

SUD Recovery and Recovery Principles; unique perspectives among African Americans.

Minnesota's Office of Addiction and Recovery, 10/29/2025 Webinar

African American Recovery and Recovery Principles	SAMHSA Recovery and Recovery Principles
African American Recovery from substance use disorders is restorative, holistic, preventive, and includes physical, mental, social, and spiritual growth. Recovery embraces values and traditions of African American culture, and is connected to peers, family, neighborhood and community. Recovery contributes to sustained health and wellness. <i>(10/2025 revised definition & principles currently being researched).</i>	A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
Principles of Recovery for African Americans	SAMHSA Principles of Recovery
1. Hope 2. Purpose 3. Cultural Expression 4. Trauma Informed Recovery 5. Socio-economic-political-cultural justice 6. Joy 7. Freedom 8. Advocacy 9. Spirituality 10. Family, Peer, Neighborhood, and Community Driven	1. Hope 2. Person-Driven 3. Many Pathways 4. Holistic 5. Peer Support 6. Relational 7. Culture 8. Addresses Trauma 9. Strengths/Responsibility 10. Respect

- Lofgren, J., Powell, J., Reed, K., Sanders, M. African American Recovery and Recovery Principles. 2022
- SAMHAS, Working Definition of Recovery. 2012
- Substance Use and Co-occurring Disorders Recovery and Recovery Principles for African Americans
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