

## September: National Addiction Recovery Month

In September, 1989 the federal Substance Abuse and Mental Health Services Administration (SAMHSA) launched National Recovery month with the intention of celebrating millions of individual and family victories over active addiction. Since that time the nationwide event has blossomed across the country and now several hundred events take place each year in communities large and small.

In past years celebratory recovery walks and public rallies are typical and have attracted tens of thousands of attendees including 20,000 who walked over the historic Brooklyn Bridge in 2010. Other National hub events have taken place in Philadelphia, PA, Detroit MI, Providence RI, Louisville KY, and Hartford CT.

Long Island as the home of the first ever Recovery Community Organization (RCO) in New York State, holds an annual celebration of recovery led by the Long Island Recovery Association, the local nonprofit RCO. Typically their annual Rock N Recovery celebration with 250-300 attendees would be held grassroots style in a community center or church social hall as it has been since 2009. As a result of restrictions in place due to the pandemic, this year it is being billed as an “Epic Virtual Event” and will be held on Zoom on Friday September 25, 2020 and still include a DJ, the Annual Friend of Recovery Award, their Recovery Community Scholarship Award (RCSA), a scavenger hunt, raffle prizes, guest performances and dancing. Information on how to attend can be found on their website [www.lirany.org](http://www.lirany.org).

Back in September 2013, the release of the documentary film “The Anonymous People” inspired thousands to go public about their recovery while telling the moving story of the rapidly growing recovery advocacy movement and its aim to spread hope to families across America while demonstrating that recovery from addiction is a real possibility!

Recovery from addiction has tremendous economic and societal benefits according to a research poll conducted by Alexandre Laudet Ph. D. A research study from several years back found there are an estimated 23 million Americans in recovery from addiction and another 20 plus million still in need of treatment for alcohol and other drug problems.

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%

Volunteering in the community 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%.

LECSA has joined forces with many other local organizations as a proud sponsor of local events promoting and celebrating recovery from addiction.

With a recent resurgence of the overdose epidemic it is increasingly clear enduring, public solutions are needed to combat this persistent and deadly healthcare crisis now overshadowed by COVID-19. Individuals in recovery can play a key role in supporting long term recovery from addiction. Peer to Peer Recovery Support Services (PRSS) including recovery coaching and telephone recovery support are evidenced based practices that have had an impact in reducing recurrences of active substance use disorder helping individuals to sustain recovery.

More information on addiction and recovery can be obtained on these web sites.

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

For confidential assistance with an addiction issue call us today.

LECSA EAP (631)-851-1295

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