

[SAMHSA](#)

Road to **Recovery Month**

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Welcome 2011 Partners!

By Antonio Barreras & Wilmarie Hernandez

Fall marks the transition from summer to winter evident as the weather becomes colder and the daylight becomes noticeably shorter. Fall is upon us and the color changing leaves coincide with the continued transformations experienced by individuals in recovery. SAMHSA initiatives also continue to develop as 2011 marks the 1st year that together, substance use and mental disorder recovery is celebrated. SAMHSA is proud to lead this effort with the commitment and support of the planning partners.

September is *National Recovery Month (Recovery Month)* and for the entire month, there is a spotlight on the societal benefits of treatment for substance use and mental disorders. September also celebrates individuals in recovery through the message that recovery in

all forms is possible. Seventeen new planning partners joined SAMHSA to collaborate in the coordination of the 2011 *Recovery Month* observance. SAMHSA is delighted to introduce three of these new planning partners eager to join the voices for recovery!

This issue highlights new partners the National Coalition for Mental Health Recovery, Reclaiming Futures, and Talk Therapy Television.

Welcome the National Coalition for Mental Health Recovery!

The National Coalition for Mental Health Recovery (NCMHR) established five years ago, represents mental health consumer/survivor-run statewide organizations. NCMHR seeks to ensure that people with mental health challenges or psychiatric

histories have a voice in the development and implementation of health care, mental health, and social policies at the state and national levels and empower people to recover and lead a full life in the community.

NCMHR is led entirely by people with recovery experience. NCMHR's Director, Lauren Spiro, has experience as a mental health consumer/survivor and more than 30 years working in various behavioral healthcare settings. The NCMHR is "excited to be part of a larger movement focused on educating people about recovery!" said Spiro.

When asked what recovery means, Spiro said, "It is about liberation, having a life full of meaning and purpose, and being respected and integrated into the community." NCMHR seeks to be

inclusive of diverse cultures, geographic areas, and people across their life span who experience mental health challenges. They educate and advocate for policy priorities and values at the state and national level. As part of **National Recovery Month**, SAMHSA launched the first National Wellness Week from September 19-25, 2011 with the theme of “Living Wellness.” The NCMHR collaborated with other organizations to launch the Wellness Works Initiative, and invites individuals to share what wellness means for their lives and the community. Experience the creative expressions of people with lived experiences of recovery at <http://www.power2u.org/wellnessworks/index.htm>.

Spiro also explained that NCMHR has a dynamic public education program called Emotional CPR (C = connecting; P = emPowering; R = revitalizing), which trains and certifies people to assist others through an emotional crisis. Emotional CPR (eCPR) training took place during **Recovery Month** with a workshop at the Crisis Intervention Team International Conference in Virginia Beach, VA. For more information on eCPR at <http://www.emotional-cpr.org/index.htm>.

Spiro sees eCPR as part of the growing national movement towards recovery-oriented

services. “To recover, we need services and supports that treat us with dignity, respect our rights, allow us to make choices, and provide assistance with our real-life, self-defined needs,” she said. For more information visit: www.ncmhr.org



Welcome Reclaiming Futures!

Reclaiming Futures helps young people in trouble with drugs, alcohol, and the justice system. The Robert Wood Johnson Foundation (RWJF) established Reclaiming Futures in 2001, and ten pilot sites created a six-step model that promoted new standards of care and opportunities in juvenile justice. The Reclaiming Futures model is now in 29 communities, thanks to new investments from the Robert Wood Johnson Foundation, the Kate B. Reynolds Charitable Trust, SAMHSA, and the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP).

Reclaiming Futures is excited to be a planning partner for **Recovery Month**. Building community-based recovery-oriented systems of care is a vital part of Reclaiming Futures’ work with juvenile courts in 17 states. **Recovery Month** allows Reclaiming Futures the opportunity to engage

local communities in a public discussion about the importance of adolescent drug and alcohol treatment and recovery services. Susan Richardson, the national Executive Director for Reclaiming Futures, explains, “Local projects also find that sharing the tools and resources SAMHSA provides for this annual event is a terrific way to connect and build partnerships with other leaders and organizations in their communities.”

Richardson explained that Reclaiming Futures receives great feedback at the local level about **Recovery Month**, which they plan to share with other planning partners.

Reclaiming Futures also believes that young people in recovery need culturally-competent and developmentally appropriate services, all of which help connect youth with a mentor, stay in school, and find a job. The Reclaiming Futures model addresses these issues by helping juvenile courts provide a more holistic service approach, fill the existing gaps in the continuum of care, and connect teens with resources in their community.

The attainment of community involvement in the adolescent treatment and juvenile justice fields is recognized as an important part of the Reclaiming Futures mission, their blog, and their Facebook, Twitter,

and LinkedIn pages. The purpose of these online communities is to exchange ideas, information, and other valuable resources about treatment and recovery for young people.

For more information visit: www.reclaimingfutures.org



Welcome Talk Therapy TV!

