



September is **National Recovery Month**, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA.)

As one of the Founders of National Recovery Month and one of the National Recovery Month Planning Partners, NCADD celebrates because it desires to increase awareness and understanding of substance use and mental health disorders. Prevention does work, treatment is effective and people can and do recover every day.

The theme for this year's **Recovery Month, "Together on Pathways to Wellness"** is designed to encourage all Americans to walk alongside family, friends, and neighbors who are fighting to overcome addiction.

Mental and substance use disorders affect all communities nationwide, but with commitment and support, people with these disorders can achieve healthy lifestyles and lead rewarding lives in recovery. In 2011, 2.3 million people aged 12 or older received specialty treatment for an illicit drug or alcohol use problem in the past year, and 31.6 million adults aged 18 or older received mental health services in the past year. By seeking help, people who experience mental and/or substance use disorders can embark on a new path toward improved health and overall wellness.

Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

Through **Recovery Month**, people become more aware and able to recognize the signs of mental and/or substance use disorders, which can lead more people into needed treatment. Managing the effects of these conditions can help people achieve healthy lifestyles, both physically and emotionally.

NCADD Celebrates Recovery Month 2013

For 24 years, Recovery Month has worked to improve the lives of those affected by mental and/or substance use disorders by raising awareness of these diseases and educating communities about the prevention, treatment, and recovery resources that are available.

To help celebrate recovery, [please click here.](#)

We would like to note that a critical part of recovery is sharing one's story of recovery with others. [Click here](#) to share your story.

To read more about **Recovery Month** 2013 and learn how to get involved in local events, [please click](#) here for SAMHSA's Recovery Month website.