

## NCADD Alcohol Awareness Month

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NCADD Alcohol Awareness Month, founded and sponsored by NCADD since 1987, encourages NCADD's National Network of Affiliates, health care organizations and communities to reach out to the American public with information about alcohol and alcoholism as a chronic, progressive disease, fatal if untreated, and genetically predisposed.

The disease of alcoholism is a family disease that is treatable, not a moral weakness, and people can and do recover. In fact, NCADD estimates that millions of Americans and their families are living lives in recovery from alcoholism.

For the **2015 NCADD Alcohol Awareness Month**, NCADD has chosen a theme designed to highlight the pervasive impact that alcohol, alcohol-related problems and alcoholism have on individuals, on families and children, in the workplace and in our communities: **NCADD Alcohol Awareness Month 2015, "For the Health of It: Early Education on Alcoholism and Addiction."** The theme allows [NCADD's National Network of Affiliates](#) and other NCADD Alcohol Awareness Month supporting organizations across the country to tie it in with priority programs and



issues in their local communities.

An integral part of NCADD Alcohol Awareness Month is **Alcohol-Free Weekend**, which takes place on the first weekend of April (April 3-5, 2015) to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities.

During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and/or Al-Anon to learn more about alcoholism and its early symptoms.



## NCADD Alcohol- & Other Drug-Related Birth Defects Awareness Week

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Each May, NCADD and our National Network of Affiliates play a major and vital role across the U.S. in educating people, especially women, about the dangers of consuming alcohol and using drugs during pregnancy. It is not pretty. Newborns can come into the world with severe birth defects. The reality is harsh and sad.

NCADD believes children deserve better! An educated mother and her spouse and/or sexual partner can prevent the fate many newborns face. NCADD knows these tragic births can be prevented if people understood the truth.

## Recovery Month

**Recovery Month** promotes the societal benefits of prevention, treatment, and recovery for mental and/or substance use disorders. The 2015 **Recovery Month** theme, "**Join the Voices for Recovery: Visible, Vocal, Valuable**," highlights the value of peer support by educating,



mentoring and helping others. The theme invites individuals in recovery and their support systems to be catalysts and active change-agents in communities, and in civic and advocacy engagements. It encourages individuals to start conversations about the prevention, treatment and recovery of behavioral health conditions at earlier stages of life.