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ACCEPIANCE GRATITUDE UNDERSTANDING LEADER SHIP RESPONSIBLE

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join the voices It's for recovery It's Worth It

This September marks the 23rd annual observance of **National Recovery Month (Recovery Month)**. This year's theme, **"Join the Voices for Recovery: It's Worth It,"** emphasizes that while the road to recovery may be difficult, the benefits of preventing and overcoming mental and/or substance use disorders are significant and valuable to individuals, families, and communities.

In 2012, *Recovery Month* will:

- Educate that people in recovery achieve healthy lifestyles, both physically and emotionally, and contribute in positive ways to their communities;
- Spread the message that behavioral health is essential to overall health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders;
- Reach out to active military, veterans, and families; individuals within the justice system; the recovery community; and all family and friends of someone in need about how treatment and recovery support services improves one's overall health and well-being; and
- Celebrate people in long-term recovery and recognize the dedication of treatment and recovery support providers.
 Materials will be available starting in spring 2012 through the Substance Abuse and Mental Health Services
 Administration's (SAMHSA's) *Recovery Month* website, accessed at *http://www.recoverymonth.gov.*

Please contact SAMHSA at 240-276-2750 for more details.

This year's National Recovery Month (Recovery Month) will include:

- An extensive toolkit, featuring infographics, media templates, current data on behavioral health, and tips to assist in event planning and community outreach, available online at http://www.recoverymonth.gov,
- SAMHSA-produced television and radio public service announcements (PSAs) and the *Road to Recovery* Television and Radio Series;
- A Recovery Month website and accompanying social networking websites, including Facebook (http://www.facebook.com/ RecoveryMonth), Twitter (http://www.twitter.com/RecoveryMonth), and YouTube (http://www.youtube.com/user/RecoveryMonth); and events and inspirational quotes widgets to add to a website or Facebook page at http://www.recoverymonth.gov/Multimedia/ Widgets-Landing-Page.aspx;
- Recovery Month e-cards, which can be customized and give everyone an opportunity to thank, congratulate, or just tell someone you're thinking of them, available at http://www.recoverymonth.gov/ Home/ECards/ChooseDesign.aspx;
- A national *Recovery Month* kickoff in Washington, D.C., and more than 1,000 national, local, and community events held throughout the country and online, celebrating people in recovery from mental and/or substance use disorders, those close to them, and their treatment and recovery providers; and
- A commemorative poster and brochure.

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