

## Increasing Our Clients Recovery Capital: Clinical Considerations



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### William White's (2007) Definition of Recovery

*Recovery is the **experience** (a process and a sustained status) through which individuals, families and communities impacted by severe alcohol and other drug (AOD) problems utilize **internal** and **external** resources to voluntarily resolve these problems, heal the wounds inflicted by the AOD-related problems, **actively manage their continued vulnerability to such problems**, and develop a **healthy, productive, and meaningful life**.*



























