

# PRESS RELEASE

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Jackson County Substance Abuse Prevention Coalition

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Jackson County Substance Abuse Prevention Coalition

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## CELEBRATE RECOVERY IN SEPTEMBER

**JACKSON** (September 15, 2014) – The Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes September as National Recovery Month. According to the Michigan Department of Community Health’s (MDCH) vital records and health statistics, 728 people lost their lives to heroin between 2010 and 2012. In the past 90-days, there have been at least 3 heroin-related deaths and likely more. Heroin is just one of many substances that may result in overdose. Due to the large number of Jackson County residents who enter treatment for substance abuse disorders, there is a high probability that you know one of these individuals.

The Jackson community has an opportunity to celebrate people who are taking brave action to receive appropriate and effective treatment in order to live healthier, longer lives. These people often give back to the community by supporting others in recovery, volunteering, and participating in programs that focus on prevention and treatment. Jackson County residents can help support recovery by praising the hard work of those in recovery and recognizing that addiction is a disease, not a choice. Recovery success stories are all around us. For every unfortunate, untimely death, there is a different story about a person in recovery that passionately dedicates their life to helping others.

Together, we can promote the positives of recovery and eliminate the negative messages that isolate and condemn. Below are a few suggestions to promote recovery:

- Donate: Organizations that focus on preventing and treating addiction are continuously enduring financial shortages.
- Volunteer: Money is not the only way to promote recovery. Time is just as effective.
- Share a story of success. If you don’t know one, ask around.
- Educate yourself and others. A variety of evidence-based research is available. Some helpful websites include: [www.samhsa.gov](http://www.samhsa.gov), [www.drugabuse.gov](http://www.drugabuse.gov), [www.hazelden.org](http://www.hazelden.org)
- Attend a recovery court session or take a tour of local treatment centers. Come and see the miracle of recovery first hand.

### More information about:

- Jackson County Substance Abuse Prevention Coalition and its activities, please contact Briana Jefferson at (517) 796-5133 or via email at [bjefferson@uwjackson.org](mailto:bjefferson@uwjackson.org)
- Family Service & Children’s Aid, Born Free, please contact Melissa Davis at (517) 782-9905 or via email at [mdavis@strong-families.org](mailto:mdavis@strong-families.org)
- Jackson County Recovery Court, please contact Honorable Susan E. Beebe, 312 S. Jackson Street, Jackson, MI 49201
- Allegiance Health Substance Abuse Services, please contact Melissa Cerqueira via email at [melissa.cerqueira@allegiancehealth.org](mailto:melissa.cerqueira@allegiancehealth.org)

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