NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

September is National Recovery Month

National Recovery Month (Recovery Month) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Recovery Month, now in its 23rd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.

Celebrated during the month of September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments.

The 2012 Recovery Month observance emphasizes that while the road to recovery may be difficult, the benefits of preventing and overcoming behavioral health conditions are significant and valuable to individuals, families, and communities. Recovery Month, has become a year-round initiative that supports educational outreach and celebratory events throughout the year.

For an overview for people in recovery, A Vision of Hope, Help and Healing, click here.

NCADD offers many local resources for individuals and families in recovery. For access to these resources, click here.

Click here for the Substance Abuse and Mental Health Services Administration's (SAMHSA) official National Recover Month website.