

What does “recovery” mean to young people who use substances?

Who was the study about?

- Young people (under age 30) who use substances other than alcohol or cannabis, and their caregivers
- Included articles from across the globe



What was done?

- 1** Developed research question ---- What does “recovery” mean to young people?
- 2** Found articles that addressed the research question ---- 28 of 755 articles identified
- 3** Organized results into key themes ---- 3 key themes were uncovered

What were the key findings?

Recovery¹ looks different for everyone, from staying alive to living well with less or no substance use.

Treatment can help support a young person’s recovery, but it’s not always wanted or needed.

Caregivers play a key role, especially when they follow the youth’s lead.

What can we learn from the study?

- To best support a young person who uses substances, find out what recovery means to them.
- Ensure recovery options match youths’ goals and desires.
- Caregivers need support to show up in the best way for young people on their recovery journeys.

1. Authors described recovery as on a continuum of substance use care that goes beyond abstinence.



Scan to read the article!

Title: Looking beyond drugs: A scoping review of recovery in the context of illicit substance use among adolescents and young adults
Authors: Cameron R. Eekhoudt, Monique Sandhu, Caroline Mniszak, Trevor Goodyear, Roxanne Turuba, Kirsten Marchand, Skye Barbic, Danya Fast
Journal and date: International Journal of Drug Policy, Oct 2024
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This infographic was co-created with youth and family/caregiver advisors.

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