

Road to Recovery 2012 Wrap Show

(Music)

Male VO:

The Substance Abuse and Mental Health Services Administration presents the *Road to Recovery*. This programming aims to raise awareness about substance use and mental health problems, highlight the effectiveness of treatment, and that people can and do recover. Today's program is *The Road to Recovery 2012: A Showcase of Events*

Ivette Torres:

Hello, I am Ivette Torres, and welcome to *The Road to Recovery 2012: A Showcase of Events*.

Over the past year, millions of Americans have either begun or continued their journey of recovery from mental and/or substance use disorders. For many, an important part of this journey is making their voices heard and sharing their stories. While their stories describe their struggles and challenges, they also echo a common theme—It's Worth It!

For many persons in recovery, family, friends, and entire communities are a source of encouragement and support on their recovery journey. For each person in recovery, their commitment and dedication to recovery is worth it—not only for them, but for everyone around them.

This is what ***National Recovery Month*** is about—celebrating persons in recovery from mental and substance use disorders and extending the benefits of recovery by spreading the message that prevention works, treatment is effective, and people recover.

In 2012, the Substance Abuse and Mental Health Services Administration—SAMHSA—observed its 20th anniversary. ***National Recovery Month*** is sponsored by SAMHSA and is a resource and tool to help those with behavioral health problems find recovery and a lifetime of hope and wellness.

We know that nearly 1 in 10 Americans struggles with a substance use disorder and that about 1 in 5 Americans has a mental health problem. **National Recovery Month**, and all of the activities leading up to the **Recovery Month** observance in September, support Americans who have achieved long-term recovery. They have realized the benefits of recovery, namely improved relationships, health and well-being, and hope for the future.

As we hear their stories, we will learn that, while the journey of recovery follows many different pathways, progress on every one of those pathways depends on relationships marked by care, support, and respect.

H. Westley Clark:

Good morning.

Crowd:

Good morning.

H. Westley Clark:

I am Dr. Westley Clark. I'm the director of the Center for Behavioral Health Statistics and Quality in the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. And on behalf of SAMHSA, I want to welcome you all here. As you know, traditionally we coordinate the release of our NSDUH report with the observance of **National Recovery Month**, or **Recovery Month**. This year's **Recovery Month** theme is Join the Voices for Recovery: It's Worth It. And, indeed, as we look at some favorable results depicted in the data that we are releasing today, we're making progress, and yet we must remain vigilant in this endeavor, as much still needs to be done to provide quality services for those in need and to promote prevention in America.

Pamela S. Hyde:

This is **Recovery Month**, as you heard. We're especially appreciative of the efforts of everyone in this room and around the country who are interested in the

messages of recovery and what recovery means to those with mental and substance use disorders and their families. It's also a month in which, frankly, we go beyond recovery and commit to the wellness of persons in recovery from mental illness or addictions to support the full health and well-being of these individuals, their families, and their communities.

R. Gil Kerlikowske:

Before I discuss the data being release today, I wanted to provide a bit of the perspective of this Administration's approach to drug policy. Since my confirmation in 2009, we have repeatedly affirmed that we are not waging a war on drugs. This bumper sticker is totally inappropriate and doesn't anywhere near reflect the holistic approach we're using toward this. That approach is grounded in the firm understanding that addiction is a disease; it's not a moral failing. It can be treated, and as we well know, recovery is possible.

Jared Hamre:

My name is Jared Hamre. I'm 28 years old and a person in recovery from drug addiction. I just celebrated 7 years of not using drugs last week.

(Applause)

Thank you. My life growing up was not all that difficult, to be honest. I had loving parents and older siblings. There was really not much drama in my life. One night at a party, without being coaxed or pressured, I misused a prescription drug pain reliever to get high. Like others, I very quickly became hooked. Literally, I became hooked that night. Within a week I moved to heroin, simply because of the cost. When I started using drugs, I had started a very good career. I was able to maintain being a functional addict for almost 2 years. But, like so many others whose stories I've heard, drugs eventually took over my life. I began missing work, stopped hanging out with friends; I started doing illegal activities and began to feel like a horrible human being. I ruined my family relationships, relationships with significant others dissolved, and friends, well, I really didn't have any. I entered the Phoenix House in Springfield, Mass. [Massachusetts], on September 14, 2005. It was a very difficult time, and to be honest, I hated it. Now, looking back, it was the best thing that ever happened, and I would not take it or even my experiences back for anything. I have regained my relationships

with my friends and family, and they are stronger than ever. As for a significant other, well, I just celebrated my first wedding anniversary.

