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Ivette Torres:

Hello, I'm Ivette Torres welcome and thank you for joining us for ***the Road to Recovery 2016 Kickoff Show***.

The ***Recovery Month*** observance celebrates people in recovery, raises our awareness and our understanding of mental and/or substance use disorders and recognizes those who work in the field of behavioral health.

The 2016 theme, "Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!" highlights the personal recovery stories of families who have overcome mental and/or substance use disorders. As we hear their stories, we learn two important things: First, families in recovery are as diverse as our nation. They take many different forms, but they are all characterized by relationships based on care, support and respect. Second, just as our country strives toward common goals, families in recovery also aim for all members to live self-directed lives and achieve their full potential.

When families speak about their experience of recovery, their voices are very powerful and can help inspire others to take a first step on the path to hope, health and wellness. Families who share their recovery journeys show others who are experiencing a mental health issue or a substance use disorder — or both — that they are not alone and that people recover.

For more than 25 years, ***Recovery Month*** has educated Americans about the facts: Nearly 1 in 10 Americans struggle with a substance use disorder, and about 1 in 5 have a mental health issue. No individual — and no family — are immune to these disorders and their effects.

Recovery Month also sends an even more important message: Mental health services, addiction treatment, and recovery support services can enable those with these disorders to recover and lead healthy, rewarding and productive lives. The benefits of recovery extend beyond the individual to families and communities.

By taking part in a ***Recovery Month*** event, you can engage others in supporting those in recovery, or assist in helping those in need of treatment get the help they need to overcome mental and/or substance use disorders. By hosting activities and events in September, you can help spur conversations about prevention, treatment, and recovery services for behavioral health conditions. Such conversations — particularly families in recovery telling their stories — can bring home to the elected or appointed officials, civic, business and other community leaders, the gains and cost savings that can be achieved through the availability of mental and/or substance use disorder services.

Female VO:

Recovery walks took place across the country in September. As tens of thousands gathered in local communities to celebrate the courage, the strength and the support that have helped so

many experience first-hand that recovery is possible, that recovery can and does happen, and there is joy in recovery.

We begin our coverage in Baltimore, Maryland, where the ninth annual recovery walk drew thousands to Druid Hill Park – Chinese Pavilion on a sometimes soggy September 12.

Man at event:

Come on y'all, come on. Come one, come all. Let's go!

Female VO:

For the thousands gathered in Druid Hill Park – Chinese Pavilion, it was plain to see that recovery is more than just a concept ... it's a reality that has helped so many people turn around their lives, and in the process, turn around the lives of their families, their friends and even their communities.

Monica Scott:

So this is the ninth year, I came aboard on year four. At that point, we were walking up and down Park Heights Avenue, however, because it became so costly to be able to do that ... we found out it was more cost effective to come to the park, this is a more centralized location, everybody in the city knows this area, and it's just amazing. For the last 8 years we were across the street at a smaller pavilion, as you can see, because it has grown, we had to grow our space. We had 12-hundred pre-registered people, so it's more people to come up and registering on site, so it's just gonna be amazing.

Wilmarie Hernández-Vélez:

Thank you for all you do in the community, you know SAMHSA is working really hard to prevent these mental and substance use disorders. And not only to prevent them and address them — but also to celebrate people in recovery, and continue to help those with the resources that we need to continue our journey in recovery. So congratulations in all you do, and I hope you keep doing this for many many more years. Thank you.

Monica Scott:

With the use of peer support and peer support services, this can go beyond what it has ever been thought of ... peer support bridges the gap between treatment and recovery; so if we utilize the peers and utilize the peer support — if we get it funded, if we get it approved by the state to be a billable service, it's amazing how many people have come here based on the fact that they're connected to a peer.

Female VO:

From Baltimore we take you to an even bigger event. This one is in Philadelphia, the city of brotherly love. A whopping 25-thousand people gathered on September 19th, to take part in the 14th annual recovery walk. And just like their counterparts in Baltimore, you could sense the joy, hope and enthusiasm in every step the marchers took.

Michael Deleon:

Recovery is a beautiful thing and people need to believe in it and we need to have events like this to show that recovery is not only possible, it's fantastic.

Erik Soto:

It's important for the general public to realize that mental illness and substance use affects a big percentage of the population. About 1 in 4 individuals in this country identify with having a mental illness, according to SAMHSA.

Deborah Young:

These kind of events show you how many people there are out there that are in recovery and how important it is for all of this support, the housing, the rehabs, the detox, everything that's here ... if you're new and you're coming here, this is the place where you can get the help right away. It's important to have events like this so the whole world can see that we do recover and we are beautiful people.

Michael Botticelli:

This month marks the 26th anniversary and observance of *National Recovery Month*. While we know every day is a day to celebrate our recovery, September is a time to focus on the issue and collectively raise awareness that substance use disorders are diseases; diseases that can be treated and that people in recovery can live full, happy and productive lives.

