

Recovery Awareness Month Article  
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National Recovery Month is observed every September to celebrate the millions of Americans who are in recovery from substance use and mental health issues. National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to 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.

In 2021, 70.0 million adults in the United States, perceived having substance use and/or mental health issues, with 72.1% in recovery. Specifically, 72.2% of 29.0 million with substance use problems and 66.5% of 58.7 million with mental health issues reported recovery. The percentage of adults in recovery from substance use and/or mental health problems varied significantly based on the importance of their religious beliefs, with **recovery rates increasing as the level of importance placed on religious beliefs increased.**

**Matthew 11:28-29**

**"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest."**

Here are some evidence-based tools that are commonly used to support addiction and Mental Health recovery:

- **Medical treatment:** Seeking out medical treatment as part of the addiction recovery journey can help people manage these issues and get back on track.

- **Self-care practices:** Exercise, healthy eating, and mindfulness can help people in recovery manage stress and improve their overall well-being.
- **Therapy options:** Therapy is an incredibly powerful tool in addiction recovery to aid in identifying and changing negative thought patterns and behaviors that contribute to addiction.
- **Relapse prevention strategies:** Building a supportive network of people who understand and support your journey can be incredibly beneficial.
- **Sober living:** Sober living homes can be a great option for people in recovery, as they provide a supportive and safe environment that can help with the transition back to everyday life.
- **Outpatient services:** Outpatient services such as individual therapy, group therapy, and medication management can provide ongoing support for people in recovery.

Loved ones can play a positive role in their recovery journey by supporting and encouraging the use of these tools, while also setting boundaries to avoid enabling behaviors. It's important to remember that recovery is a long process and the real work comes from within.

### John 14:27

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid."

### James 5:15-16

"And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person is powerful and effective."

### Resources:

You can email ASBC's Recovery Ministry at [recovery@alfredstreet.org](mailto:recovery@alfredstreet.org)

<https://988lifeline.org/>

(Resources for families experiencing Substance Abuse)

<https://www.samhsa.gov/families>

(Warning Signs of Substance Abuse)

<https://www.tn.gov/behavioral-health/substance-abuse-services/treatment---recovery/treatment---recovery/prescription-for-success/warning-signs-of-drug-abuse.html>