



Did You Know?

September 2018

National Recovery Month: Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month to raise awareness about substance use and mental health disorders and support those who are in recovery by giving them a platform to share their stories. This year marks the 29th anniversary of Recovery Month. Its theme is “Join the Voices for Recovery: Invest in Health, Home, Purpose and Community”.

What You Should Know:

- Substance use and mental health disorders are **treatable**. People who have these disorders can and do manage their symptoms and live healthy lives!
- The National Institute on Drug Abuse (NIDA) cites several national studies which found that approximately half of all people in the United States who have a mental illness will also have a substance use disorder at some point in their lives.
- When combined with behavioral therapies, Medication-Assisted Treatment (MAT) can greatly increase effectiveness of substance use disorder treatment and help maintain recovery. Learn more about treatment options for substance use disorders on SAMHSA’s website: <https://www.samhsa.gov/medication-assisted-treatment>.
- Stigma still clouds discussions about substance use and mental health disorders, even though these disorders do not discriminate and affect people from all backgrounds and walks of life. Stigma can discourage those with substance use and mental health disorders from seeking treatment.

What You Can Do:

- Help counteract stigma by having open, non-judgmental discussions about substance use and mental health disorders.
- Learn the signs and symptoms of substance use and mental health disorders and what to do if you notice them in yourself or others. Contact a physician to learn about treatment options if you do recognize signs of one of these disorders. Help is available!
- To find local recovery-supportive events and programs, visit BestSelf Behavioral Health’s Recovery Community webpage at www.bestselfwny.org/recovery-community. For young adults ages 16-23, visit the Restoration Society’s Youth Clubhouse webpage at <http://rsiwny.org/what-we-do/clubhousebuffalo.html>.



Information obtained from: www.recoverymonth.gov; www.samhsa.gov; www.drugabuse.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs -- America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org