

# In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

## September Marks National Recovery Month



This September marks the 25th year of National Recovery Month. This initiative began in 1989 as TreatmentWorks! Month and has continued as a nationwide observance to educate Americans regarding mental disorders and/or substance abuse problems. One of the goals of National Recovery Month is to highlight people's successes and honor the fact

that many Americans have recovered from mental and/or substance abuse problems and can live healthy and fulfilling lives. Each September, prevention, treatment and recovery programs nationwide join forces to celebrate and educate how recovery can be achieved and sustained. National Recovery Month organizers feel that these successes go largely unnoticed by the mass population, but should be emphasized so that people that are struggling now can see that there is hope and help. It is about spreading a positive message and that people can and do recover. The office of Substance Abuse and Mental

Health Services (SAMHSA) recognizes that there may be different paths to recovery for each individual and that it is ok for each individual to determine his/her own way. SAMHSA has been working on a Recovery Support Strategic Initiative that has designated four key areas needed for a successful life in recovery. These key areas are: health, home, purpose and community. Each one contributes to a healthy recovery and provides balance for an individual that strives to reach their fullest potential. An individual's ability to live a physically healthy life in a safe and stable home with meaningful activities and social support makes a world

of difference for many people struggling day to day. Organizers of National Recovery Month want everyone to be aware of all the resources and services that are available to help anyone that is struggling alone. This year's theme is Speak Up, Reach Out. By speaking up about these issues and reaching out to those that need help, you can help encourage public awareness and inspire others. If you or someone you know is suffering from a mental and/or substance abuse problem, you can contact The Steuben Council on Addictions at 607-776-6441. We are here with information, assessments and referrals...We can help.

## Supporting those in recovery

Families, friends and community members play an important role in supporting people in recovery. It is with each of us that we can change any negative stigma that is attached to people who are overcoming addictions.

Take action and participate in the upcoming Walk for Recovery. This special event is held from 10:00am until 12:00pm at Eldridge Park. Registration (Trinity of Chemung) prior to the event is encouraged. Let's celebrate the success of others together!

### Ways to Support People in Recovery

Send an Ecard to Someone in Recovery: Thank or congratulate someone on their recovery, or just tell them you're thinking of them! The cards also help to raise awareness about Recovery Month. Visit the website: [www.recoverymonth.gov/ECards/ChooseDesign.aspx](http://www.recoverymonth.gov/ECards/ChooseDesign.aspx)

Attend a Recovery Month Event in your area such as the Walk for Recovery in Eldridge Park

Follow Recovery Month information on social media:



Like **Recovery Month** on Facebook, join the recovery conversation, receive pertinent information, and link to new resources. Stay informed with the latest Tweets from **Recovery Month**. Watch Program

Trailers, PSAs, and other video content on **Recovery Month's** YouTube Channel.

Use supportive dialogue when speaking with people in recovery, commend their achievements and believe in their efforts

Encourage your local government officials to sign an official proclamation designating September as **National Recovery Month**.

Participate in Public Service Announcements to spread the word about Recovery Month.

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

**1-877-8HOPENY (1-877-846-7369)**

24 hours a day, 7 days a week \* Free & confidential information and referrals.

# In The Know and By The Numbers

A look at current statistics and figures relating to recovery.

- The first symptoms typically precede a mental and/or substance use disorder by two to four years, offering a window of opportunity to intervene early and often.
- Research shows that for every \$1.00 invested in prevention and early treatment programs, \$2.00 to \$10.00 could be saved in health costs, criminal and juvenile justice costs, educational costs, and lost productivity.
- A well-implemented public awareness campaign raises cognizance of the signs and symptoms of mental disorders and risks for suicide.
- Approximately three-quarters of

Americans believe that recovery is possible from addiction to substances such as alcohol, prescription drugs, and marijuana.

- Two-thirds of Americans believe that treatment and support can help people with mental illnesses lead normal lives.
- Scientific research shows that treatment can help patients addicted to drugs stop using, avoid relapse, and successfully recover their lives.
- Approximately 80 percent of patients with depressive disorders improve significantly with treatment and recovery support services.

*Recovery Month Fast Facts, 2013*

## Catholic Charities Steuben Prevention Services

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*Prevention Director:* Jim Bassage

*Prevention Educators:*

Barb McCollumn, Stacey O'Dell,  
Erin Fleming, Michele Sexsmith

*Administrative Assistant &  
DDP Coordinator:* Diana McIntosh

*Clerical Assistant:* Peggy Wurzer

*Drug Free Communities Coordinator:*  
Norm McCumiskey

*Drug Free Communities Program  
Assistant:* Pam Aini

***Bath Hope for Youth Counselors:***

Sherry Sutton—Campbell-Savona  
Bridgette Lanphere—Hammondspport  
Jennifer Beaty—Haverling

## The Council Corner

Steuben Council on Addictions would like to welcome Erin Fleming to the staff as the new Prevention Educator. Erin



is coming from Brockport State School, where she graduated in May with her degree in Health Education. She is looking forward to helping others and making a difference in our community.

We here at SCA are excited to have Erin as a part of our team!

The JSYRC Staff would like to thank everyone who helped make this summer a wonderful one for the recreation program. This year about 160 kids participated in the summer's events, including field trips to the Ithaca Science Center, Party Central, Minnehan's Fun Center and many more. This could not be possible without the help of the



**PARENTS WHO HOST LOSE THE MOST**  
Don't be a party to teenage drinking. It's against the law.

**YOU MATTER!**

The **ONLY** thing between alcohol and **YOUR** children is **YOU**.

65% of youth surveyed nationally report they were given the alcohol they drank from family and friends.

**Steuben Underage Party Tip Line**  
**1-877-862-4847**

chaperones who volunteer their time to make sure that the kids are safe and having fun.

This summer our Prevention Educators were very busy! Educators used the Lifeskills curriculum to reach over 170 students that participated in the Summer Learning Experience (SLE) program. A special thanks to Thom Elwell and the rest of the staff for helping to make this a success! The Drunk, Drugged and Distracted Driving program offered to Driver's Education classes reached over 180 students across Steuben County. We could not have done this without help from all of the Driver's Education Instructors; thank you!

The educators are now scheduling their programs for the upcoming school year, if you or someone you know would like to have programs please call us at 607-776-6441. Educators are able to provide evidence based programs on bullying or drug prevention, set up resource tables at lunch, or provide programs for Red Ribbon Week.

*Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information please contact Stacey O'Dell, Prevention Educator at [sodell@dor.org](mailto:sodell@dor.org).*

Catholic Charities  
Steuben County