

The "Many Pathways" Approach to Recovery For People Who Are Pregnant and Parenting

Just as wellness is more than the absence of illness, recovery is much more than the discontinuation of harmful substances or behaviors.

It's a dynamic and holistic change process that requires hope, resilience, resources, and support. SAMHSA has outlined these 4 Dimensions of Recovery:

Health

Overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being



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

Home

Having a stable and safe place to live



Community

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

A Family Care Plan is a living document that can help serve as a roadmap for wellness and recovery.

It can include strategies and services that support the health and wellbeing of newborns and the substance use treatment and recovery of the birthing person.

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SUD Treatment

Physical Health

Peer Support

Family Recovery

Relaxation

Community Resources

