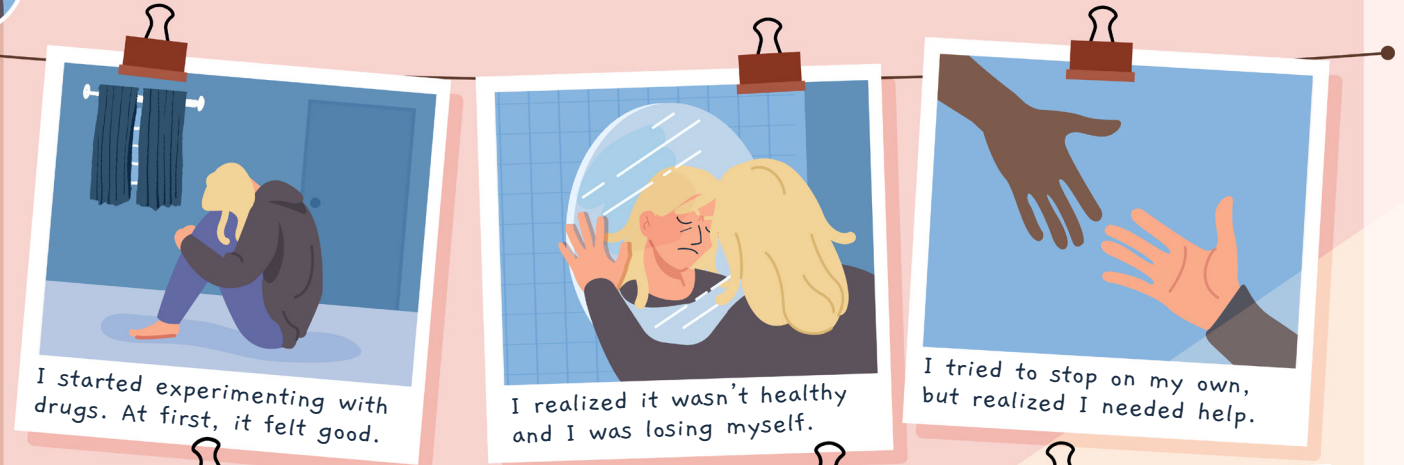


The Story of Sam

Sam is on their journey to recovery. Through Sam's story, we can better understand the person's perspective as they move through the substance use recovery process.

The visual was derived from various interviews with key interested parties to understand barriers to accessing prevention, treatment, and recovery services for individuals with Substance Use Disorders (SUD).



I started experimenting with drugs. At first, it felt good.

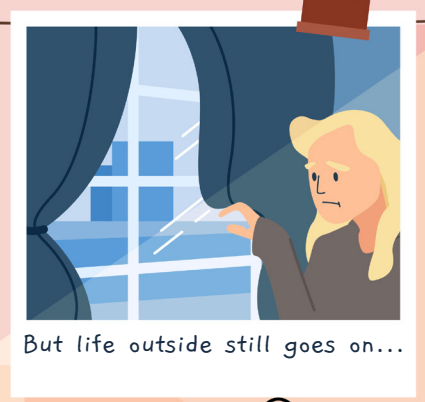
I realized it wasn't healthy and I was losing myself.



I tried to stop on my own, but realized I needed help.



I found a treatment plan that worked for me.



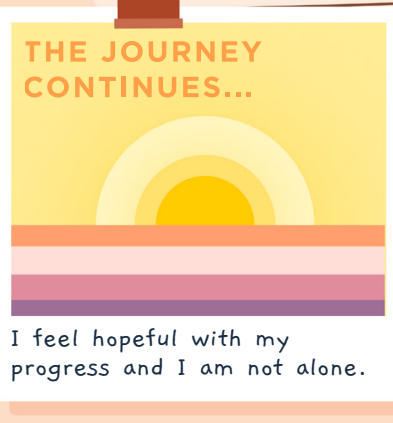
But life outside still goes on...



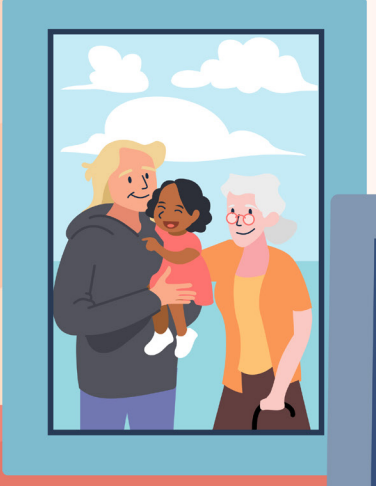
My recovery back tracked, but I picked myself up and continued my journey.



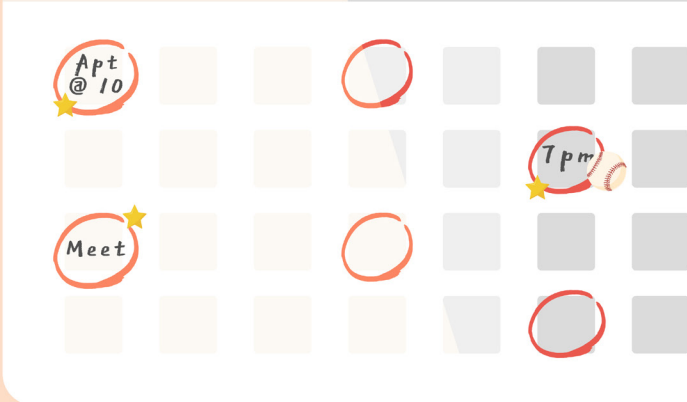
My support system is part of my motivation to keep going.



I feel hopeful with my progress and I am not alone.



Organizing My Recovery



DAILY AFFIRMATIONS

- I got this!
- One day at a time
- Remember why I started
- Gratitude for my support system
- Keep track of my progress & stay focused
- I am worth it
- Take my medication
- My treatment, my path
- Celebrate my success



Share my story

My goals

— Sam

