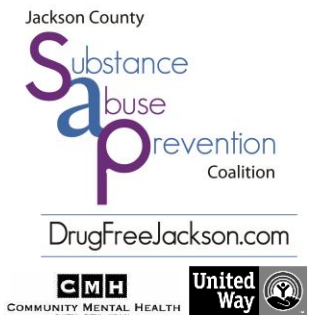


PRESS RELEASE

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ANNUAL RECOVERY MONTH CELEBRATES WORKING TOGETHER TO ACHIEVE WELLNESS

JACKSON (September 13, 2013). The road to recovery is not a one-step solution, but a daily challenge and long-term path to wellness. This is especially true for individuals who simultaneously experience a mental illness and substance use disorder.

Throughout September, communities nationwide have the opportunity to inspire and advocate for individuals and families who are seeking help. The Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes September as National Recovery Month.

This year's theme, "Join the voices for recovery: Together on pathways to wellness," reinforces the message that leading a healthy mental, physical, emotional and spiritual lifestyle is attainable through recovery. The theme also highlights the many treatment and recovery path options that can assist people in improving their overall well-being, including professional services, self-help and group support.

Together, we can promote SAMHSA's efforts by spreading the positive message in Jackson County that prevention works, treatment is effective, and people can and do recover from mental health and substance use disorders.

Here's how to get involved:

- Forward the President's [National Alcohol and Drug Addiction Recovery Month Proclamation](#) to friends, family, and colleagues
- Explore and contribute to ONDCP's [Americans in Recovery Facebook page](#), join and support our Recovery Month Facebook profile picture campaign.
- Check out SAMHSA's [Recovery Month Website](#), which includes Recovery Month toolkits, resources, and information on how you can get involved with local recovery events.
- The Affordable Care Act (ACA) will create one of the largest expansions of mental health and substance use disorder coverage in a generation by including a substance abuse treatment benefit alongside treatment benefits for other chronic diseases. Visit healthcare.gov to learn about the Health Insurance Marketplace and your new coverage options.
- To access services and supports in Jackson County, with developmental disabilities, serious mental illness, serious emotional disturbance, and/or substance use disorders, please contact LifeWays Access Center at (517) 789-1200.

It's important to remember that individuals are not alone in their journey to recovery. In 2011, more than 2 million people 12 and older received treatment, and more than 31 million adults received mental health services. Often times, people may experience a substance use disorder and a mental illness simultaneously. Seeking help is nothing to be ashamed of, and there are many available resources that provide support and treatment. During the 24th annual Recovery Month, we celebrate those who are on the road to recovery, and those who are dedicated to providing resources, services and treatment for substance use and mental health disorders.

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More information about:

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