

# Celebrating Recovery Month



by Becky Otteman, CEO

September is Recovery Month. If you or someone you love is in recovery from addiction, we salute you!

Know that you are not alone. Over 23 million Americans are in recovery--that's one in ten adults. Each year, 700,000 adults seek treatment for alcohol or drug addiction. At Southeast Health Group we celebrate everyone's efforts to stay sober and lead a healthy lifestyle.

You may have seen the article that ran on the front page of the Denver Post on Sunday, August 21, 2016 entitled, "Strapped towns in southeast Colorado struggle to fight heroin's spread." The article, written by Post reporter Jesse Paul, describes both the problem of heroin in our region, and our efforts to reach people in need of services. If you'd like to read it, [click here](#).

As CEO of Southeast Health Group, I want to assure you that addiction treatment services are available right here in your communities. Our licensed and

professional staff treat people with dignity and respect, and will help you create a wellness and recovery plan that meets your individual needs. We offer substance use disorder counseling, group therapy, DUI classes, NA and AA groups, drug testing services, medication-assisted therapy (Vivitrol/Suboxone) and more.

If you'd rather talk with someone who knows what it's like to face addiction, peer services are also available in La Junta and Lamar. Our Peer Specialists are people with lived experience of mental illness and substance use disorders who are available to talk at no charge and with no commitment. The peers also offer daily activities and resources in a safe and supportive environment. You don't have to be a client of SHG to get peer services.



Whether you have been in recovery for a decade, or you are about to take the first step in the recovery process, please know we are here to support you. We believe that recovery is possible, and we know that treatment works. Just like people learn to manage chronic physical problems, we can help you take control of addiction and learn to manage it. Make today the first day of your recovery journey.

**For more information about recovery services at Southeast Health Group, call 1-800-511-5446.**