RECOVERY STORIES · WEEKLY EDITION

Global Digest — October 5, 2026

Seven continents. Seven developments in recovery, community care and human-centered policy — with sources to read further.

NORTH AMERICA

Changing the Vocabulary of Recovery & Language Reform

Community-led advocacy campaigns across North America are replacing stigmatizing terms like “clean” or “addict” with person-centered recovery language to dismantle psychological barriers, protect human dignity, and encourage individuals to seek treatment earlier.

Source: SAMHSA & Words Matter Initiative · samhsa.gov/recovery-month

SOUTH AMERICA · Argentina

PARES Trauma: Strengthening the First Response to Injury

Fundación Trauma’s PARES Trauma is an online training programme for prehospital and hospital teams across Argentina. It builds evidence-based skills in initial trauma care, strengthens coordination between stages of care and helps health institutions deliver timely, efficient responses that reduce early deaths.

Source: Fundación Trauma · fundaciontrauma.org.ar

Across the world

This week’s selected developments continue across Europe, Africa and Asia.

EUROPE · Portugal

Portugal's Drug Decriminalisation: The Evidence After Two Decades

Portugal decriminalised possession of drugs for personal use in 2001. Transform Drug Policy's collection brings together reports and analysis examining what followed, including changes in drug-related deaths, HIV infections, imprisonment and the wider public-health response.

Source: Transform Drug Policy Foundation · transformdrugs.org

AFRICA

Training Trusted Local Leaders as Community Health Workers

International HELP partners with established local organisations to identify health challenges and train trusted community members in health education, first aid, disease prevention, screening and referrals. Its community-led model builds trust and creates locally owned, sustainable health programmes.

ASIA · Malaysia

Healing Together: Peer Support Strengthens Recovery in Malaysia

A six-month pilot in Kuala Lumpur and Penang trained 22 peer mentors and supported 107 participants through group sessions, one-to-one mentoring, two local hubs and a virtual platform. The study reported 81% retention, greater emotional support and significant gains in personal, social and community recovery capital.

Source: Building a Peer Support Network for Drug Addiction Recovery in Malaysia (2026)

Connection, safety and endurance

From community overdose response to the psychology of prolonged isolation.

OCEANIA · Victoria, Australia

Expanded Peer Education & Take-Home Naloxone Distribution

Health services across Victoria are launching expanded peer-led education campaigns to equip individuals in recovery with take-home naloxone kits and peer-response training to address overdose risk across local communities.

Source: Penington Institute & Australian Health Services · overdoseday.com

ANTARCTICA · Concordia Station

Concordia: Studying Isolation, Stress and Crew Wellbeing

ESA uses Concordia Station as an analogue for long-duration spaceflight, studying how small multicultural crews adapt to prolonged isolation, disrupted sleep, stress and sensory deprivation. Mood questionnaires, sleep monitoring and biological sampling help researchers understand how to support health, teamwork and performance in extreme environments.

Source: European Space Agency · esa.int

Recovery Stories — Real stories. Shared openly. Passed on.

Materials are free to print, post and pass on — recoverystories.world · Need help right now? Crisis lines, treatment referral and mutual-aid meetings are listed by region at recoverystories.world/resources

© 2026 Recovery Stories. Information here is not medical advice. In immediate danger, call your local emergency number.