

“Conceptualizing Social Recovery: Recovery Routes of Methamphetamine Users”

Methods

- **Qualitative interviews and ethnographic data** from 100 former and current methamphetamine users

Findings

- **Three main routes to recovery:** formal treatment, 12-step programs, and natural recovery
- All participants used **multiple routes** and many **attempted recovery multiple times**

Route to Recovery	N	Strategies Used
Formal Treatment	38	Social support, goal focus, avoidance, religion/spirituality, substitute drug use/substance use
12-Step Program	35	Social support, goal focus, avoidance, religion/spirituality
Natural Recovery	36	Social support, goal focus, avoidance, religion/spirituality, substitute drug/substance use

TAKE-AWAYS

- ✓ Social recovery emphasizes socially recovering to stop problematic drug use, rather than focusing on abstinence.
- ✓ Social recovery emphasizes the findings from this research: recovery is a complex and diverse process.
- ✓ Recovery is not one-size-fits-all.

Sources:

Boeri, M., Gibson, D., & Boshears, P. (2014). Conceptualizing Social Recovery: Recovery Routes of Methamphetamine Users. *Journal of Qualitative Criminal Justice and Criminology*, 2(1).