

National Recovery Month

Hope. Healing. Stronger Communities.



50.2 MILLION

American adults consider themselves in recovery from substance use and/or mental health challenges.



7 in 10 adults

who have ever experienced a substance use problem report being in recovery.

2 in 3 adults

who ever had a mental health problem report being in recovery.

Recovery Has Many Pathways



Treatment



Family support



Faith/spiritual supports



Peer support



Culture and traditions



Recovery housing



Community connection

Four Major Dimensions of recovery



Health

Overcoming or managing one's disease(s) or symptoms



Home

Having a stable and safe place to live



Purpose

Conducting meaningful daily activities, and the independence, income, and resources to participate in society

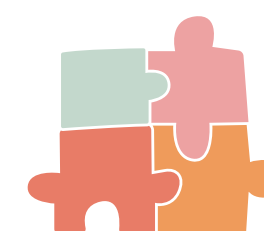


Community

Having relationships and social networks that provide support, friendship, love, and hope

Thrives through Connections

Recovery support services help people remain engaged in recovery and reduce the likelihood of relapse.



Housing

Employment

Supportive relationships

Community engagement

Education

What peer support can look like:

- Advocating for people in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals
- Supervising other peer workers
- Administering programs or agencies
- Educating the public and policymakers



****National Recovery Month serves as a powerful reminder that recovery is possible, that hope is real, and that together, we can build a stronger, more compassionate society. It's a call to action to:**

Shatter Stigma

Break down the barriers of shame and discrimination surrounding addiction and mental health challenges.

Celebrate Recovery

Honor the achievements of individuals in recovery and amplify their voices.

Educate and Empower

Spread awareness about the realities of addiction, mental health, and recovery, and empower individuals to seek help without fear of judgment.

Advocate for Access

Demand increased access to evidence-based treatment and support services for all individuals in need.

RECOVERY CHALLENGE

Many people still need support to begin their recovery journey.

Only a fraction of individuals who need substance use treatment receive it each year



**RECOVERY IS REAL.
RECOVERY IS COMMON.
RECOVERY IS SUPPORTED BY COMMUNITY.**