




# Key

-  **Personal Growth:** Self-guided improvement (yoga, hiking, creativity)


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-  **Service to Others:** Giving back (volunteering, mentoring, sponsoring)


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-  **Harm-Reduction:** reducing the risks


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-  **Abstinence:** Free of all substances


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-  **Mutual Aid Groups:** Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Smart Recovery, etc.


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-  **Recovery Coaching:** Provides support, encouragement, validation, accountability and empowerment


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-  **Recovery Centers:** Peer-led services


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-  **Recovery Housing:** Supportive substance free environments


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-  **Recovery-Based Education:** Provides support for relapse prevention and lifestyle management


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-  **Social and Recreational Recovery:** Substance free interaction and social media


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-  **Medication Assisted Treatment (MAT):** Behavioral health and medication treatment for initiating and sustaining recovery


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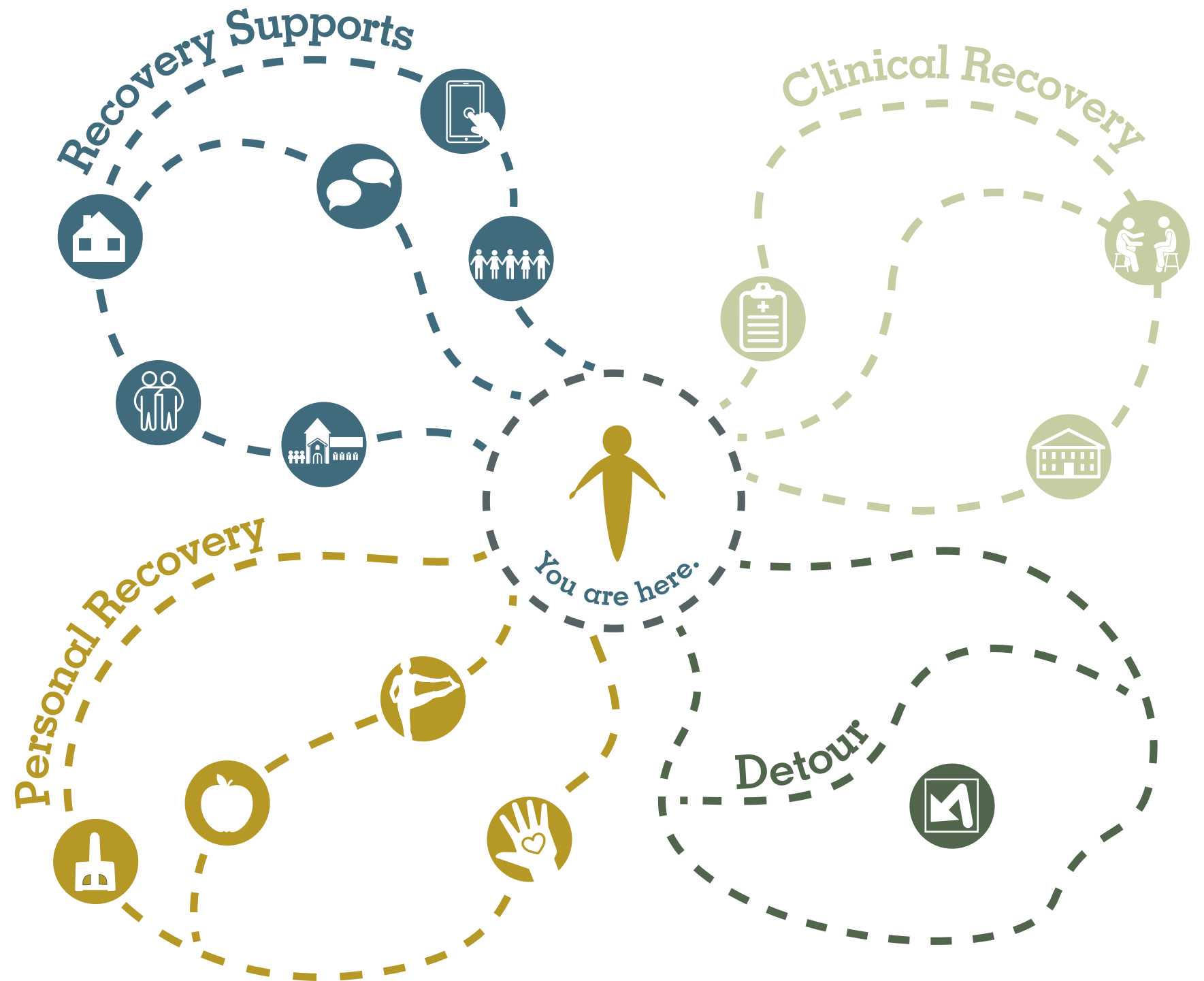
-  **Residential Treatment:** Inpatient treatment

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-  **Outpatient /Intensive Outpatient Treatment (IOP):** Individualized non-residential treatment

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-  **Relapse:** A minor set back of continued use



# Where Does Your Path Begin?

Start Where You Are.

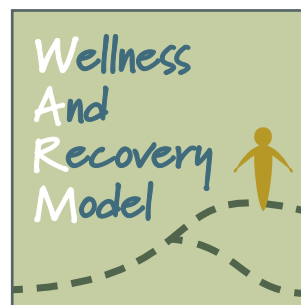


For Emergencies, call: 9-1-1

For the *Suicide Hotline*,  
call: 1-800-273-8255

For connection to *The Doorway*  
program for treatment services,  
call: 2-1-1

To connect with a Community  
Health Worker/Recovery Coach  
with the *NCHC Wellness And  
Recovery Model*, call: 603-259-1729

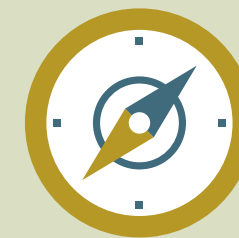


Reducing the impact of Opioid Use Disorder  
in the North Country through:  
Education ▶ Access ▶ Support ▶ Treatment ▶ Recovery

Program phone number: 603-259-1729



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# Choosing Your Path



**Recovery:** A word with many meanings.  
A process of change through which individuals  
improve their health and wellness and live a self-  
directed life to reach their full potential. You are in  
recovery when you say you are in recovery.