

JOIN THE VOICES FOR RECOVERY
invest in **health**, **home**, **purpose**, and **community**

National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
september 2018



MILLIONS of people enter recovery from substance use each year. Like other chronic health conditions, substance use disorders typically require long-term involvement with the health care system and informal networks of support to promote and sustain recovery.¹

21 million people ages 12 or older needed substance use treatment for problems related to alcohol or drugs in 2016. **Only 10.6% received treatment.**²



1 in 7 people
needed treatment
among young adults
between the ages of 18-25.²

Get the FACTS:

- Approximately 20.1 Million people ages 12 or older had a substance use disorder related to the use of alcohol or illicit drugs in 2016.²
- More than 72,000 Americans died from a drug overdose in 2017.³
- Alcohol misuse contributes to 88,000 deaths in the United States each year.⁴

¹Recovery-Oriented Systems of Care (ROSC) Resource Guide. SAMHSA Partners for Recovery (September 2010). p.3. www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf.

²Key Substance Use and Mental Health Indicators in the United States: Results from the 2016 National Survey on Drug Use and Health: www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.htm. Accessed August 24, 2018.

³Overdose Death Rates. National Institute on Drug Abuse: www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates. Accessed August 24, 2018.

⁴The Surgeon General's Report on Alcohol, Drugs, and Health: General Facts and Recommendations. www.addiction.surgeongeneral.gov/system/files/fact-sheet-general.pdf. Accessed August 24, 2018.

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Prevention Works, Treatment is Effective, People Recover

September is National Recovery Month and celebrates individuals and families who are in long-term recovery. Too often, people are unaware that prevention works and that mental and substance use disorders can be treated, just like other health problems.

Offering support to those experiencing mental and substance use disorders can make a huge difference. Together we can help others realize the promise of recovery and give families the support needed.

What You Can Do to Help

- Learn where people can go for assessment and counseling if alcohol or drugs are causing problems in their lives www.findtreatment.samhsa.gov or call the National Helpline, **1-800-662-HELP** (4357) or 1-800-487-4889 (TDD)
- Call your local AA, NA or AV; visit www.aa.org, www.na.org, and www.celebraterecovery.com. Attend a 12-step or other recovery meeting with a hesitant friend or family member.
- If you are in recovery, read how some people are now sharing their recovery stories <https://facesandvoicesofrecovery.org/resources/recovery-stories.html> and www.facingaddiction.org/?home.
- If you or anyone you know is taking an opioid pain medication or other opioid like heroin, learn about the overdose reversal medication Naloxone www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio and ask your doctor for a prescription.
- Learn more about substance use disorders www.niaaa.nih.gov/alcohol-health and www.drugabuse.gov.

About the Opioid Epidemic

- On average, 115 Americans die every day from an opioid overdose. Since 1999, the number of overdose deaths involving opioids (including prescription opioids and heroin) quadrupled. From 1999 to 2016 more than 630,000 people have died from drug overdoses. www.cdc.gov/drugoverdose/epidemic/index.html
- Find a treatment program that utilizes medications for addiction treatment. As with other chronic diseases like diabetes and heart disease that require ongoing medical support, medications may be needed to help stabilize the person who has a substance use disorder medically and stop cravings so that the person can continue recovery.
- Find a doctor who is authorized to treat opioid disorders utilizing buprenorphine medication: www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator
- Hear from others how medications made a difference in their recovery: <http://planyourrecovery.com/stories/>

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