



UNIVERSITY OF LEEDS

## Pathways to Recovery Model of Substance Use Disorder (Youth/Assam) (Comics type images and animations)

**All versions of this image and animation are designed as tools for substance use prevention, public awareness and education, substance use disorder treatment, and related research.**

These tools were developed from research funded by the UK Economic and Social Research Council and Arts and Humanities Research Council Global Research Challenge Fund grant ES/S00047X/1. The resources portray a multi-route, multi-directional pathways to recovery model of substance use disorder consisting of phases, stages, and transitions.

There are three phases defined as characteristic ways of relating to addictive substances: Recreational Use, Addiction (Relaxed, Chaotic, and Strategic), and Supported Recovery. Each phase consists of a cycle between, or transition through, a series of stages. Recreational Use cycles between the stages of 'not using' and 'casual use'. Relaxed Addiction is a unique sub-phase consisting of a particular nonchalant attitude to the stage 'in addiction'. The sub-phase Chaotic Addiction cycles between the stages of 'in addiction' and 'abstinence', while Strategic Addiction cycles between the stages of 'in addiction' and 'strategic self-management'. The phase Supported Recovery consists of a transition through the stage 'meaningful treatment' and settles on the stage 'in recovery', but may involve many cycles and relapses into different sub-phases of Addiction. The final element of the model, transitions, refers to movement between stages each of which has a more positive or negative valence with regard to progress towards recovery.

The model is based on photo-led interviews with 15 Assamese people (11 men, 4 women), aged 19-24 years, in successful recovery from drug and/or alcohol abuse (i.e., 1 year substance-free, irrespective of tobacco use). Material was analysed using an inductive variant of thematic analysis and the model was refined through both expert and participant checks.

An instruction video for use with the downloadable materials is located on YouTube - link [here](#)

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