

7 Themes to Watch in Addiction Recovery Science

Insights from the National Conference on Addiction Recovery Science

Addiction Recovery Science Is Evolving. The first annual National Conference on Addiction Recovery Science made clear that what we know about addiction recovery is rapidly evolving. As we gear up for next year's event in April, what can we expect? Here are 7 key trends to watch.

Key Themes



1 Expanding Definitions and Measurements of Recovery

Recovery is now measured holistically, capturing mental health, relationships, and resilience. Next: Transforming these insights into personalized support that improves outcomes.



5 Addressing Gaps in Recovery Support Services

From housing to healthcare to employment, support services are critical but underfunded. Next: Building a more inclusive, sustainable recovery ecosystem.



2 Novel Recovery Pathways and Phenotypes

No two recovery journeys are the same. Cutting-edge research is unlocking unique pathways and tailored interventions that meet people where they are.



6 Promoting Equity in Recovery Outcomes

Tailored programs are making recovery accessible for marginalized communities, but more action is needed to eliminate disparities in care.



3 Strategies for Workforce Integration of People in Recovery

Peer recovery support services can help persons in recovery achieve meaningful employment, but policy innovation is needed to expand opportunities and remove barriers.



7 Addressing the Needs of Youth and Their Families

Young adults face unique recovery challenges. Programs like CHEARR, FIRST, and JEAP are setting new standards for youth-focused, family-oriented recovery solutions.



4 Harm Reduction and Recovery Efforts

Harm reduction saves lives and opens doors to recovery. Next: Breaking down stigma at both the individual and systemic levels and increasing access to life-saving services.



“When I only focused on not using the drug, I could not stay abstinent for very long. I had to not just stop using, but also focus on why I got high in the first place. Once I made that connection, I was able to celebrate more than 23 years clean and counting.”

Kimberly Moore, a person with lived experience of opioid use disorder who attended the NCARS conference in 2024



“As a recipient of harm reduction services, I know firsthand the value of feeling seen and cared for. Harm reduction fills a critical gap in our services by providing the belonging and safety that people who use substances problematically desperately need to make a commitment to positive change.”

Meghann Perry, a person with lived experience of opioid use disorder who attended the NCARS conference in 2024

→ Get Involved in the Conversation

The next National Conference on Addiction Recovery Science is happening April 23-24, 2025.

Read More: <https://www.recoveryanswers.org/coarsconference/>