

# Recovery WORKS

Understanding and supporting employees recovering from Substance Use Disorder



**Substance Use Disorder**

**=** A chronic brain disease that, when treated, can be managed through **lifelong recovery** **=** **Addiction**

**Recovery =** A lifelong journey to improve health and wellness, live a self-directed life, and reach one's full potential

Characteristics of sustained recovery



**Strong support system**

Building relationships (e.g., friends, family, co-workers) that provide friendship, hope, and accountability

**Purpose & direction**

Participating in activities, like work, that contribute to society and offer meaning to life



**Health & wellness**

Making informed, healthy decisions that support physical and emotional well-being

**Safety & stability**

Having a stable and safe place to live



It takes determination, **GRIT**, resilience, problem-solving skills, and integrity to maintain lifelong recovery ... valuable characteristics for employees.

**Win-win for all involved**



Further promote workplace health, safety, and productivity



Attract and retain people with desirable strengths and values



Increase the overall ROI of your drug-free workplace program



**MHRB**  
Mental Health Recovery Board

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Pathways for everybody, every family

1055 East High Street, Springfield, OH 45505  
(937) 322-0648 • [www.mhrb.org](http://www.mhrb.org)