

## September is National Recovery Month: Join the Voices for Recovery

Every September, the Substance Use and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month (Recovery Month).<sup>1</sup> The goals of Recovery Month are to:

- 1) Highlight the achievements of individuals who have reclaimed their lives through long-term recovery from substance use;
- 2) Educate the public that substance use treatment and mental health services can allow those living with a mental health and/or substance use disorder to live a healthy and rewarding life; and
- 3) Promote the availability of effective programs targeted at prevention, treatment, and recovery for those in need.

Data show that more than 23 million adults living in the United States once had drug or alcohol problems, but no longer do.<sup>2</sup> Now in its 29<sup>th</sup> year, Recovery Month selects a new focus and theme each year to spread the message of substance use recovery and share success stories of individuals in long-term recovery. This year's Recovery Month theme is **Join the Voices of Recovery: Invest in Health, Home, Purpose, and Community**. The focus this year is on urban communities, healthcare providers, members of the media, and policy makers to highlight the various groups that support substance use recovery.

For more information and resources for Recovery Month, visit SAMHSA's website at: <https://recoverymonth.gov/recovery-month>.

### References:

1. Substance Use and Mental Health Services Administration. About Recovery Month. 2018 [Date of access 2018 Sept]. Available from: <https://recoverymonth.gov/about>.
2. New York State Office of Alcoholism and Substance Abuse Services. Survey: Ten Percent of American Adults Report Being in Recovery from Substance Abuse or Addiction. 2012 [Date of access 2018 Sept]. Available at: <https://www.oasas.ny.gov/pio/press/20120306recovery.cfm>.