

Recovering and Being in Recovery in Santa Fe
Survey Results
September, 2014

Recovery Santa Fe (RSF) surveyed 65 Santa Feans in recovery. While this is a small sample of the ~10,000 people in recovery here, it's the best description we have of recovery at this time. People were surveyed on line through SurveyMonkey and with a paper version of the same survey at the September 23, 2014 Recovery Celebration at the Friendship Club. RSF plans to update and repeat this survey each year and publish results during Recovery Month (September).

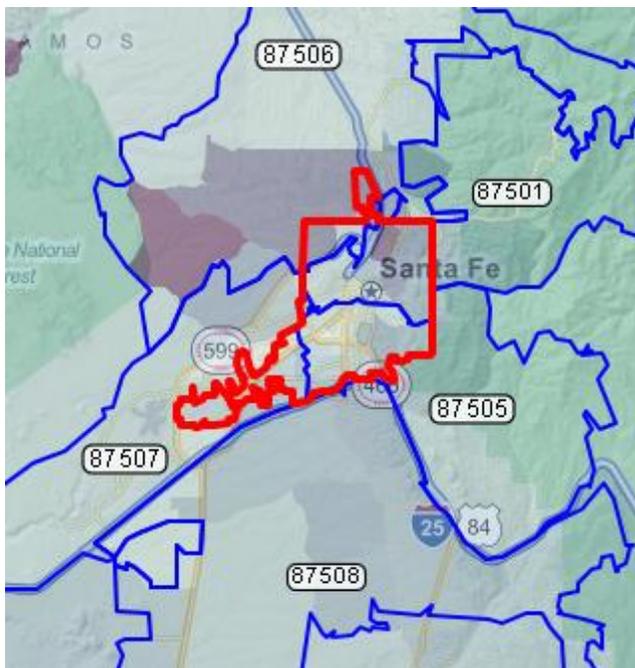
As surveys were completed at the Friendship Club, a center of 12 step program meetings, people who achieved recovery through 12 step programs may be overrepresented. National studies (see faces and voices of recovery and William White) indicate only one in four people in recovery relied on 12 step programs.

The survey can be found at <https://www.surveymonkey.com/s/Recovery-Santa-Fe>.

People in Recovery demographics

Location: People in recovery surveyed are concentrated in the south and southwest areas, similar to the general population.

87501	17.5%
87505	39.7%
87506	6.3%
87507	27.0%
87508	9.5%

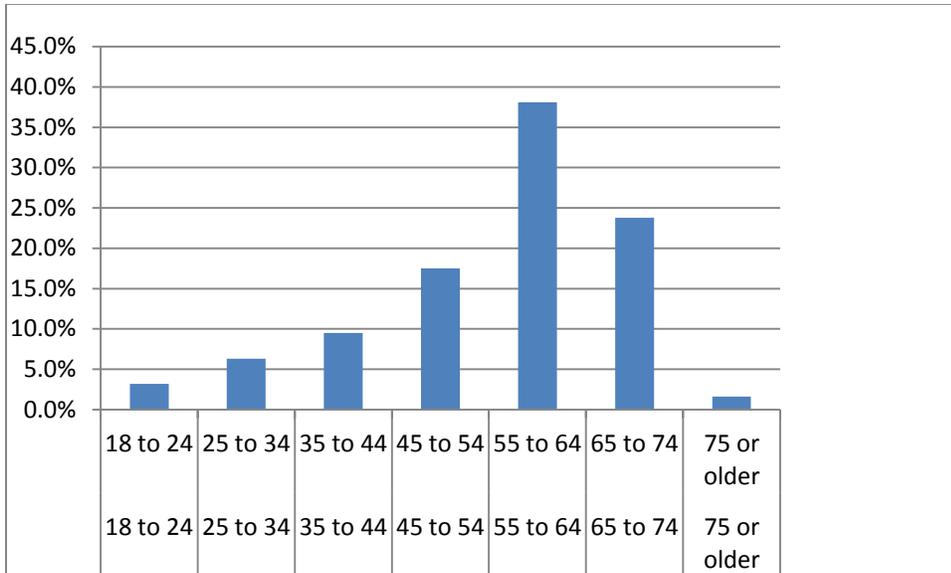


Ethnicity: 20% are Hispanic.

