

Press Release

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SAFE Glen Cove Coalition: SAMHSA Report on Recovery from Substance Use and Mental Health Problems in Adults

As part of the Substance Abuse and Mental Health Services Administration (SAMHSA)'s 2023 National Recovery Month efforts, SAMHSA's Office of Recovery has released the Recovery from Substance Use and Mental Health Problems Among Adults in the United States Report.

Substance use and mental health conditions impact individuals from all walks of life, and across all age groups. While these conditions are common, recurrent, and often serious, they are preventable and treatable; and many individuals do recover. In 2022, SAMHSA reaffirmed its definition of recovery as "a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential". The process of recovery is highly personal and occurs via many pathways. It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. A better understanding of those who self-identify as in recovery, particularly during the COVID-19 pandemic, is crucial if data-driven efforts are to foster recovery through expanded access to treatment and recovery services.

The report presents self-reports of recovery among adults aged 18 and older in the United States who thought they ever had a problem with their use of drugs or alcohol and/ or mental health. Recovery for substance use or mental health problems differed by age, family income, education, marital status, and importance of religious beliefs. Adults who participated in at least one government assistance program, had a lower level of education, or had a lower family income relative to the federal poverty level tended to have a higher prevalence of substance use recovery, but a lower prevalence of mental health recovery. The percentage of adults in mental health recovery tended to be higher among those who were insured, had better overall health, were heterosexual, or were never arrested or booked for breaking the law. Further, the percentage of adults in recovery tended to be lower among those with past-year serious psychological distress, substance use disorder (SUD), co-occurring mental illness and SUD, alcohol use, marijuana use, or cocaine use. Substance use recovery was more prevalent among adults who received lifetime or past year substance use treatment. Similarly, mental health recovery was more prevalent among adults who received past-year mental health treatment. These findings provide a clearer characterization of the factors associated with recovery among adults and how future efforts can foster a whole-health approach to sustain recovery from mental health and substance use conditions.

In 2021, 70.0 million adults aged 18 or older perceived that they ever had a substance use and/or mental health problem, 72.1% (or 50.2 million) of whom considered themselves to be in recovery or to have recovered from their substance use and/or mental health problem. For substance use specifically, of the

29.0 million adults who perceived that they ever had a substance use problem, 72.2% (or 20.9 million) considered themselves to be in recovery or to have recovered from their drug or alcohol use problem. For mental health, of the 58.7 million adults who perceived they ever had a mental health problem, 66.5% (or 38.8 million) considered themselves to be in recovery or to have recovered from their mental health problem.

Key findings from the report:

- Recovery is real and possible – A significant majority (7 in 10) of adults who have had a mental health or substance use condition are in recovery and they represent over 50 million Americans.
- Recovery is holistic and personalized – Factors such as social supports, treatment, insurance coverage, and spirituality can be key in supporting recovery.
- Resilience can accompany recovery – People in recovery reported that their mental health and substance use were not significantly impacted by the COVID-19 pandemic.

Conducted annually, the [NSDUH](#) provides nationally representative data on the use of tobacco, alcohol, and drugs; substance use disorders; receipt of substance use treatment; mental health issues; and the use of mental health services among the civilian, noninstitutionalized population aged 12 or older in the United States.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is a branch of the U.S. Department of Health and Human Services. It is charged with improving the quality and availability of treatment and rehabilitative services in order to reduce illness, death, disability, and the cost to society resulting from substance abuse and mental illnesses. For more information about SAMHSA please visit www.samhsa.gov.

The SAFE Glen Cove Coalition is concerned about substance use and mental health in youth and adults and is conducting prevention awareness campaigns entitled. “Keeping Glen Cove SAFE,” to educate and update the community regarding substance use and its consequences. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE’s website to learn more about the prevention campaigns please visit www.safeglencove.org.