



Recovery Month

This September marks the 25th anniversary of **Recovery Month**.

Mental and substance use disorders affect all communities nationwide, but with commitment and support, people with these disorders can achieve healthy lifestyles and lead rewarding lives in

recovery.

Four key aspects of recovery:

- **Health:** The person learns to manage his or her condition(s) or symptoms – and make informed, healthy choices that support physical and emotional well-being;
- **Home:** It is also important to have a stable and safe place to live;
- **Purpose:** A person in recovery should participate in meaningful daily activities, such as a job, school, volunteer opportunities, family caretaking, or creative endeavors, and has the independence, income, and resources to participate in society; and
- **Community:** Relationships and social networks should provide support, friendship, love, and hope.

This year's theme, "**Join the Voices for Recovery: Speak Up, Reach Out,**" encourages people to openly discuss – or speak up about – mental and substance use disorders and the reality of recovery. It aims to foster public understanding and acceptance of the benefits of prevention, treatment and recovery from behavioral health conditions.

Please visit our website at www.BHcare.org and watch as those in recovery tell their inspirational stories.

Source: www.recoverymonth.gov