

# Royal Throne – National Recovery Month – September 2015



JOIN THE VOICES  
FOR RECOVERY

visible,  
vocal,  
valuable!

National  
Recovery Month  
Prevention Works - Treatment is Effective - People Recover  
SEPTEMBER 2015

The prevalence of mental and/or substance use disorders is high. Nearly one out of every five adults in the United State, about 43.8 million people, has a mental illness, such as a diagnosable mental, behavioral, or emotional disorder (excluding developmental and substance use disorders). Approximately 21.6 million people age 12 or older were classified with a substance dependence or misuse disorder in 2013. In spite of high prevalence, most Americans believe that recovery from a mental illness or substance use disorder is possible. For many individuals, behavioral health treatment is an important part of the recovery process. However, in 2013, 22.7 million individuals aged 12 or older needed treatment for an illicit drug or alcohol use problem, but only 2.5 million received treatment at a specialty facility in the past year.

High School and college students, families and peer recovery networks all play unique roles in society and have the power to support healthy lifestyles. Members of the recovery community can lead the charge to educate these audiences about how they can provide support, starting with the basics of recovery.

For many people, recovery—

- Emerges from hope, which is fostered by friends, families, providers, colleagues, and others who have experienced recovery themselves.
- Occurs via many pathways, which may include professional clinical treatment, use of medications, support from families and in schools, faith-based

approaches, peer support, and other approaches.

- Is holistic, meaning recovery encompasses a person's whole life including mind, body, spirit, and community
- Is supported by relationship with peers and allies, and on social networks
- Is culturally based and influenced
- Is supported by addressing trauma, including physical or sexual abuse, domestic violence, war, disaster, or profound loss
- Involves individual, family and community strengths and responsibilities
- Is fostered by respect.

These principles of recovery can help people establish a blueprint for their own journey. However, it's also important for people living with these conditions to become aware that they are not alone in their efforts.

— *Recoverymonth.gov*

**Questions/Need to talk to someone?** Contact New Opportunities Treatment Program at 712-792-9266 or 1-800-642-6330.  
**Serving Audubon, Carroll, Greene, Guthrie and Sac Counties.**

## Family Day—September 28, 2015

Family Day is a national initiative created by CASAColumbia to promote simple acts of parental engagement as key ways to help prevent risky substance use in children and teens.

What started out in 2001 as a grassroots initiative to inform parents about all the benefits of frequent family dinners, has grown into a national movement that is supported by a network of partners and sponsors across the country.

Family Day has evolved and expanded to reflect how important it is to connect with your kids at various times throughout the day including while driving your kids to soccer practice, tucking little ones into bed or having frequent family dinners.

These every day activities have a lasting effect on your children. Each of these moments offers an opportunity to communicate with your kids and to really listen to what's on their mind.

As children age, it is vital to keep those lines of communication open especially during adolescence when they are at risk of engaging in risky behavior including smoking, drinking or using other drugs.

To learn more visit:

<http://casafamilyday.org/familyday/>

Make every day

Family Day in your home!

## September is Fruits & Veggies— More Matters Month

**Fruits & Veggies**—More Matters is here to help you focus your attention on eating MORE fruits and vegetables!

Add one more. Try something new. Educate yourself. Teach the kids. Try a new recipe.

Learn more at:

<http://www.fruitsandveggiesmorematters.org/>