


A pink lotus flower in bloom is the central focus, surrounded by several large green lily pads on a dark, reflective water surface. The scene is captured in a soft, natural light, creating a serene and peaceful atmosphere. The text is overlaid on a semi-transparent white box in the center of the image.

Definition of Recovery

The definition of **recovery** has shifted from a focus on what is deleted from one's life (alcohol and other drugs, arrests for criminal acts, hospitalizations) to what is added to one's life (the achievement of health and happiness).

A stack of five smooth, rounded stones of varying sizes is balanced on a sandy beach. The stones are arranged in a slightly curved line, with the largest stone at the base and the smallest at the top. The background is a soft, out-of-focus view of the ocean and sky, with a warm, golden light suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

What Makes a Difference?

- Creating a safe environment
- Listening to her/their story
- Empathy

Upward Spiral



Addiction &
Trauma
(constriction)

Recovery &
Healing
(expansion)



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A white laptop is shown from a slightly elevated angle. The screen is black and displays the text "For More Information" in a large, bold, white sans-serif font.

For More Information