(Applause)

Benjamin Chin:

My name is Benjamin Chin, and I am a young person in long-term recovery, which for me means that I have not used alcohol or drugs in a little of over 4½ years.

(Applause)

As a result, I have been given the opportunity to live again. I've been able to reconnect with my family, create new and meaningful friendships, pursue a college degree, and experience all the joys and difficulties life has to offer a young adult. I first used marijuana and alcohol at age 13. By the time I was 16, I was a daily user of marijuana, along with alcohol and other drugs. As a result, I have experienced the absence and success of recovery support services. At 15 years old, I was court mandated to my first treatment center, the first of four that I was to attend over the next 2 years. As a struggling teenager, I experienced firsthand the major gaps in care and support for a young person seeking recovery. There was no youth-focused recovery support upon reentering my high school, no alternative peer group, no recovery community center, no option to attend a recovery high school, and no sober social activities. Our struggle continued for the next 2 years until, at 19, I was sentenced to 30 months of incarceration. It was at that point that I joined the recovery community in 2007. Today I work with young people in recovery all across the country as a recovery advocate building YPR. We are speaking out and advocating for more youth-focused recovery support services. So today, throughout September, and all year round, I challenge all of you to join us in taking action, so that one day soon, any young person seeking recovery will have a community ready to accept them and help them reach their maximum potential.

Peggy Swarbrick:

Through the SAMHSA's wellness initiative, which I'm so very proud to be part of, and the National Wellness Week, we envision a future in which people with

mental and substance use disorders pursue optimal health, happiness, recovery, and a full and satisfying life in the community via an access to a range of effective services, supports, and resources. Wellness helps us see ourselves and see our recovery as very multidimensional. We can see ourselves through thinking about emotional, financial, social, spiritual, environment, occupational, and intellectual, as well as physical aspects of ourselves.

Stanice Anderson:

Now, why does wellness matter? Well, my brothers and sisters who, like me, are dealing with mental health and substance use challenges, are dying decades earlier than the rest of the population due to preventable illness. So this is personal to me. Things like diabetes, hypertension, cardiovascular disease—these avoidable health conditions are silently killing our loved ones and friends with behavioral challenges because they mistakenly think that our mental and physical health are not linked. But they are wrong. Our mental and physical health is all connected. Wellness can help us live longer lives that are better equipped to handle the stresses of life in recovery.

H. Westley Clark

To summarize, recovery is not just about the absence of drug or alcohol use or the absence of mental illness symptoms, but hope and wellness. But please remember that the educational outreach that occurs during **Recovery Month** about the effectiveness of treatment and the possibility of recovery is a message that we all need to deliver all year long. Thank you.

(Applause)

Cynthia Moreno Tuohy:

It is an honor to get to host this in the caucus room of the House of Representatives. This is where we today are caucusing to continue the celebration of **Recovery Month**.

R. Gil Kerlikowske:

I want to present you with something from a person that does understand this issue very well that's incredibly supportive, and that's the **National Alcohol and Drug Addiction Recovery Month** proclamation from the President of the United States. "Now therefore I, Barack Obama, President of the United States, by virtue of the authority invested in me by the Constitution and the laws of the United States, do hereby proclaim September 2012 as **National Alcohol and Drug Addiction Recovery Month**, and I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities. In witness thereof," ... yada, yada, yada ... Barack Obama, President of the United States.

Pamela S. Hyde:

So, good afternoon, and welcome to everybody this kickoff for the 2012 **National Recovery Month** observance. I think most of you know that SAMHSA is actually celebrating **Recovery Month** this year and also celebrating its 20th anniversary, so we have a birthday.

(Applause)

Thank you. In addition I want to thank, they're already been pointed out, but I want to thank SAMHSA's team and the **Recovery Month** planning partners—I think there's over 200 of them at this point—all of you and many more who host hundreds of events each year throughout the country and make such a significant impact in spreading the message of recovery.

Don Coyhis:

My name is Don Coyhis. I am a member of the Mohican nation. Our tribe is a clan system, so I was born for the turtle clan on my mother's side, and my Indian name is Tatanka Wamble, and once again I'm just really honored to be here. I've been involved with the **Recovery Month** activities, especially in native communities, and thanks for the support we've got for that. We have recovery

activities every September in Indian country, almost 100 tribes now, or 100 locations and so. I don't know what it would be like had we not had that type of organized effort and the support to take it to places, you know, like our communities.

