

## September: National Recovery Month

In 1989 the federal Substance Abuse and Mental Health Services Administration (SAMHSA) declared September as National Recovery Month, recognizing and celebrating recovery from addiction. Now 30 years later hundreds of celebratory events take place around the country with many here in New York as well.

Faces and Voices of Recovery, a not for profit group based in Washington DC is at the national forefront encouraging individuals and families in recovery to go public with their victories over active addiction. Since its formation in 2001 the group has set out to organize the recovery community in a meaningful way in a call to action.

In the recent past celebratory recovery walks and public rallies are typical and have attracted thousands of attendees including 20,000 who walked over the historic Brooklyn Bridge in 2010. Other National hub events have taken place in Philadelphia, Detroit, Providence, Louisville and this year the national rally will be held in Hartford CT.

The September 2013 release of the documentary film “The Anonymous People” inspired thousands more to go public about their recovery and also tells the moving story of this rapidly growing movement that aims to spread hope to families all over America.

Recovery from addiction has tremendous economic and societal benefits according to a research poll conducted by Alexandre Laudet PhD. There are an estimated 23 million Americans in recovery from addiction and another 20 plus million still in need of help. Individuals in recovery become law abiding, tax paying, conscientious family members, contributing positively to society. Other findings demonstrate that recovery is beneficial in many ways: Those reporting having negative finances dropped from 70% to 38%, domestic violence fell from 41 to 9%, emergency room visits from 22% to 3% in the community volunteering was up from 31% to 84%, people paying bills on time increased from 41% to 92%, those frequently missing school or work fell 61% to 4% and voting in elections increased 61% to 87%. It makes sense to support recovery from addiction.

This year here on Long Island there are a number of recovery month events including: the Rock N Recovery XI celebration hosted by the Long Island Recovery Association at St Peters church in Huntington Station on Friday September 20<sup>th</sup> at 7PM and the LI United 5<sup>th</sup> Annual Walk for Hope and Recovery September 29<sup>th</sup> at 1PM at Marjorie K Post Park in Massapequa Park. Both events are open to everyone free of charge

For the past several years LECSA EAP has joined forces with many other organizations as proud sponsors of both local events. For more information on addiction recovery go to:

[www.for-ny.org](http://www.for-ny.org) [www.oasas.ny.gov](http://www.oasas.ny.gov) or [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)

For confidential assistance with an alcohol/other drug issue call us today.

LECSA EAP (631)-851-1295

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