

Press Release

September 8, 2025

FOR IMMEDIATE RELEASE CONTACT:

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### **SAFE Glen Cove Coalition: September is National Recovery Month**

Recovery Month, started in 1989 by the Substance Abuse and Mental Health Services Administration (SAMHSA) is a national observance held every September to increase public awareness surrounding addiction recovery, promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible. The month raises awareness for available treatment and recovery support services, encourages community participation, and seeks to reduce the stigma associated with seeking help. Various organizations, including SAMHSA, provide resources and support to communities to help individuals and families thrive in recovery.

The theme for National Recovery Month 2025 is "Recovery is REAL: Restoring Every Aspect of Life", a campaign by the Substance Abuse and Mental Health Services Administration (SAMHSA) that focuses on the four pillars of recovery: health, home, community, and purpose. This theme emphasizes that comprehensive recovery is possible and encourages a holistic approach to rebuilding one's life after mental health or substance use challenges and is an acronym that emphasizes the foundational pillars of recovery: health, home, community, and purpose.

Key aspects of the "Recovery is REAL" theme are:

- Holistic Approach:

The theme highlights that recovery involves addressing multiple facets of life, not just one.

- Four Pillars of Recovery:

SAMHSA identifies the four key areas that recovery supports:

- Health: Promoting physical and mental well-being.
- Home: Securing stable and safe housing.
- Community: Building strong social connections and support networks.
- Purpose: Finding meaning and fulfillment in life through work, education, or other activities.

- Breaking Stigma:

By demonstrating that full recovery is possible, the theme helps to reduce the stigma associated with mental health and substance use disorders.

- Celebrating Success:

National Recovery Month celebrates the resilience and successes of individuals in recovery and honors the professionals who support them.

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](http://www.samhsa.gov).

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove and supports individuals in recovery. Its Coalition is conducting Alcohol, Tobacco and Other Drug prevention awareness campaigns entitled. "Keeping Glen Cove SAFE," to educate and update the community regarding opioid use and its consequences. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's website to learn more about the Opioid Epidemic at [www.safeglencove.org](http://www.safeglencove.org).