



National Recovery Month is a national observance held every September to educate Americans about substance use treatment and mental health services. These services can help those with a mental and/or substance use disorder to live a healthy and rewarding life.

This year, the National Recovery theme is, “Join the Voices for Recovery: Celebrating Connections.” This reminds people in recovery and loved ones who support them, that we all have victories to celebrate and everyone has things that they wished they did differently. During Recovery Month we will continue to educate everyone on substance use disorders and co-occurring disorders, how treatment and recovery services are effective, and how recovery is possible.

Recovery Month celebrates the gains made by those in recovery. The observance of Recovery Month reinforces the positive message that behavioral health is essential to overall health. Recovery Month shows that prevention works, treatment is effective, and people can and do recover.

Each September, tens of thousands of prevention, treatment, and recovery programs around the country celebrate Recovery Month. Agencies and individuals in recovery along with family members will speak about the gains made by those in recovery and share their success stories with community members. During Recovery Month, everyone helps to increase awareness and helps bring a greater understanding about the diseases of mental health and substance use disorders. Recovery Month provides a vehicle for everyone to celebrate accomplishments and give hope for the future.

The Overdose Awareness Alliance of Lewis County

