

NATIONAL RECOVERY MONTH: SEPTEMBER 2014

JOIN THE VOICES OF RECOVERY: "SPEAK UP, REACH OUT"

National Recovery Month is celebrating its 25th Anniversary this year. On August 29, 2014, President Obama signed a National Proclamation that September will be National Alcohol and Drug Addiction Recovery Month.

Recovery month spreads the word that:

1. Prevention Works
2. Treatment is Effective
3. People can and do recover from mental and substance use disorders
4. Help is available

Recovery month celebrates individuals in recovery, acknowledges those who provide prevention, treatment and recovery support services and empowers those in need to seek treatment throughout the year.

This year's theme represents the many ways that people can prevent behavioral health issues, seek treatment and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life.

Recovery is possible and can transform individuals, families and communities. Everyone plays a vital role: our youth, adults, first responders, law enforcement, clergy, treatment providers, the recovering community and also policy makers.