Female VO:

On October 4th, the biggest event of them all brought thousands of people to the National Mall in Washington D.C. for a daylong event celebrating the joy of recovery. The UNITE to Face Addiction Rally was designed to change the national dialogue from focusing on the problem to finding solutions.

Cynthia:

This is a time to unite and to say, we're together. We care about recovery, it works – people get there, families get there.

Joe:

So I think we need to come together as states and as a nation. And look at recovery and what that means, redefine take the stigma out and see the individual that is in recovery and quit looking at is as an addiction and quit defining people by their addiction.

Megan:

We're finally coming out into the world as people in recovery rather than hiding in the shadows, hiding in the basements hiding—keeping our faces away from people.

Jaqueline:

Recovery meant for me being out of bondage, being able to be free. Learning how to live life all over again.

Kendra:

Now that I'm in recovery, I am able to give back—I am able to share my hope, my strength, my experience.

Khalil:

I have my family back; I have my children back. My mother is able to say she have a son back. I am able to be a productive member of society. I pay taxes and bills. People actually can say they love me and depend on me.

Caroline:

We are here to say recovery works, and I'm here to lend—to stick out my hand to pull you on this train that's going towards freedom—freedom train.

Female VO:

This March in Washington served as the backdrop for an important announcement from the U.S. Surgeon General's Office.

We are doing the first ever surgeon generals' report on substance use, addiction and health. It's a landmark report that will bring together the best possible evidence around prevention, treatment and recovery.

Through this report, we are hoping to make sure that families and individuals, and hospitals and physicians and then local government have the tools that they need to figure out how to best prevent and treat substance use disorders. That's the intent of this report. But, it's also to raise awareness around the fact that addiction touches all of us. And if we really want to get a handle on it, if we really want to prevent so many more families from being touched by substance use and addiction, then we have to recognize the importance and the urgency of treating addiction. Not as something to be shunned, but as a chronic illness that deserves our care and compassion.

Female VO:

Staying on course without support is tough. With help from family and community, you get valuable support for recovery from a mental or substance use disorder. Join the Voices for Recovery. Visible, Vocal, Valuable.

Male VO:

For confidential information on mental and substance use disorders, including prevention and treatment referral for you or someone you know, call 1-800-662-HELP. Brought to you by the U.S. Department of Health and Human Services.

Tom Coderre:

And welcome to SAMHSA's 26th Annual Recovery Month Observance. It's really an honor for me to be here this morning with all of you. My name is Tom Coderre, and I'm the Chief of Staff to the Administrator at SAMHSA. Recovery Month is so special to me because as many of you know, I am a person in long-term recovery, and for me that means I haven't used alcohol or

drugs since May 15th of 2003. And my life has gotten better as a result, right. I've created a better life for myself, for my family and ultimately my entire community because that's what recovery gives us – it gives us that opportunity to create a better life for ourselves. It's not just about not using alcohol and other drugs, it's about creating that better life. And, as a direct result of my recovery, I'm living a full and very productive life today. I'm proof that when people get the help that they need, they can and they do recover. I'm honored to serve as your MC for today's event which highlights the important role recovery plays in addressing behavioral health issues – such as mental and substance use disorders. **Recovery Month** is the embodiment of SAMHSA's main message, that behavioral health is essential to health, that prevention works, that treatment for mental and substance use disorders is effective and that people can and do recover. It's a celebration of everyone who has achieved long-term recovery for mental and substance use disorders, and it recognizes contributions of dedicated people providing treatment and recovery services across our nation.

Kana Enomoto:

With regard to illicit drug use, we saw a small but significant increase in drug use among Americans 12 and older – from 24.6 million in 2013 to 27 million in 2014. This means about 1 in 10 teens and adults in America have used illicit drugs in the past month. This increase appears to be driven primarily by an increase in marijuana use, which went from just under 20 million in 2013 to 22.2 million in 2014. The only significant increase we are seeing here is use among adults 26 and older, so the good news is that while young adults and adolescents are showing smaller variations, they were statistically similar to previous years – so not a significant increase.

In 2014, 140 million Americans age 12 or older reported current use of alcohol. About 61 million (60.9 million) reported binge alcohol use in the past month, and 16.3 million reported heavy alcohol use. The great news is that among youth age 12 to 20, we've seen major declines from 2002 figures, with reductions in current use down from 28.8% in 2002 to 22.8% in 2014. Reductions in binge use have gone from about 1 in 5 youth now to 1 in 7 youth. And declines in heavy use have reduced almost by half from about 6% to 3%, so that's great news for our nation's young people.

