

The Path from Addiction to Recovery is a Journey

"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."

Why choose recovery?

For 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, healthy choices that support physical and emotional well-being.

For HOME

Having a stable and safe place to live.

For PURPOSE

Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.

For COMMUNITY

Having relationships and social networks that provide support, friendship, love, and hope.



SAMHSA.gov

Find Treatment and Recovery Services



**Garrett County Health Department
Substance Use Disorder Program
301-334-7670
Grantsville Outreach Center 301-895-5355
After Hours Crisis Services: 301-501-3515**

<https://mygarrettcountry.com/garrett-county-resource-guide>

**Garrett County Community Resource Team
301-334-7249**



FindTreatment.gov



garretthealth.org

addictionhappens.org

kNowDRINKING.net