

Graber, R., Duara, R., Goswami, S., Hugh-Jones, S. & Madill, A. (2021). Resilience for recovery from substance abuse among young people in Assam, India: Lived experience insights from a photovoice study. *International Society for Critical Health Psychology 12th Biennial Conference*, 20-24 August 2021.

Young people's abuse of substances including alcohol and opioids is a significant public health issue in India, severely limiting subsequent health and life opportunities (Priyanka & Ankita, 2016). Tackling mental health and substance use disorders is a priority for the state of Assam, which exhibits high adolescent usage (Pathak et al., 2017). Using thematic analysis of participatory photovoice interviews, we explore mechanisms of resilience and risk in the lived experience of 15 Assamese young adults (11 men, 4 women) in recovery from substance addictions. An ecological systems approach situates individual experience within a constellation of family, peer, and cultural influences, inviting opportunities for support and intervention across levels. Important mechanisms of resilience within accounts include belonging, repairing family relationships, agency, reflection, purpose, and family engagement in services. We explore how these mechanisms dialogue with vulnerabilities related to stigma against addicts, gender norms and fractured relationships. We suggest that specific mechanisms may be most relevant at different points along the nonlinear journey from casual use to addiction, abstinence, relapse and recovery. We centre the lived experience expertise of young people in recovery and strive towards a resilience-for-recovery approach that reflects and supports Assamese culture and practices, such as centrality of the family, to move beyond unreflexive application of standardized Western recovery approaches to India.