

# JOIN THE VOICES FOR RECOVERY



invest in **health**, **home**,  
**purpose**, and **community**

## SEPTEMBER IS **RECOVERY MONTH**

**National Recovery Month (Recovery Month)** is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

The 2018 **Recovery Month** theme, “*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*” explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The 2018 observance also aims to increase awareness and encourage audiences to take advantage of the increased dialogue around the nation’s behavioral health needs and the increased emphasis on tackling our nation’s opioid crisis.

### GET THE FACTS:

- In 2016, an estimated 44.7 million adults aged 18 or older had any mental illness (AMI) in the past year.<sup>i</sup>
- In 2016, 43.1 percent of adults aged 18 or older with AMI received mental health services. This means over half (56.9 percent) of adults with a mental illness did not receive the mental health services they needed in 2016.<sup>ii</sup>
- Opioid use is rising steadily and rapidly, as shown by the 11.8 million past-year opioid misusers aged 12 and older in 2016.<sup>iii</sup>
- In 2016, an estimated 21.0 million people aged 12 or older needed substance use treatment.<sup>iv</sup>
- Among adults in 2016 who had either AMI or substance use disorders (SUDs) in the past year, 8.2 million had both AMI and SUDs.<sup>v</sup>

Given the widespread impact and societal cost of behavioral health conditions, it’s important for communities to make prevention, treatment, and recovery support services available and accessible to all those who need them.



## HOW YOU CAN HELP:

- If you know someone who is struggling with a mental and/or substance use disorder, visit <http://www.samhsa.gov/find-help> to learn where people can go for needed services.
- If you are in recovery or what to tell your experience of helping someone else achieve recovery, share your recovery story and learn from others (<https://www.recoverymonth.gov/personal-stories>).
- Find out about and post recovery events in your community (<https://recoverymonth.gov/events>).
- Watch the *Road to Recovery* Television Series (<https://recoverymonth.gov/road-to-recovery>).
- Download web banners and flyers to promote **Recovery Month** (<https://recoverymonth.gov/promote/banners-logos-flyers>).
- Engage with **Recovery Month's** social media outreach and help spread the word on Twitter, Facebook, and other online forums.

## FOLLOW RECOVERY MONTH ON SOCIAL MEDIA

### FACEBOOK

<https://www.facebook.com/RecoveryMonth>

### TWITTER

<https://www.twitter.com/RecoveryMonth>

### YOUTUBE

<https://www.youtube.com/RecoveryMonth>

## LEARN MORE:

- Visit the **Recovery Month** website for resources and learn about how you can help strengthen the voices of people in recovery and their families in your community (<http://recoverymonth.gov>)
- Read the 2018 **Recovery Month** toolkit for tips and resources to plan events, distribute information, and promote recovery efforts in your community (<https://recoverymonth.gov/toolkit>)

**Support those in your community who need help, and join the voices for recovery!**

<sup>i</sup> Center for Behavioral Health Statistics and Quality. (2017). Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 36. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 26 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>ii</sup> Nguyen, T., and Davis, K. "The State of Mental Health in America: Access to Care Data," p. 26. Mental Health America. (2017). Web. 3 October 2017. Retrieved from: <http://www.mentalhealthamerica.net/sites/default/files/2017%20MH%20in%20America%20Full.pdf>

<sup>iii</sup> Center for Behavioral Health Statistics and Quality. (2017). Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 20. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 13 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>iv</sup> Center for Behavioral Health Statistics and Quality. (2017). Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 32. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 26 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>v</sup> Center for Behavioral Health Statistics and Quality. (2017). Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 45. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 26 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>