

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

Who was the study about?

Young people (under 30) who use substances other than alcohol or cannabis, and their caregivers, worldwide



What was done?

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

What did young people say?

Recovery 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 does this study mean for caregivers?

- 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.

This infographic was co-created with youth and family/caregiver advisors.



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
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