

# NATIONAL RECOVERY MONTH

SEPTEMBER 2024

**DID YOU KNOW** that 7 in 10 adults who ever had a substance use problem considered themselves to be recovering or in recovery.

National Recovery Month is held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

One of the four major dimensions of recovery is **COMMUNITY**, and our message to you is that building social supports and a caring community is essential for recovery. With the right treatment, support resources, recovery is possible for everyone. Together, we can make a difference in the lives of those in or seeking recovery from mental and substance use disorders.



## RESOURCES

Check out the [SAMSA website](#) to find a treatment facility, explore treatment options, gain a better understanding of addiction, learn more about the cost of treatment, and learn more about your mental health.

[The Counseling Center @TTUHSC](#) is a caring and confidential place where eligible employees and PAS-eligible students can receive support and professional counseling assistance with substance use issues.

Go to the [CDC website](#) for additional information on understanding and supporting recovery, reducing stigma, and treatment and recovery resources.

## Recovery from Substance Use and Mental Health Problems Among Adults in the United States

This [brief report](#) presents self-reports of recovery among adults aged 18 and older in the United States who thought they ever had a problem with their use of drugs or alcohol and/or mental health. These findings provide a clearer characterization of the factors associated with recovery among adults and how future efforts can foster a whole health approach to sustain recovery from mental health and substance use conditions.