Talk Therapy TV is a non-profit organization that produces and broadcasts weekly television programming dedicated to promoting behavioral health awareness, treatment, and recovery. Additionally, Talk Therapy TV promotes creative and innovative ideas that generate public dialogue and discussion and reduce the prejudice and misconceptions associated with these disorders.

Jacob Berelowitz, Co-Founder and Executive Director, believes that recovery from mental and substance use disorders is possible. Berelowitz has assisted in the conceptualization and development of several non-profit organizations and has written articles for newspapers and

professional publications on mental health. Berelowitz explains that “too often, mental and substance use disorders are thought of as chronic incurable diseases. This position has not only been disproven many times through research, but also causes many individuals and their family members to lose hope in ever being able to function “normally” again.” Berelowitz also believes that recovery is about individuals regaining the ability to function and live a healthy, satisfying and happy lifestyle. “Recovery gives individuals and their family members hope that with proper support and treatment anything is possible,” he adds.

When the opportunity for joining the *Recovery Month Planning Partners* presented itself, he did not think twice. “*Recovery Month* is about celebrating those that have recovered and educating the public about recovery. The opportunity to participate in this sort of project was something that we simply could not pass up,” Berelowitz said.

For the first time ever, the New York State Legislature has adopted a resolution to declare October as *Behavioral Health Recognition Month*. Talk Therapy TV will celebrate October as the new observance for *Behavioral Health*

Recognition Month with 2011 being the first year. Talk Therapy TV will host a large behavioral health awareness event at the USS Intrepid Sea Air & Space Museum in New York City on Sunday, October 9, 2011 from 10:00 AM to 4:00 PM. “We invite anyone that will be in the area to join us for a day of education and celebration with several inspirational speakers and live musical performances.” Information about this event is available at www.behavioralmonth.org For more information visit: <http://www.talktherapytv.org>.



More than 40 million individuals still need help, support, and understanding to achieve recovery. The community support of planning partners supports those affected by mental health problems and substance use disorders and celebrates individuals living in recovery. Thank you to the new and returning planning partners who promote the message that *Prevention Works • Treatment is Effective • People Recover!*

Editor's Column



We are at the end of the 2011 *National Recovery Month (Recovery Month)*

observance, it is gratifying to note there are more than 1,000 events posted, and new events continue to post every day. More interesting, the first 2011 *Recovery Month* event I attended was in August and my travel to events this year ends in early October. This gives credence to the notion that *Recovery Month* is truly a year-round effort where the public can visit the www.recoverymonth.gov website and continue to find new listings and resources full of relevant information

for those in recovery, their family members and the mental and substance use disorder field.

The challenge that we faced this year was no small task—to incorporate those in recovery from mental health problems into the *Recovery Month* effort. This is where the assistance of all of our *Recovery Month* Planning Partners is critical. By continuing to expand our reach to the mental health community, we were able to gain further insight into the commonalities and singular differences among our respective fields. In doing so, it has allowed us the latitude to be able to integrate program efforts so they can reach a greater scope of the public sectors touched by substance use disorders and mental health problems.

In this volume, we continue our efforts to highlight new *Recovery Month* Planning Partners. It is no secret that *Recovery Month's* success is squarely dependent on the work and dedication of its Planning Partners, their membership and constituents. You will be reading about 3 of the 17 new partner organizations and we hope that in subsequent volumes we can continue to share the great work of those who make the *Recovery Month* observance possible.

Peace,

Julette Torres

Associate Director for Consumer Affairs
Center for Substance Abuse Treatment
SAMHSA

2011 Events

Behavioral Health Recognition & Celebration at the USS Intrepid in New York, NY
10/09/11
Contact:
info@talktherapytv.org
--♦--

30th Annual Substance Awareness Week Conference in Fairfax, VA
10/14/11
Contact:
samar.helmstutler@fairfaxcounty.gov
--♦--

1st Annual Walk for Hope in Baxley, GA
10/15/11
Contact:
brandi@promiseofhopega.org
--♦--

3rd Annual One Community in Recovery Conference in Winston-Salem, NC
10/26/11 – 10/27/11
Contact:
ahecmktg@wfubmc.edu
--♦--

Meeting the Challenges of Professional Health: “Science and Art of Treating Alcohol and Opiate Addictions” in New Britain, CT
11/04/11
Contact:
lclougher@haven-ct.org
--♦--

Wellbriety Grief Recovery Training in Pittsburgh, PA
11/30/11
Contact:
maria@wellbrietyjourney.org

2012 Meetings

Planning Partner Meeting Dates

Thursday, January 26, 2012

Thursday, March 29, 2012

Wednesday, September 5, 2012

Thursday, September 6, 2012
Recovery Month National Kick-Off Press Event and NAADAC, The Association for Addiction Professionals will host the 2012 luncheon



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

**“Join the Voices for Recovery
Recovery Benefits Everyone!”**

Address:
SAMHSA/CSAT Consumer Affairs Office
2nd Floor
1 Choke Cherry Road
Rockville, MD 20857

Phone: 240-276-2750

Fax: 240-276-2710

Visit us on the web:
<http://www.recoverymonth.gov>