Race: 90% of survey respondents are white with the balance being multi-racial and Native American.

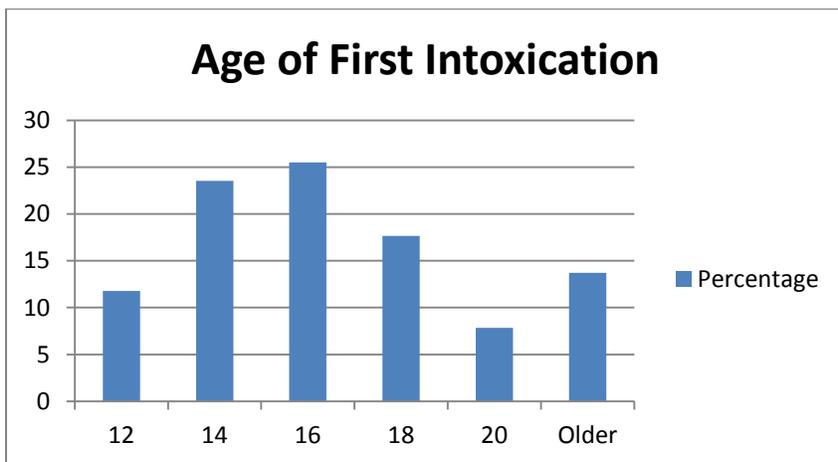
Gender: 53% are male.

Age: average age is 58.

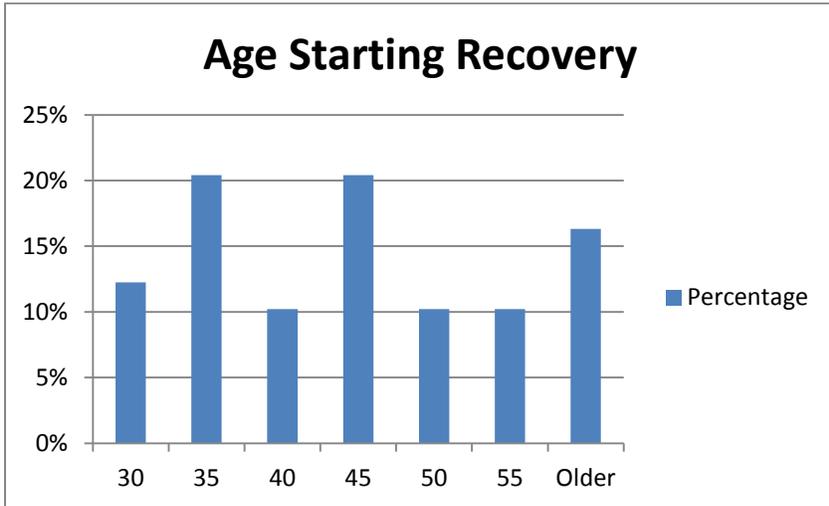


Alcohol/Drug Experience:

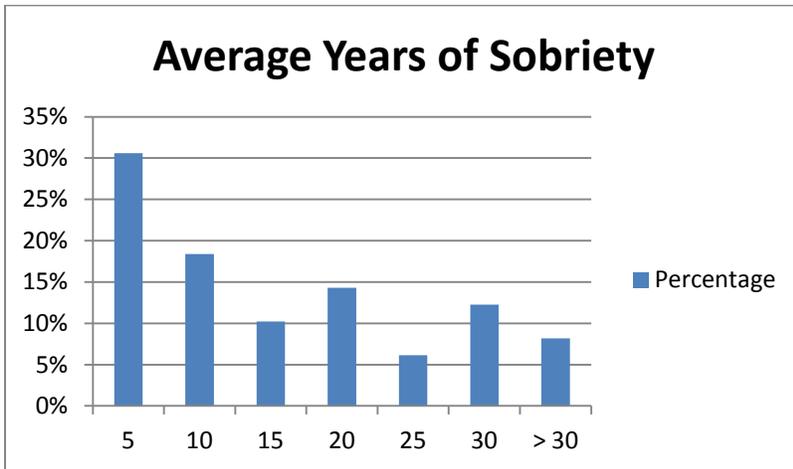
Age began drinking: average age is 17. Several research studies link early onset of drinking or drug using with addiction.



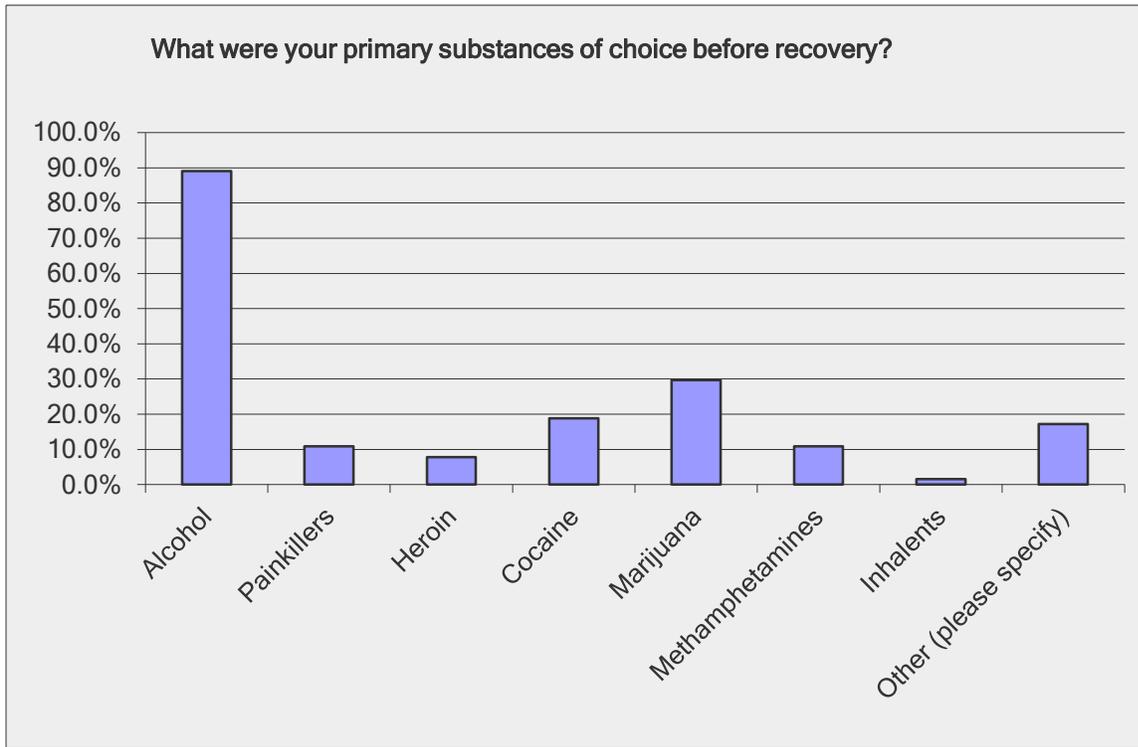
Average Age Starting Recovery: 43 years old.



Years of Sobriety: 14 years for those with more than one year of sobriety. 25% of survey respondents had less than one year of sobriety.



Substances of choice: 90% chose alcohol, sometimes in combination with other drugs.



Dual Diagnoses: 40% of people surveyed were also diagnosed with some form of mental illness.

56% began their recovery in Santa Fe, the remainder came to Santa Fe after entering recovery.

