

Momentum

Member newsletter, sign and poster – September 2020

Recovery and substance use awareness

The rewarding road to recovery

Substance abuse isn't a very well hidden disease. In fact, more than half of the U.S. population over age 12—or 165 million people—are current substance users (i.e., alcohol, drugs or tobacco). While moderate substance use may not be problematic for some, many others see their lives cycle out of control, requiring treatment intervention.

- Stages of recovery typically include acknowledging the problem (a crucial step!); selecting a treatment program/setting; withdrawal management; establishing new coping strategies; and long-term recovery maintenance.
- Recovery from substance abuse or addiction should be viewed as a process rather than a one-time event. Every individual's recovery journey is unique.
- Participating in an ongoing relapse support group helps people stay on track, learn coping skills and receive the encouragement of others on the recovery path.



Live Webinar—Join our Wednesday, September 9 webinar, *The Opioid Crisis: How We Got Here, Where We Are Headed, What Can We Do?* Register [here](#).

Getting help

1. If you or a loved one might have a substance use problem, contact your program for expert, confidential support via helpful treatment information, self-assessments and online self-paced therapy.
2. Settings for drug/alcohol treatment can include rehabilitation in a physician office, hospital unit or addiction treatment facility; residential or day treatment; and/or outpatient or intensive outpatient care.
3. Find local treatment resources through the Substance Abuse and Mental Health Services Administration: <https://findtreatment.samhsa.gov/>, or call SAMHSA's National Helpline: 1-800-662-HELP (4357). Learn about recovery, rehab and treatment centers at www.recovery.org.

Additional sources: National Center for Drug Abuse Statistics, Substance Abuse and Mental Health Services Administration (SAMHSA), National Institute on Drug Abuse (NIDA).

Mind Your Mental Health

September is Suicide Prevention Awareness Month

This is a time to show compassion for those affected by suicide, to raise awareness about suicide risk and to connect individuals with suicidal thoughts to treatment services.

1. **Suicide affects everyone, not just victims.** Suicide impacts family and friends long after the loss of a loved one.
2. **If you feel someone is at risk, take time to talk with them.** Research shows that people who are having thoughts of suicide feel relief when someone asks after them in a caring, non-judgmental way.
3. **Help them stay safe.** Studies show that fewer suicides occur when people have less access to lethal means (firearms, certain medications, etc.).
4. **Encourage supportive connections.** If someone is at risk, help them create a network of people and resources for support. This will help them take positive action and reduce feelings of isolation and hopelessness.

Visit www.MagellanHealth.com/MYMH or call your program for confidential mental health resources.

Working on Wellness

Enhance understanding

- National Recovery Month (September) promotes awareness of mental health and substance use issues, celebrates the millions of people who recover and decreases misconceptions that may cause stigma about behavioral health illnesses.
- People in recovery are encouraged to speak about the gains they've made and share their successes with neighbors, friends and colleagues. This increases the community's familiarity with mental health and substance use challenges.

Daily Diligence

Substance abuse vs. addiction: what's the difference?

- **Substance abuse** is using drugs, alcohol or prescription medications in a way that harms you or leads you to harm others. People abusing substances can sometimes learn from negative consequences and change their behavior.
- **Addiction** is a chemical dependency that prevents people from changing on their own. Uncontrollable cravings lead users to continue self-destructive substance use despite suffering harm in multiple areas of life.

More than 8.5 million America adults have co-occurring mental illness and substance use disorder.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA).

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The rewarding road to recovery

When it comes to substance use challenges, recovery is possible, and treatment works!

1. Acknowledging a substance use problem is the first key step in recovery.
2. Recovery should be viewed as a process rather than a singular event.
3. Ongoing participation in support groups helps people maintain their progress.

Digital sign – target 35-50 words
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September is Suicide Prevention Awareness Month

If someone is at risk, take time to talk with them in a caring, non-judgmental way. They will experience relief.

Help them stay safe in their environment.

Work with the at-risk individual to create a network of people and resources for support. This will help them to take positive action and reduce feelings of isolation and hopelessness.