

African American Recovery and Recovery Principles

African American Recovery defined

African American recovery is restorative, holistic, and preventive; it includes physical, mental, social, and spiritual growth. Recovery embraces values and traditions of African American culture, and it's communal and interconnected with our people. Recovery involves participating in family, neighborhood, community, and individualized healing that contributes to sustained health and wellness.

Principles of Recovery for African Americans

1. **Hope.** With all that we have endured, hope increases in recovery: it's the belief that maintaining recovery leads to a bright future.
2. **Purpose.** Nia (purpose) in recovery for African Americans involves activities which help individuals and families make meaningful change, and that those changes also strengthen and support the health and wellness of our neighborhoods and communities.
3. **Cultural Expression.** Cultural expression is a protective factor that can be manifested in cultural celebrations, cultural holiday's, art, dance, movement, music, poetry, singing, spoken word, and theater.
4. **Trauma Informed Recovery.** Recovery involves healing historical and present trauma in our body, mind, and community.
5. **Recovery is supported through socio-economic-political-cultural justice.** This activism involves seeking, pursuing, and demanding justice in all areas of life, and is an important aspect of African American culture and recovery.
6. **Joy.** In recovery, joy is an inner experience of happiness and satisfaction with life; it becomes an inspirational light for our community.
7. **Recovery is a dimension of Freedom.** Recovery is healing, empowering, restorative and liberating for African American individuals, families, and communities.
8. **Advocacy.** African American recovery concerns itself with the community. In the spirit of mutual aid societies and civil rights movements, recovery involves taking a stand for, lifting-up, in solidarity with and speaking-out for the health and wellbeing of our community.
9. **Spirituality.** Spirituality in recovery is often maintained with a strong sense of connection, peace, meaning, and love. There are multiple pathways of spirituality in recovery, including: religion, Imani (faith), mindfulness, breath work, physical disciplines, belief in higher powers and beyond.
10. **Family, neighborhood, and community driven.** African American recovery includes connection with the recovery community, family, friends, neighbors, and the community as a whole.

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