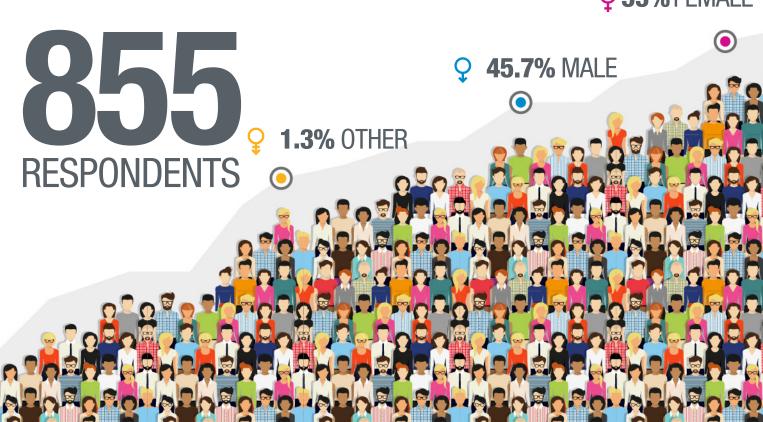
# RECOVERY IN CANADA IS ATTAINABLE.

CANADIAN SHARE THEIR RECOVERY JOURNEY IN CANADA'S FIRST SURVEY

**WHO WAS SURVEYED?** 

**♀ 53%** FEMALE





**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



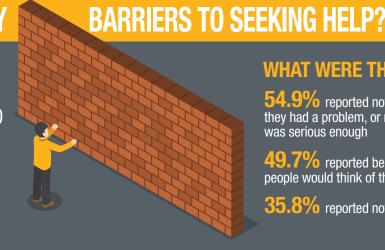
TOBACCO /NICOTINE



61.5% Cannabis (MARIJUANA, HASH)

## **WERE THERE ANY**

82.5% EXPERIENCED ONE OR MORE BARRIERS TO INITIATING RECOVERY



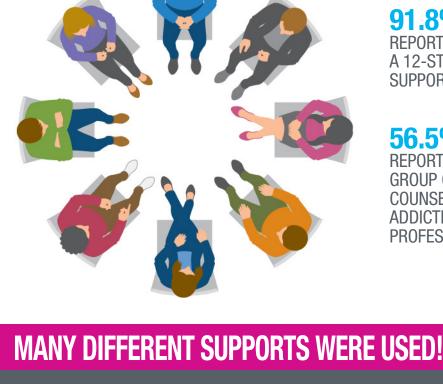
#### **WHAT WERE THE TOP 3 BARRIERS?**

**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:



60.6% 91.8% REPORTED USING

#### A 12-STEP MUTUAL SUPPORT GROUP

**56.5**% REPORTED USING

#### GROUP OR INDIVIDUAL COUNSELING BY AN

ADDICTION **PROFESSIONAL** 

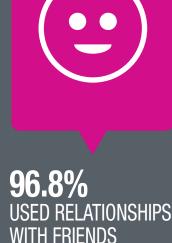
#### REPORTED USING A RESIDENTIAL ADDICTION TREATMENT PROGRAM

**56.8%** 

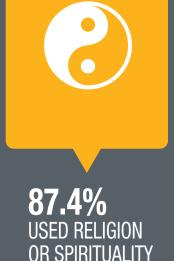
COUNSELLING BY A PSYCHOLOGIST OR **PSYCHIATRIST NOT** SPECIALIZING IN **ADDICTION** 

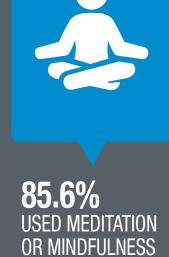
REPORTED USING GROUP OR INDIVIDUAL

## THE TOP 4 SUPPORTS REPORTED WERE:









WHAT HELPED THEM MAINTAIN RECOVERY

**57.1%** REPORTED PHYSICAL HEALTH REASONS

**PRACTICE** 

**85.4%** REPORTED QUALITY OF LIFE REASONS **67.3%** REPORTED MENTAL HEALTH OR EMOTIONAL REASONS

64% reported marital, family or other relationship 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.



Evidence. Engagement. Impact.