Chris Herren:

Good afternoon. It's great to be here. You know, I was sitting up front smiling because I would have never imagined 5 years ago that I'd be, at this moment, kicking off **National Recovery Month** in 2012. Five years ago, I was basically homeless, living on the street with two children and a wife. So I stand here today in front of you as a product of treatment. I'm a product of treatment. I was fortunate enough to go through treatment. And not only am I a product of treatment, but so are my children, so is my family. You know, they say 25 million people in this country suffer from substance abuse, and 2.5 million will get the help they need. What about the 50 million broken hearts? You can't put a stat on that. You can't put a stat on those kids that we were just talking about who sit home. Because they would often say to me, "Chris, you made your bed, lay in it." But my kids didn't make that bed; they had to sleep in it every night. So, if you have not empathy for the addict on the street, have empathy for the family that's behind them. So, again, it is my honor to be here. I never thought I'd be on Capitol Hill speaking, that's for sure, but it's amazing what one day at a time and 12 steps can do for a human being. So, thank you.

(Applause)

(Music)

Ivette Torres:

Each year, thousands of people in cities and towns across the country help to organize **Recovery Month** events. **Recovery Month** events bring together the courageous people in recovery, the caring service providers that work tirelessly to support people in recovery, and the family and friends, many of whom are so vital in obtaining and sustaining recovery.

This year, the efforts of thousands of individuals throughout the country produced more than 1,000 events nationwide supporting our 2012 theme, Join the Voices for Recovery: It's Worth It!

Recovery Month events confirm that we are making great progress in building strong and healthy recovery communities. At these events, we hear encouraging words in support of recovery and calls for action to support people in recovery throughout the year with housing, education, and employment.

Recovery Month events make the faces of recovery visible in the community, highlighting the fact that people in recovery are our family members, friends, and neighbors. We have seen rallies, jamborees, block parties, sporting events, motorcycle rides, community walks, wellness activities, dances, and art shows among the events listed on the **Recovery Month** website.

We want to thank the thousands of people responsible for organizing **Recovery Month** events. Your creativity and dedication is inspiring.

(Music)

Male Speaker:

We're in Providence by the Roger Williams Park, and we've got Rally 4 Recovery Day, and there's about 5,000 people here.

Craig Stenning:

People from the recovery field and mental health, substance abuse, and developmental disabilities. We're the only state that does that. We had just about every elected official you could imagine that was here. It doesn't happen in most states. It's amazing to think that each year this gets bigger and better.

Angel Taveras:

We need to bring more and more attention to it, because as we do that, I think we can all do a better job of helping through the process of recovery.

(Music)

Jim Gillen:

I'm so thrilled. We have things we've never done before and just people are having a ball. People are coming up to us and just saying, "Thank you, thank you."

Joe Dziobek:

What this does is it brings it right out into the open and says, "You know, we're people like everyone else."

Sheldon Whitehouse:

Recovery is something that should be celebrated, and it can be a very lonely road, recovery. So the more we celebrate it, the less lonely a road it is.

Craig Stenning:

I think it's extremely important that we brought this event out into the public, out into the capital city, to say to all the citizens of Rhode Island that these individuals matter, recovery matters to them, it matters to their family, it matters to this community of Providence, and it matters to the community of Rhode Island.

Tom Coderre:

Well, next year—this is really exciting—Providence has been selected to be the 2013 national hub event for Rally 4 Recovery.

Male Speaker:

That means that not only are we gonna be the ... we're gonna be sort of the core of all the recovery activities that will be taking place next year. So, all eyes will be on Rhode Island.

Male Speaker:

We've been celebrating here all day, and then tonight what we do is we have actually what we call the luminaries, and that's where people have candles—there's a procession down Canal Street, and we have the actual torches that light the water fires.

Jim Gillen:

And what we're gonna do is we're gonna light torches, 100 torches for recovery will surround the basin in Waterplace Park.

Male Speaker:

And then, the luminaries represent people who have been either lost to addiction, or people who have not been able to find recovery yet. So, it's really a very moving ceremony tonight that we're leading up to.

(Music)

Male Speaker:

My role tonight is, I'm gonna be one of 15 people lighting a torch for the WaterFire celebration, and I'm very honored to be able to do that. It's very emotional because, I think that there isn't a person here who hasn't been touched by mental illness, either directly in their immediate family or extension of their family.

Male Speaker:

We believe that recovery is a celebration. It's something that should be celebrated, not just by the individual, by the whole family and by the whole community. Because when a person recovers, the family gets better, the community gets better, and that's good for everybody.

(Music)

Merlyn Karst:

We know recovery heals families. We need to stand up, stand out, and speak up.

