



September 2010						
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	1	16	17	18
19	20	21	2	23	24	25
26	27	28	2	30		

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

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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 their lives, whether through a friend or family member or because of their own 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

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

²Kleber, 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.

www.attcnetwork.org/midamerica



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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/drug abuse or addiction problem.
- Learn where the Twelve Step (Alcoholics Anonymous or Alcoholics Victorious) meetings are in your area. Call your local AA and AV or visit www.aa.org and www.alcoholicsvictorious.org.
- Attend a Twelve Step meeting with a hesitant friend or family member.
- Provide your pastor, rabbi or imam with 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 from alcohol/drug abuse and addiction by going to www.facesandvoicesofrecovery.org.

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 Recovery group.
- Pay for your pastor, youth pastor, rabbi, imam or lay leader to attend training on addictions and treatment. Call Committed Caring Faith Communities at 314.729.2133 for more information.
- Maintain a pamphlet rack or resource table with information on substance abuse, addiction and treatment. Order or download free literature from the Substance Abuse and Mental Health Services Administration (800.729.6686 or www.ncadi.samhsa.gov) and the National Institute on Drug Abuse (877.643.2644 or www.drugabuse.gov/index.html).

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