Many people will use or try substances (drugs) in their lifetime, but only a fraction of those individuals will succumb to an addiction. One way to help combat addiction is substance programs like inpatient rehab, sober living houses, group therapy (AA nor NA), or transition homes, like Phoenix House, Tuscaloosa.

This study looked at how social support systems, personality types, and formal/informal support are related to past substance use in recovery.

**METHODS**

- 30 Individuals above the age of 18. Predominantly black or white.
  - 11 Women, 19 men
- Residents were asked to take:
  - Big-5 Personality test
  - Social support survey
  - 10-25 minute Semi-structured interviews
- Recovery journey story
- Support systems
- Hardships and stigma
- Self-rated recovery

**RESULTS**

- There were no significant correlations associated with personality types and drug of choice
- Self-rated recovery status was not associated with either drug of choice or personality
- Total support was not associated with personality type, drug of choice, or self-rated recovery
- Extroversion was associated with reported positive support ($r=.44, p=.01$)
- Agreeableness was negatively associated with reported neutral support ($r=-.38, p=.04$)
- Conscientiousness, neuroticism, and openness are not correlated with any reported support
- The majority of participants were introduced to their substance at ‘parties’ hosted by parental figures or attended with their peers.
- Residents reported fathers as a source of positive support more than mothers. 55% reported no maternal presence compared to 29% reporting no paternal presence.
- Children were a strong motivator for recovery, rather than a support system
- 50% of participants mentioned legal involvement in their decision to become sober
- 73% reported drug-related stigma or discrimination. 16 out of 22 reported Systemic stigma and 6 out of 22 reported family/inner circle stigma.

**CONCLUSIONS**

This study found that, in this small sample, personality was unrelated to support and recovery journey. Unexpected findings in qualitative data found the following:

- Very early age of onset
- Exposure to substances through parental figures and friends
- Severe personal and environmental hardships that spurred recovery

In conclusion, substance use is intergenerational yet families are primary sources of positive support and motivation for recovery.

**REFERENCES**


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