Recovery Journey

Reason for entering Recovery:

Spiritual awakening	35.5%
Illness	16.1%
DWI arrest	11.3%
Spouse/family concern	37.1%
Other (please specify)	35.5%

Other reasons included a need to end the misery of alcohol and drug use.

Who helped the most with initial recovery? Over 50% reported assistance from 12 step group members and sponsor. Others mentioned counselors, friends and family members. 5% reported recovering without the help of another.

Residential Treatment: 19% were treated once at a residential program, 15% were treated 2 or more times. 67% did not choose residential treatment.

What services helped in recovery?

12-step (AA or NA) community	78.1%
Sponsor	50.0%
Outpatient treatment or counseling services	31.3%
Family	20.3%
Inpatient or residential treatment program	18.8%
Medication assisted recovery	10.9%
Detox services	9.4%
Religious or church program	7.8%
Drug, DWI, Treatment Court, or probation services	3.1%
Other (please specify)	10.9%

Other services included: Oxford House.

Note individuals could choose multiple services so totals exceed 100%. This answer may over emphasize 12 step programs since half the surveys were collected at the 2014 Recovery Celebration at the Friendship Club.

Being in Recovery

What would make Santa Fe a better place to recover?

- More treatment programs, more slots in existing treatment programs
- Gay and Lesbian recovery programs
- More halfway houses
- More public recovery events
- More transportation options and late night bus service
- Having a Phoenix multisport (a sober active community)
- A community attitude that being in recovery is ok

What helps maintain recovery?

- 12-step programs, meetings, and sponsors (primary response)
- The Friendship Club and friends in recovery
- Oxford House
- Spiritual community
- Service work
- Therapy

What's the best thing about being in recovery?

- Feeling good
- No hangovers, clearer thinking, better energy
- Self-love, peace, happiness
- Self-worth, self-respect, self-esteem
- My life is mine again
- My sanity is being restored and everything just seems to fall into place
- Remembering where I parked my car
- Having tools that help me deal with life on life's terms
- Get to experience real life
- No jail or psych ward

- Knowing I'm going to stay clean
- Not greeting each day with awful smells
- Presence to friends and family
- Everything
- I like and can trust myself!
- You can give back to others and yourself

Recovery in Santa Fe

Discrimination: 84% have not felt discriminated against because they were in recovery in Santa Fe

Pressure: 80% haven't been pressured by friends or family members to drink or use drugs.

Santa Fe Recovery community: one third of those who came to Santa Fe after entering recovery did so because of our community's reputation as a good place to be in recovery.

Employment: 20% of those needing jobs, found them through other people in recovery.

Employment status: 80% are employed or retired.

Income: the average income is \$66,000 compared to Santa Fe's average household income of \$52,696

Charitable Donations: 80% donate at least \$100/year, 14% donate more than \$5,000 each year.

Health: 75% report their health is good, very good or excellent.

Volunteering: 60% spend 5 or more hours per week volunteering.

Voting: 90% vote regularly.

Campaigning: 30% have campaigned for a candidate or an election question.

Advocating Recovery

Awareness of recovery: 90% of those in recovery think about recovery at least once each day.

12 step meeting attendance: 84% of those surveyed had attended a 12 step meeting in the past week.

Describing recovery:

How do you describe yourself?	Percent
Alcoholic or drug addict	23.8%
In medication-assisted recovery	3.2%
In recovery	61.9%
Recovered	6.3%
Used to have an alcohol or drug problem, but don't anymore	4.8%

Speaking about recovery: 70% have told friends, family, coworkers, and anyone who asks that they're in recovery.

Getting into recovery: almost everyone surveyed urged anyone needing to recover to go to a 12 step meeting. They urged family members of people needing recovery to go to al-anon and urge their relative to go to a 12 step meeting.

Acknowledgement: Recovery Santa Fe would like to thank those in recovery who completed the surveys and the Friendship Club for their assistance in collecting survey responses.

For more information about Recovery Santa Fe or this survey, contact Tom Starke, tomstarke@comcast.net.