



Join Us in Highlighting National Recovery Month this September

About Recovery

SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. Recovery signals a dramatic shift in the expectation for positive outcomes for individuals who experience mental and substance use conditions or the co-occurring of the two.

50.2 million American adults considered themselves to be in recovery from their substance abuse and/or mental health problems. [2 in 3 adults who ever had a mental health problem; 7 in 10 adults who ever had a substance use problem]

The process of recovery is highly personal and occurs via many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one's health and wellness and managing setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery.

Four Major Dimensions of Recovery

1. **Health** – Overcoming or managing one's disease(s) or symptoms – for example, abstaining from use of alcohol, illicit drugs, and non-prescribed medication if one has an addiction problem – and for everyone in recovery making informed choices that support physical and emotional well-being
2. **Home** – Having a stable and safe place to live
3. **Purpose** – Conducting meaningful activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society
4. **Community** – Having relationships and social networks that provide support, friendship, love, and hope

What is Substance Use Disorder?

Many people mistakenly believe that addiction results from a lack of willpower or moral principles. In reality, addiction is a complex disease that alters the brain, making it hard to quit even for those who want to stop. However, research has

uncovered effective treatments that can help people recover and lead fulfilling lives.

Drug addiction is a chronic disease where people compulsively seek and use drugs despite harmful consequences. Repeated drug use changes the brain, making it hard to resist intense cravings. These changes can persist, which is why addiction is considered a “relapsing” disease – people may return to drug use even after long periods of sobriety. Relapse is common but doesn't mean treatment failed. Like other chronic diseases, addiction treatment must be ongoing and adapted to fit the person's needs.

How Drugs Affect the Brain

Drugs target the brain's reward system, flooding it with dopamine and creating feelings of pleasure. Normally, this system motivates healthy behaviors like eating or spending time with loved ones, but drugs hijack this system, reinforcing unhealthy behaviors.

Over time, the brain adapts by reducing its response to dopamine, leading to tolerance—needing more of the drug to achieve the same high. This often diminishes the ability to enjoy other activities as well. Drug use also disrupts areas of the brain involved in learning, judgment, decision-making, stress management, memory, and behavior.

Addiction Risk Varies Based on 3 Key Factors

- **Biology**—Genetics account for about half of a person's risk. Other factors like gender, ethnicity, and mental health also play a role.
- **Environment**—Family, friends, economic conditions, and life experiences, such as peer pressure, abuse, or early drug exposure to drugs, can influence addiction risk.
- **Development**—Drug use during key stages of life, especially adolescence, increases the risk. Teen brains are still developing in areas that control decision-making and self-control, making them more likely to engage in risky behaviors like drug use.

Can Drug Addiction be Treated or Prevented?

Addiction can be effectively managed. Combining medications with behavioral therapy is the most effective approach. Treatment must be tailored to the individual's needs and updated as they change.

Drug use and addiction can often be prevented. Education and outreach programs that involve families, schools, and communities are effective. When young people understand the risks of drug use, they are less likely to start. Teachers and healthcare providers play a critical role in educating youth and preventing drug use.

FY 2027 – 2029 Community Mental Health Funded Recovery and Substance Use Disorder Programs

Lead Staff – Clinical Partnership Director Dave Haasis, LCSW

Behavioral Health Network (BHN) \$100,000 **Healing to Recovery Medical Respite**

Funding Priority – Specialty behavioral health care for people with serious mental illness or substance use disorder

Service Type – Substance use care

Description – The Healing to Recovery Project is a partnership between BHN and Haven Recovery House that provides medical respite through recuperative care for individuals experiencing homelessness who have medical, behavioral health, and substance use treatment needs. Working with hospitals and community partners, the program offers a safe recovery-focused setting, access to treatment and recovery supports, and pathways to stable housing. The project proposes to serve approximately 30 clients annually.

Independence Center \$335,684 **Clubhouse Program for Adults with Serious Mental Illness**

Funding Priority – Comprehensive support for people with serious mental illness or substance use disorder

Service Type – Rehabilitation & recovery

Description – Independence Center's Clubhouse Employment Program for Adults with Serious Mental Illness helps low-income adults with serious mental illness face barriers to recovery activities. Independence Center's integrated programs offer job support, healthcare, housing assistance, and translation services to ensure accessibility and community integration. The project proposes to serve approximately 275 clients annually.

Liv Recovery Sober Living (New) \$100,000 **Pathways to Recovery**

Funding Priority – Expand the behavioral health care delivery system

Service Type – Rehabilitation & recovery

Description – LIV Recovery's Pathways to Recovery program supports St. Louis adults with substance use disorders and their children through holistic, trauma-informed care. The program offers structured support and case management to strengthen family recovery, prevent intergenerational trauma, and promote equity in underserved communities. The project proposes to serve approximately 280 clients annually.

Mercy Virtual Care Center (New) \$50,400 **Mercy vSURP**

Funding Priority – Comprehensive support for people with serious mental illness or substance use disorder

Service Type – Substance use care

Description – Mercy's Virtual Substance Use Recovery Program (vSURP) supports St. Louis adults with opioid use disorder—especially uninsured or underinsured individuals—by expanding access to timely, evidence-based virtual care. The program helps break cycles of relapse for those facing major barriers to traditional treatment. The project proposes to serve approximately 35 clients annually.

The Salvation Army **Mobile Treatment Center**

\$299,898

Funding Priority – Specialty behavioral health care for people with serious mental illness or substance use disorder

Service Type – Substance use care

Description – The Salvation Army's Mobile Treatment Unit has a multidisciplinary team for clients with substance use and mental health issues. The program is designed to be accessible and detailed, providing integrated care in one location for various needs. The project proposes to serve approximately 150 clients annually.