Tonya Wheeler:

I wanna encourage you to let your voice be heard. Advocates for Recovery does that, but I want to remind you that we need all of you.

Charles Smith:

Here we are at our 10th annual rally. **Recovery Month** is here to celebrate the millions of people who have found recovery and are now living productive and rewarding lives.

Peter Gaumond:

"Now therefore I, Barack Obama, President of the United States of America, do hereby proclaim September 2012 as **National Alcohol and Drug Addiction Recovery Month.**"

Jamie Van Leeuwen:

"John Hickenlooper, Governor of the State of Colorado, do hereby proclaim September 2012 to be **Recovery Month.**"

Vanessa Fenley:

“Now therefore I, Mayor Michael B. Hancock of the city and county of Denver, Colorado, do hereby officially proclaim September 2012 to be known as ***National Recovery Month.***”

Rod Rushing:

When I look around here, I see people I know who I am familiar with the story of their recovery, and they're amazing.

Kelly Luck:

Just for today, I am able to be free of my addiction and be who and what I want to be. I never said that it would be easy; I only said that it would be worth it.

Christopher Lucero:

I want to say in a loud and thankful voice, “I am blessed. I am truly blessed. Say yes to our recovery. Embrace it daily.”

Lori Moriarty:

I actually teach around the nation now and remind law enforcement that recovery does happen, and that they can be a catalyst to changing the lives of so many people. So, I tell cops, when you do make an arrest, remember it's an opportunity to change a life for a positive. And if people are struggling with addiction, then this could be the opportunity to change their life. So, treat them right.

Chris Urbina:

This is a celebration. It's a celebration. So, I think we should all stand up and give yourself a standing ovation. We all collectively make a difference. Mental health and substance use and abuse is a winnable battle.

Hassan Latif:

But if you continue to do the right thing one day after the next, one month after the next, one year after the next, there comes a time where people see what you do and not what you did. I promise you that's the truth. For me, recovery has been about discovery and continues to be. This is my 23rd year of blissful education in recovery, and I wish you all, all the best. Much love, much success. You got it coming.

(Music)

Ivette Torres:

The stories of recovery are the stories of our family members, our friends, and the people we meet every day in our communities. As they succeed in living self-directed lives and achieving their full potential, we see the benefits of recovery not only for the individual, but their family, friends, and community—through recovery, everyone benefits because It's Worth It!

In America, we have the opportunity to work together in our communities to promote hope, health, and healing. We see people from all walks of life engaged in the recovery process as a person in recovery or as someone reaching out to help others. The recovery movement reflects the wonderful diversity in America and the compassionate spirit that is America at her best.

People in recovery have reclaimed their lives and are now giving back. They have jobs, pay taxes, raise families, and volunteer in their communities—giving back every day. More and more, we see that prevention works, treatment is effective, and people can and do recover.

As we take a moment to recognize the success of the 2012 **Recovery Month** observance, we are reminded that it is time to turn our attention to 2013. I hope this show inspires you to get involved and to organize a **Recovery Month** event for next September. You can begin now by going to the **Recovery Month** website at recoverymonth.gov for information on how to get started.

As you can see from the events in 2012, the type of **Recovery Month** event you

choose to organize can be whatever your imagination and creativity inspires you to do. Whatever type of event you choose to organize, you will be bringing a sense of hope that people in recovery can live healthy, happy, and productive lives.

Thank you for everything you do to support recovery. Let's keep up this exciting work in the coming year, and I sincerely hope that your event will be highlighted in our 2013 showcase of events.

(Music)

Male VO:

The *Road to Recovery* television and radio series educates the public about the benefits of treatment for substance use and mental health problems as well as recovery programs for individuals, families, and communities. Each program engages a panel of experts in a lively discussion of recovery issues and successful initiatives from across the country. To view or listen to the *Road to Recovery* television and radio series from this season or previous seasons, visit recoverymonth.gov and click on the Multimedia tab.

(Music)

Male Speaker:

Every September, ***National Recovery Month*** provides an opportunity for communities like yours to raise awareness of substance use and mental health problems to highlight the effectiveness of treatment, and that people can and *do* recover. In order to help you plan events and activities in commemoration of this year's ***Recovery Month*** observance, the free online ***Recovery Month*** kit offers ideas, materials, and tools for planning, organizing, and realizing an event or

outreach campaign that matches your goals and resources. To obtain an electronic copy of this year's **Recovery Month** kit and gain access to other free publications and materials related to recovery issues, visit the **Recovery Month** website at www.recoverymonth.gov or call 1-800-662-HELP.

(Music)

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