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Voices for Recovery: Together We Learn, Together We Heal

Millions of people who once suffered from a substance use disorder, as well as their family and friends, have seen their lives improve through treatment and recovery. A substance use disorder is when a person is dependent on alcohol and/or drugs - including prescription drugs. September is recognized as “National Alcohol and Drug Addiction Recovery Month (Recovery Month).” Now in its 20th year, Recovery Month continues to celebrate recovery and continue to help those who continue to suffer.

The 2009 Recover Month theme, “Join the Voices for Recovery: Together We Learn, Together We Heal,” emphasizes the need to use all available resources, in our communities and on the Internet, to educate people about the disease and to help those with substance use disorders, and those close to them to get support. In 2007, 23.2 million people *aged 12 and older* needed treatment for a substance use disorder, yet only 3.9 million received treatment in some form.

The Recovery Month observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms **is possible**. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these successes.

Substance Abuse is a national health crisis, and Recovery Month serves to educate the public, that addiction is a treatable disease, and that recovery is possible. It is important to know that treatment benefits not only the affected individual, but their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

While prevention is obviously the best medicine, CADY is fortunate to communicate and work with a number of local partners who are addressing treatment needs for substance abuse. If you, or someone you know, needs help in talking about substance abuse or needs to learn more about signs and symptoms of substance abuse, contact CADY at 536-9793 or visit our web site at www.cadyinc.org. Calls will be kept confidential.

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