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

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

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. (10/2025 revised definition & principles currently being researched). Principles of Recovery for African Americans 1. Hope 2. Purpose 3. Cultural Expression 4. Trauma Informed Recovery 5. Socio-economic-political-cultural justice 6. Joy 7. Freedom A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. SAMHSA Principles of Recovery 1. Hope 2. Person-Driven 3. Many Pathways 4. Holistic 5. Peer Support 6. Relational 7. Culture	African American Recovery and Recovery Principles	SAMHSA Recovery and Recovery Principles
1. Hope 2. Purpose 2. Person-Driven 3. Cultural Expression 3. Many Pathways 4. Trauma Informed Recovery 5. Socio-economic-political-cultural justice 6. Joy 1. Hope 2. Person-Driven 3. Many Pathways 4. Holistic 5. Peer Support 6. Relational	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. (10/2025 revised definition & principles currently being researched).	individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
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4. Trauma Informed Recovery 4. Holistic 5. Socio-economic-political-cultural justice 6. Joy 6. Relational	2. Purpose	2. Person-Driven
5. Socio-economic-political-cultural justice 6. Joy 6. Relational	3. Cultural Expression	3. Many Pathways
6. Joy 6. Relational	4. Trauma Informed Recovery	4. Holistic
	5. Socio-economic-political-cultural justice	5. Peer Support
7. Freedom 7. Culture	6. Joy	6. Relational
	7. Freedom	7. Culture
8. Advocacy 8. Addresses Trauma	8. Advocacy	8. Addresses Trauma
9. Spirituality 9. Strengths/Responsibility	9. Spirituality	9. Strengths/Responsibility
10. Family, Peer, Neighborhood, and 10. Respect	10. Family, Peer, Neighborhood, and	10.Respect
Community Driven	Community Driven	

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