

## September Recovery Month Ideas

1. Creating baby blankets with your SADD/Y2Y clubs for the Lexington Center for Recovery (New Rochelle – Day Rehab and Generations). Generations is a treatment track within the New Rochelle Day Program, which is specifically designed to treat alcohol and substance abusing women who are pregnant or post-partum and their families, including their children up to 4 years of age.
2. Celebrities in recovery from substance abuse issues with personal quotes, information for students who are looking for substance abuse treatment services, words of hope and encouragement, and SAC's information/room number. (Pictures of celebrities with quotes attached) ***The goal is to raise awareness and to reinforce that prevention works, treatment is effective, and people can and do recover.***
3. **FACTS TO DISPLAY**  
The Substance Abuse and Mental Health Services Administration (SAMHSA), which sponsors Recovery Month, is the primary source of the following information:
  - a. ***RECOVERY MUST ADDRESS THE PERSON'S UNIQUE SITUATION***  
An effective form of recovery, according to SAMHSA, is a plan "tailored to address each patient's drug abuse patterns and drug-related medical, psychiatric, and social problems." Treatment may include medication as well as behavioral therapy.
  - b. ***HOPE IS THE ENGINE THAT STARTS RECOVERY***  
For many people, SAMHSA explains, recovery "emerges from hope." In other words, "the belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them."
  - c. ***OVERCOME PAST TRAUMA TO BUILD TRUST AND EMPOWERMENT***  
During the recovery process, it is important to come face-to-face with any possible traumatic situation that led to substance abuse. As expressed by SAMHSA, "trauma (such as physical or sexual abuse, domestic violence, war, disaster, and others) is often a precursor to or associated with alcohol and drug use, mental health problems, and related issues. Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well as promote choice, empowerment, and collaboration."
  - d. ***RESPECT IS A KEY ELEMENT***  
"Recovery is based on respect," SAMHSA says. "There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity, and regaining belief in one's self are particularly important."

- e. **RECOVERY TO HELP YOUNG ADULTS COPE** “Half of all lifetime cases of mental and substance use disorders begin by age 14 and three-fourths by age 24,” SAMHSA reveals. “Emphasizing prevention education, teaching coping skills, and supporting wellness activities will help young people emerge through challenges.”

## SOURCES

FACT #1: National Institute on Drug Abuse. (2009). Principles of Drug Addiction Treatment: A Research-Based Guide. Retrieved August 29, 2012 from [http://www.drugabuse.gov/sites/default/files/podat\\_0.pdf](http://www.drugabuse.gov/sites/default/files/podat_0.pdf), p. 3.

FACTS #2, 3 & 4: SAMHSA Blog. (2012). SAMHSA’s Working Definition of Recovery Updated. Retrieved August 29, 2012 from <http://blog.samhsa.gov/2012/03/23/definition-of-recovery-updated>.

FACT #5: Kessler, R.C., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., and Walters, E.E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62(6), 593-602. Retrieved August 29, 2012 from <http://archpsyc.ama-assn.org/cgi/content/full/62/6/593>.

- 4. Additional Recovery Month resources from SAMHSA : <https://www.recoverymonth.gov/>

## 5. FOUR DIMENSIONS OF RECOVERY

- a. **Health** : Make informed, healthy choices that support physical and emotional well-being.
- b. **Home** : Have a stable and safe place to live.
- c. **Purpose** : Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative.
- d. **Community** : Build relationships and social networks that provide support.