Nearly 1 in 5 adults age 18 or older had a mental illness in 2014. The good news for the baby boomers among us is that the percentage of adults with any mental illness in the past year was actually lower for those age 50 and older; it's a fairly steady finding across a number of the different dimensions. In 2014, 9.8 million American adults – or about 4 percent, so 1 in 25 however had a serious mental illness or a mental illness with serious impairment. And there has been an increase in the level of adults experienced past year SMI since 2009; this increase reflects a small but significant raise in the rate of SMI among adults 18 to 25 primarily.

In 2014, 6.6% of adults age 18 or older – or about 15.7 million people had at least one major depressive episode in the past year. And 4.3% of adults, 1 in 25- 10 million people had a major depressive episode with severe impairment. But for American teens, we see that more than 1 in 10 12 to 17 year olds experienced a major depressive episode last year; 1 in 10 teenagers had

a major depressive episode. In 2014, about 1 out of every 25 Americans thought seriously about trying to kill themselves. That's one person in every classroom, every office, every extended family. That's a handful or more in every sports league in, in every house of worship, a college, or business. And it saddens me to report that more than a million people made a suicide attempt last year. That's more than a million of our brothers and sisters, our sons and daughters, our colleagues and our coworkers. And unfortunately the rates for suicidal thoughts, suicide plans, and suicide attempts among adults have been stable for the past 6 to 7 years. There are certain groups that are at highest risk: young adults age 18 to 25, women more often than men, and people with substance use disorders are much more likely to have made suicide plans or attempted suicide than people without substance use disorders.

With so many Americans affected by behavioral health conditions, our goals must be shared goals. Our burdens are shared burdens. And our accomplishments will be collective. After all, the numbers I just shared are not just numbers. They translate to real people and to real lives. We have many powerful speakers here today who will share their stories to help us see that these lives, the faces and voices behind the data are people who can achieve what my amazing colleagues here at the table have achieved. And with our continued support and collective efforts, prevention is possible and recovery can be a reality for anyone.

Michael Botticelli:

In the words of William White, "Recovery is contagious." That catching recovery often involves exposure to people in recovery. Those of us in recovery can be recovery carriers, and infect others by our openness about our own recovery experiences. Recovery is truly infectious and magnetic, and together we can make profound changes simply by being honest and open about who we are. So thank you to all of you in this room for all that you do. We've made great progress, but we have much work to do.

Paolo Del Vecchio:

My disclosure is in keeping with this year's theme of recovery month – Visible, Valuable and Vocal. That in order to overcome the fear and shame associated with these conditions, we must stand up and speak out for the public to recognize that we are your family, friends, coworkers and neighbors. SAMHSA we define recovery as the process of how people take control of their illnesses, improve their behavioral health and live their lives to the fullest potential. We know that recovery is built on access to evidence-based clinical treatment, and recovery support services. We know how to support recovery. We know that treatment and services work such as access to health care, stable and safe housing, a job and social connections. But too often, a sizable barrier continues to be for recovery the misperceptions and negative attitudes associated with mental illnesses and addictions. These attitudes lead to ongoing prejudice and discrimination that impacts educational opportunities community life and careers, and has a chilling effect on seeking care and treatment. As our First Lady Michelle Obama stated, we need to, "flip the script when it comes to mental health and addictions in this nation." SAMHSA, we're doing just that along with **Recovery Month**, SAMHSA supports such efforts as the Voice Awards, National Children's Mental Health Awareness Day, National Wellness Week and the Campaign to Change Direction to help this vision become a reality and break down the barriers

to recovery.

Eduardo Vega:

My path is not the same as others, but we know that thousands of Americans suffer and attempt suicide each year. On the other hand, we also know that the vast majority of people recover lives of value for themselves and their communities. In order to stem this tide of suicide, which Kana has brought up – in order to make a difference for people who are facing their worst moments of distress, we must be able to listen supportively and without fear and without judgement to people in their most difficult moments. We must – I think create a more dignified and supportive set of solutions for people in crisis. And we must foster communities in which mental health and suicide prevention are seen as crucial, and which people have their dignity supported along with their health. And in which all of us who live in recovery are able to bring messages of hope and show ourselves as we do in **Recovery Month** as Visible, Vocal and Valuable.

Jonathan Goyer:

Do you know why it is so crucial to love the homeless man outside of a liquor store or the woman who was recently released from prison? Because if we help them down the road, those are the people who will be in recovery and will help you or a loved one if they ever find themselves down the road of addiction. It could be those people who offer a warm, welcoming hug to your friend, neighbor or coworker at their first twelve-step meeting. It may even be those people that become recovery coaches and help your son or daughter, niece or nephew to find and sustain recovery. We can't pick and choose who will find recovery and when, but we can pick and choose who we are willing to extend help to. We need to help those people today so that they can help more people tomorrow, and so forth. As my story illustrates, we are all connected. In the last few years, I've not only learned that recovery is possible, but I've experienced that recovery is a reality. And where there is breath, there is hope. Hope that any individual can find recovery and become a responsible, productive and contributing member of society. I stand before you today as an example of that. Thank you.

