

NEWS RELEASE



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Oregon celebrates National Alcohol and Drug Addiction Recovery Month

National Alcohol and Drug Addiction Recovery Month (Recovery Month), sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment, is observed annually during the month of September. This year's theme — "Join the Voices for Recovery: Now More than Ever!" — was chosen to emphasize how stress in our society may contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse.

The mission of Recovery Month is to encourage all people in need of help to seek treatment for substance use disorders, celebrate individuals and families in long-term recovery, and acknowledge those working in the field who provide recovery services.

In Oregon, more than 350,000 people are in need of services to address substance use disorders, according to a nationally conducted annual survey. Recovery Month provides a vehicle to celebrate the successes of treatment and recovery.

"Educating the public about addiction and recovery is crucial to reducing stigma," says Karen Wheeler, Addiction Programs administrator with Addictions and Mental Health. "An understanding of this brain disease and the paths to recovery helps people appreciate the importance of supporting treatment and recovery support services, those who provide these services and those in need of assistance."

Recovery Month also serves to educate the public on substance abuse as a national health crisis. Addiction is a treatable disease and recovery is possible. Treatment is beneficial not only to the affected individuals but to their families, friends, their employers and society as a whole. It's estimated that untreated substance abuse costs Oregon nearly \$6 billion each year. That's approximately \$1,200 per person.

According to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), more than 21 million Americans struggle with addiction or dependence on alcohol and drugs.

For more information about Recovery Month events in your area, please visit the National Alcohol and Drug Addiction Recovery Month site at www.recoverymonth.gov/Home/Community-Events.aspx.

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