PART ONE: Questions

Please circle the option that best describes your opinion. Suggested question responses and explanations can be found on the next page.

1. **Recovery means that a person has completed all their required treatment (e.g. 28 days in a residential treatment) and their release is the equivalent of getting a clean bill of health from a physician after an illness.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

2. **Recovery always includes complete abstinence from substances.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

3. **Peer recovery specialists are individuals who are in recovery themselves and have been trained to provide support for others in recovery.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

4. **Recovery is not the responsibility of the community; it is up to the individual person to determine what their life looks like after treatment.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

5. **Recovery looks the same for everyone.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

6. **A setback means that a person has returned to using substances and that treatment has failed.**

   TRUE *FALSE*

7. **Setbacks are common in recovery.**

   TRUE *FALSE*

PART TWO: Answers/Discussion

Suggested answers are circled and explanations are provided for each question to help in assessing and discussing your answers.

1. **Recovery means that a person has completed all their required treatment (e.g. 28 days in a residential treatment) and their release is the equivalent of getting a clean bill of health from a physician after an illness.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Recovery is defined as: "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." Recovery does not mean that treatment has ended. Substance use disorders must be treated as a chronic disease, not as an acute (short-term) illness.

2. **Recovery always includes complete abstinence from substances.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Many people believe that recovery means never using any substance again, but substance use is only a part of recovery. The four dimensions of recovery are health, home, community, and purpose. Recovery includes improvements with some or all areas of life.

3. **Peer recovery specialists are individuals who are in recovery themselves and have been trained to provide support for others in recovery.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* ***STRONGLY AGREE***

   Answer/Discussion: Peer recovery specialists are an evidence-based program that allows people with lived experience to receive training, support, and jobs that allow them to be active members in the recovery community and support others on their recovery journey. They do not have the same qualifications as counselors or addiction professionals, but their lived experience provides welcomed support.

4. **Recovery is not the responsibility of the community; it is up to the individual person to determine what their life looks like after treatment.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Individuals, families, and communities have strengths and resources that serve as a foundation for recovery. Communities have a responsibility to provide opportunities for housing, transportation, employment, and medical and behavioral care services. Reducing stigma is a great help in each person's recovery journey.

5. **Recovery looks the same for everyone.**

STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

Answer/Discussion: Each person's recovery goals and focus are unique to them. While there may be similarities, each individual needs a combination of programs and services that best meets their needs.

6. **A setback means that a person has returned to using substances and that treatment has failed.**

TRUE *FALSE*

Answer/Discussion: False. A setback means a deterioration in someone's state of health after an improvement, it does not always mean a return to use. Examples may include showing up late to work after being on time for several weeks or missing a support group meeting or therapy session and not proactively informing others or making alternative arrangements. A setback does not mean a return to use. It can mean a setback in health, thoughts, and/or activities. It also does not mean that treatment has failed.

7. **Setbacks are common in recovery.**

TRUE *FALSE*

Answer/Discussion: True. The chronic nature of the disease means that lapsing back to other behaviors, thoughts, and/or substance use is not only possible but expected. When this occurs, treatment needs to be reinstated or adjusted, or another treatment should be explored.

The information contained in this quiz is based on Overdose Lifeline resources.

The Center for Community Engagement is funded in full or in part through a State Opioid Response Grant (TI085769) to the Illinois Department of Human Services, Division of Behavioral Health and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.