



# Did You Know?

September 2015

September is National Recovery Month. The Substance Abuse and Mental Health Services Administration annually sponsors National Recovery Month to increase the “awareness and understanding of mental and substance use issues and celebrate the people who recover.” Throughout the country, mental health facilities, substance abuse treatment providers, faith-based organizations, and even towns and cities host events throughout the month of September to celebrate those in recovery. To find an event in your neighborhood visit [www.recoverymonth.gov/events/find-events/month/2015-09](http://www.recoverymonth.gov/events/find-events/month/2015-09).

- About 57.7 million Americans suffer from a mental health disorder.
- Each year approximately 26 percent of adults, or one in four, are diagnosed with a mental illness.
- Approximately 23.5 million persons ages 12 and older needed treatment for a substance abuse problem in 2009.
  - However, only about 11 percent of those in need of treatment received it.
- Addiction is a disease, similar to that of heart disease, cancer, or diabetes.
- Addiction cannot be cured, however with proper interventions, addiction, just like any other health disease, can be successfully treated and managed.
- Mental health disorders can also be successfully treated and managed.
- Oftentimes a person may be suffering from a co-occurring disorder, which means both a mental illness as well as a substance abuse addiction is occurring.
- If a co-occurring disorder is taking place, both the mental health disorder and the addiction must be treated to lead to a successful recovery.

## What Can You Do?

- If you think someone you know is suffering from an addiction or mental illness, start by learning more about these disorders. Understanding mental and substance issues is the best way to help someone.
- If you think *you* might be suffering from an addiction or mental health disorder seek assistance. Talk to your physician, search for help on the internet, or call a local resource such as 211. The first step to getting better is receiving help!
- If you or someone you know has successfully completed treatment, celebrate. Celebrating successes is a great way to stay on a healthy path.

Sources: [www.RecoveryMonth.gov](http://www.RecoveryMonth.gov), [www.ncadd.org](http://www.ncadd.org), [www.drugabuse.gov](http://www.drugabuse.gov), [www.nimh.nih.gov](http://www.nimh.nih.gov)

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • [www.eccpasa.org](http://www.eccpasa.org)