL

56.8% REPORTED USING GROUP OR INDIVIDUAL COUNSELLING BY A PSYCHOLOGIST OR PSYCHIATRIST NOT SPECIALIZING IN ADDICTION

MANY DIFFERENT SUPPORTS WERE USED!

THE TOP 4 SUPPORTS REPORTED WERE:



96.8%
USED RELATIONSHIPS WITH FRIENDS



95.4%
USED FAMILY RELATIONSHIPS



87.4%
USED RELIGION OR SPIRITUALITY



85.6%
USED MEDITATION OR MINDFULNESS PRACTICE

WHAT HELPED THEM MAINTAIN RECOVERY

85.4% REPORTED QUALITY OF LIFE REASONS

67.3% REPORTED MENTAL HEALTH OR EMOTIONAL REASONS

64% REPORTED MARITAL, FAMILY OR OTHER RELATIONSHIP REASONS

57.1% REPORTED PHYSICAL HEALTH REASONS

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.



Canadian Centre
on Substance Use
and Addiction

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