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**Get the Facts.
Keep the Faith.**
September is Recovery Month

Get the Facts: Millions of Americans have substance use disorders or live in households with people who have had problems with alcohol or drugs. 63 percent of Americans say addiction to alcohol or other drugs has impacted them, whether it was the addiction of a friend or family member or their own personal addiction.¹

But there is hope. Substance use disorders can be treated effectively. A study published in the *Journal of the American Medical Association* in 2000 found that treatments for substance use disorders are as effective as treatments for other chronic conditions, such as high blood pressure, asthma, and diabetes.²

¹ *Faces & Voices of Recovery Public Survey*, Washington, D.C.: Peter D. Hart Research Associates, Inc., and Coldwater Corporation, May 2, 2004, p. 1.

² Kleber, H.D., O'Brien, C.P., Lewis, D.C., and McLellan, A.T., Drug dependence, a chronic medical illness: Implications for treatment, insurance, and outcomes evaluation. *Journal of the American Medical Association*, 284 (13), Chicago, IL: American Medical Association, October 4, 2000, p. 1689.

Mid-America ATTC is a program funded through the Substance Abuse Mental Health Services Administration under the U.S. Department of Health and Human Services.

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Unifying science, education
and services to transform lives.



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K **Keep the Faith: Recovery is possible.**

Addiction can be treated. Treatment programs use both counseling and medications to help people recover from drug and alcohol abuse and addiction. Most people need help to recover from their disease. With support and treatment, many are able to stop their drug and alcohol use and rebuild their lives.

What you can do to help:

- Learn where persons in your area can go for assessments and counseling if they have an alcohol or drug abuse or addiction problem.
- Learn where the Twelve Step (Alcoholics Anonymous, Alcoholics Victorious or Narcotics Anonymous) meetings are in your area.
- Attend a Twelve Step meeting with a hesitant friend or family member.
- See that your pastor, rabbi or imam has a list of the area Twelve Step meetings and phone numbers of treatment centers.
- If you are in recovery, be willing to share your story.
- Learn more about Recovery Month by going to the Web site: <http://www.recoverymonth.gov/>

What your faith community can do to help:

- In a prominent place post a list of the Twelve Step groups that meet regularly in your area.
- Offer to provide meeting space to a Twelve Step group.
- Pay for your pastor, youth pastor, rabbi, imam or lay leader to attend training on addictions, treatment and recovery. Call Committed Caring Faith Communities at 314-729-2133 for more information.
- Maintain a pamphlet rack or resource table with information on alcohol and drug abuse, addiction, treatment and recovery. Free literature may be ordered from the National Clearinghouse on Alcohol and Drug Information (1-800-729-6686 or <http://ncadi.samhsa.gov/>).

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