

# National Recovery Month

SEPTEMBER 2022

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services are available to help people live a healthy and rewarding life.<sup>1</sup> National Recovery Month also celebrates people living their lives in recovery and encourages people in need of treatment and recovery services to seek help.

National Recovery Month is run by Faces & Voices of Recovery, with active support from the Substance Abuse and Mental Health Services Administration (SAMHSA). In 2022, it was decided to replace the annual theme for Recovery Month with a permanent tagline: "Recovery is for Everyone: Every Person, Every Family, Every Community."<sup>1</sup>

**Every Person. Every Family. Every Community.**



This month not only celebrates those with substance use disorder (SUD), but also the wider recovery community, including treatment providers, public service organizations and anyone who contributes to the recovery effort.

## What is recovery and why it is important

SAMHSA's working definition of recovery is:

**A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.**<sup>2</sup>



People can sustain recovery from substance misuse and/or mental illness. Recovery is important because it affects millions of people in the nation. According to SAMHSA's 2020 National Survey on Drug Use and Health, in the past year:

- **38.7 million people aged 18 or older had a substance use disorder.**<sup>3</sup>
- **14.2 million adults aged 18 or older had serious mental illness.**<sup>3</sup>



According to the Centers for Disease Control and Prevention, there were over **107,000 provisional drug overdose deaths** in the United States for the year ending in February 2022.<sup>4</sup> These alarming statistics demonstrate the need to continue promoting and expanding access to prevention, treatment, and recovery support services.

## About substance use disorders<sup>5</sup>

According to the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5),

**A substance-use disorder (SUD) involves patterns of symptoms resulting from the use of a substance that an individual continues to take, despite experiencing problems as a result.**

The DSM-5 lists 11 symptoms that are used to make a substance use disorder diagnosis. A substance use disorder can be mild, moderate, or severe—based on the number and severity of the symptoms.

### Symptoms of substance use disorder include:



Substance is taken in larger amounts or over longer periods than was intended.

Recurrent substance use in situations in which it is physically hazardous.



Craving, or a strong desire or urge to use substance.

There is a persistent desire or unsuccessful effort to cut down or control substance use.



Recurrent use of the substance is resulting in a failure to fulfill major role obligations at work, home, or school.

Important social, occupational, or recreational activities are given up or reduced because of substance use.



A great deal of time is spent in activities necessary to obtain substance, use substance, or recover from its effects.

Continued use of substance despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance.

Withdrawal, as manifested by either of the following:

- The characteristic withdrawal syndrome for that substance (additional criteria in DSM-5).
- The substance is taken to relieve or avoid withdrawal symptoms.

Tolerance, as defined by either of the following:

- A need for markedly increased amounts of the substance to achieve intoxication or desired effect.
- A markedly diminished effect with continued use of the same amount of the substance.

Substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance.



**The information above is only an overview of the criteria used. Consult a professional before making a formal diagnosis.**

## The Four Major Dimensions of Recovery<sup>6</sup>

The four dimensions are a concept developed by SAMHSA to support life in recovery and guide individuals toward a more healthy, happy, fulfilling life. These dimensions include health, home, purpose, and community.



### Health:

Overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being.

### Purpose:

Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society



### Home:

Having a stable and safe place to live

### Community:

Having relationships and social networks that provide support, friendship, love, and hope



## Local data on alcohol use<sup>7</sup>

The following data is related to alcohol use and binge drinking in the Coachella Valley. It is important to note that not all substance use disorders are related to alcohol and that binge drinking is not the same as substance use disorders. However, alcohol use, when not done in moderation, may lead to substance use disorders.

**55.8%**

of local adults are "active drinkers," meaning that they consumed alcohol at least once in the past month.



**5.9%**

of active drinkers consume an average of seven or more drinks on the days they drink (approximately 11,100 people).

**Binge drinking is defined as consuming four or more drinks on a single occasion for women and five or more drinks on a single occasion for men.<sup>8</sup>**



About 1 of 3 active drinkers have engaged in binge drinking at least once in the past month (31.2%).

## COVID-19 pandemic and alcohol use<sup>9</sup>

Without a doubt, the pandemic affected many aspects of our lives. In June 2020, HARC conducted a COVID-19 Needs Assessment to better understand how the pandemic has affected the Coachella Valley.



**63.0%**

of local adults are "active drinkers," meaning that they consumed alcohol at least once in the past month. This is a 7.2% increase from 55.8% in 2019.

## Sponsor highlight: Hazelden Betty Ford Foundation



Located in Rancho Mirage, California, just 20 minutes south of Palm Springs, the Betty Ford Center specializes in treatment programs for addiction to alcohol and other drugs. Their programs are individualized, collaborative and incorporate varying levels and frequencies of care, as needed.

Services include:

- Inpatient Drug and Alcohol Rehab (often referred to as residential treatment)
- Medical stabilization and detox
- Assessment/evaluation
- Group therapy
- Educational lectures
- Integrated mental health services for co-occurring disorders
- Special-focus groups for pain, grief and LGBTQ+
- Twelve Step Facilitation therapy
- Wellness activities (fitness, yoga, Qi Gong)
- Spiritual care services
- Individual therapy
- Animal-assisted programming
- Opioid addiction program
- Professionals program
- Virtual and in-person outpatient treatment services
- Sober living
- Virtual Mental Health Services
- Recovery management support
- Family education and support programs

**If you or a loved one are struggling with substance use, contact the Betty Ford Center and speak with a recovery expert: 1-800-257-7800** (available 24 hours)

**For more information, visit: [www.BettyFordCenter.org](http://www.BettyFordCenter.org)**

### More Recovery Resources:

- **SAMHSA's National Helpline:** A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance misuse disorders. The helpline is **1-800-662-HELP (4357)**
- **988 Suicide & Crisis Lifeline:** A national network of local crisis centers that provide free and confidential emotional support to people in suicidal or substance use crisis or emotional distress 24 hours a day, 7 days a week. When you call, text, or chat 988, you will be connected to trained counselors.
- **Substance Use Treatment Locator:** Find a state-licensed treatment facility near you by visiting: <https://findtreatment.gov>



#### Sources:

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5. [https://webcampus.med.drexel.edu/nida/module\\_2/content/5\\_0\\_AbuseOrDependence.htm](https://webcampus.med.drexel.edu/nida/module_2/content/5_0_AbuseOrDependence.htm)
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For more data and resources, please visit: [HARCdata.org](https://HARCdata.org)