

## Join Voices For Recovery

The Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover. The annual theme is Join the Voices for Recovery: Strengthen Families and Communities. Recovery Month also promotes the message that recovery in all of its forms is possible and encourages citizens to take action to help expand and improve the availability of effective prevention, treatment and recovery services for those in need.

Recovery Month espouses the societal benefits of prevention, treatment, and recovery for mental

and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

"It is important that those struggling with an addiction know there are recourses available to them," said Sharon Harris, executive director of SAFE, Inc. "Anyone can enter recovery and learn the skills to maintain sobriety. Services can range from in-patient treatment to self-help groups. Recovery is a personalized experience that addresses many

facets of a person's life from their substance use to sober support network."

SAFE Inc. is the only alcohol and substance use prevention agency in Glen Cove dedicated to the elimination of alcohol and substance abuse in the community. SAFE offers a free Community Walk-In Program that provides assessment and referrals to alcohol and substance abuse treatment and mental health programs. If you or someone you know is struggling with addiction or a mental health disorder, please contact the SAFE Inc. office for additional community resources available. Visit [www.safeglencove.org](http://www.safeglencove.org) or [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition).