



## Introduction

- Addiction is a serious disease that impacts the lives of individuals struggling with addiction.
- No clear definition of what addiction recovery truly means.
- A lack of consensus on meaning can reduce the effectiveness of research and addiction services (Laudet, 2007).
- Generalized definitions of recovery as purely absence from drugs and alcohol are not enough to define recovery.
- Individuals in recovery are the experts and can add to the understanding of recovery about their own recovery process (De Ruyscher et al., 2017).
- In this research, I investigated the meaning of recovery from the perspective of individuals in the process of recovery from Recovery Acres in Edmonton.

## Methods

- Qualitative approach using Thematic Analysis (Braun & Clarke, 2006).
- Google Form Questionnaire, with 9 written response questions
- Informed Consent and Consent to Use Data and Debriefing Form
- 6 participants recruited from Recovery Acres Society in Edmonton.
  - Age range: 36-58 years
  - 3 men and 3 women
  - Time in recovery: 9 months-5 years

# The Meaning of Recovery: Personal Perspectives from Individuals Recovering from Substance Abuse

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## Conclusions

- From my research findings, there were a wide range of meaningful experiences and interpretations associated with recovery.
- Recovery can lead to the transformation of a person's life by improving one's overall quality of life, relationships and by giving back to the community.
- Recovery involves self-improvement, by means of individual growth, healing, confidence-building and resilience.
- Recovery can involve establishing a supportive network and environment that fosters recovery.

## Results

### Theme #1: Self Improvement

“This will be the first time in my life where I feel like I am doing something for myself for a change”

### Theme #2: Life Transformation

“It's given me my life back and helped me learn a new way to live a fulfilled life”

### Theme #3: Quality Support System

“Doctors and a psychiatrist that you can trust, lots of support from professionals, family, and more importantly other addicts in recovery.”

## References

Laudet, A. B. (2007). What does recovery mean to you? Lessons from the recovery experience for research and practice. *Journal of Substance Abuse Treatment, 33*(3), 243–256. <https://doi.org/10.1016/j.jsat.2007.04.014>

De Ruyscher, C., Vandavelde, S., Vanderplasschen, W., De Maeyer, J., & Vanheule, S. (2017). The Concept of Recovery as Experienced by Persons with Dual Diagnosis: A Systematic Review of Qualitative Research From a First-Person Perspective. *Journal of Dual Diagnosis, 13*(4), 264–279. <https://doi.org/10.1080/15504263.2017.134997>

## Application

- Allowing individuals to speak about their own recovery can significantly contribute to the improvement of addiction services that can be more tailored to what clients feel matters the most in their recovery.
- Future research should be done to investigate the meaningful experiences and perspectives of individuals in recovery.
- Further research can help improve the support and treatment services offered at Recovery Acres and at other treatment facilities.