Linda Rosenberg:

But this year has been a special year for all of us. It's been filled with decisions that really signal a profound period of positive transformation. The Affordable Care Act – for many the pathway to recovery withstood an assault in the Supreme Court. Marriage equality and gender rights were affirmed. A President, the first in history, visited a prison where 50 percent of the people incarcerated are there because of an addiction. The Centers for Medicare and Medicaid issued waiver guidance saying that addictions was a chronic disorder justifying the entire treatment continuum, including residential treatment, which before was prohibited under the IMD. A presidential candidate announced the \$10 billion plan to combat Americans deadly epidemic of drug and alcohol addiction. And a person in recovery here with us today, Michael Botticelli, was confirmed as Director of the White House Office of National Drug Policy.

Dr. Mehmet Oz:

I pledge to commit our show and whatever else I can do to make sure the word is heard

correctly. I need your help to make sure I tell the story appropriately. The more we can applaud the people in our lives who often with shame are not telling us what's going on will allow them to be free of the burden they should not be carrying anymore. And I do believe – I know Congress is making a lot of decisions about this, but we have a better time now than ever before to be able to push people in the right direction when they need help. Let's take advantage of those services. I learned today more about the services that are out there: prevention services and addiction services that are not actually part of a doctor's office. Taking advantage of those, and I pledge to you that we will do whatever we can to shine a light on the darkness that has surrounded what you do.

Keris Myrick:

Emily Dickinson said, "I dwell in possibility." By gathering together today, we continue our work to improve the behavioral health of the nation; we are choosing to dwell in that possibility. As we gather around these tables we acknowledge and are grateful to those who put and organized this gathering together today. We also acknowledge the courage that it has taken each one of us to take these steps forward, realizing all the potential that life has to offer us. So let us continue to dwell in our own possibility and to share that possibility with enthusiasm and passion and resolve.

Robert Thomas:

It was a tremendous honor to win this award for the Durham County Criminal Justice Resource Center. I would like to thank the 30 or more providers that have come together that volunteer to make this a successful event. The criminal justice resource center is the host for the event, but it is really – the most rewarding part is the fact that we have so many different providers that come together and volunteer. And this has really empowered us to try to do even better this year. We have enlisted many more volunteers, and we are going to keep moving this forward.

Linda Mahoney:

I have the great honor of representing the Rally for Recovery Committee from Rhode Island. We were given the Special Consideration Award for the Rally for Recovery; we were the National Hub in 2013. And I have personally had been in the field for 30 years as a treatment provider. But I'm a family member of lots of people in recovery, and I've been an ally forever. The recovery community works really really hard for the national event. We had people from all over the country, all over the world come in. And Jim Gillan really was our lead – he was our man, and he recently passed away. He fought the fight of addiction and fought the fight with cancer, but he gave that hope wherever we went. And we want to continue just sending that hope with Rally for Recovery and tell you that treatment is available and recovery is possible. And I'm just really honored to know that I can be a part of recovery – the intimate moments of the journey of someone. And as a family member, outside my family, I just have a larger family now.

Tiffany Hunsley:

I created Recovery is Happening; we started a 5k walk/run and rally for recovery. And on our fourth year this year, we were awarded for the Walk Run and Rally Award and so I got to come here and meet a lot of the people that I researched and looked up to. And it's really been an

honor. So Recovery is Happening has not been an easy program to start. I think as a woman in long-term recovery myself, I know that anonymity and being anonymous has been what programs are about. And so getting people to really come out from the shadows and talk about addiction and recovery in a new way with their neighbors, their friends, their co-workers has really been challenging. So I think that our community seeing that we won a national award can really bring some attention to them to make them start to understand that this really matters, and we need to start talking about this.

Male VO:

For more information on **National Recovery Month**, to find out how to get involved or to locate an event near you, visit the **Recovery Month** website at recoverymonth.gov.

Ivette Torres:

Millions of people are in recovery, but many more have yet to find their path to living self-directed lives and achieving their full potential. Sharing our family stories of recovery encourages others to seek treatment and find their own path to recovery.

You can be an agent for positive change to help people from all walks of life on their own unique path to recovery.

I hope this show inspires you to get involved and to organize a **Recovery Month** event for September.

For more information on how to get started, go to the recovery month website at recoverymonth.gov; there you will find examples of events others have organized. When you visit the site, you'll see that participants have been inspired to organize events that reflect their own unique imaginations. Who knows — maybe your event could be highlighted at our **Showcase of Events** for 2016!

SAMHSA thanks you for all you do to support recovery. Let's keep this exciting work going!

Male VO:

To download and watch this program or other programs in the Road To Recovery series, visit the website at recoverymonth.gov.

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