

DART Prevention Coalition

SEPTEMBER: NATIONAL RECOVERY MONTH



September is

National Recovery Month



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

Want to help spread awareness and share on your own social media?
Make sure to keep an eye out on the **DART Facebook** page for our shareable posts!

RECOVERY MONTH ONE-PAGER

Why Celebrate National Recovery Month?



- Support the nation's strong and proud recovery community.
- Help promote and support new evidence-based treatment and recovery practices.
- Celebrate the dedicated service providers and communities who make recovery, in all its forms, possible.



Role of Stigma

Recovery is based on respect. For individuals with mental health and substance use challenges, community acceptance and appreciation are crucial to achieving recovery. There is a need to acknowledge that taking steps towards recovery may require great courage. Self-acceptance, developing a positive and meaningful sense of identity and regaining a belief in oneself are particularly important.

Stigma related to addiction and mental health can label, stereotype and discriminate against people with substance use disorder and co-occurring mental health disorders.

- Research demonstrates that stigma damages the health and well-being of people with substance use disorder.
- Stigma may delay individuals from seeking treatment.
- Stigma can fuel feelings of shame, guilt and embarrassment, as well as increase feelings of isolation and decrease self-esteem.

Ways to Reduce Addiction Stigma

- Use person-first language.
- Recognize that treatment, in all forms, works.

Resources to Connect to Treatment

- RWJBH Peer Recovery Program: [848-303-0008](tel:848-303-0008) or rwjbh.org/preventionandrecovery
- National Crisis Hotline: **988**
- SAMHSA National Help Hotline: **1-800-662-HELP (4357)**
- Find a treatment facility: findtreatment.gov

If you or someone you know is in crisis, call 911.

The Four Dimensions of Recovery

A person's recovery is built on their strengths, talents, coping abilities, resources and values. Recovery is holistic, addresses the whole person and their community, and is supported by peers, friends and family members.

Recovery can happen in a variety of ways and looks different for each individual. It can include clinical treatment, medications, faith-based approaches, peer support, family support, self-care and other strategies.

SAMHSA outlines four dimensions of recovery, as:



Health - Overcoming or managing one's disease(s) or symptoms and making informed, healthy choices that support physical and emotional.



Purpose - Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking or creative endeavors, and the independence, income and resources to participate in society.



Community - Having relationships and social networks that provide support, friendship, love and hope. With support, people can and do overcome the internal and external challenges, barriers and obstacles that confront them.



Home - Having a stable and safe place to live.



National Recovery Month: Treatment & Support Options



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

National Recovery Month:

The Influence of Stigma in Treatment & Recovery



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

National Recovery Month:

The Four Dimensions of Recovery



HEALTH



HOME



PURPOSE



COMMUNITY



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**



Looking for Previous Awareness Campaign Materials?

Check out our [DART Resources](#) portal page for past awareness campaigns, one-pagers, fact cards, and more! | rwjbh.org/dartresources



Find these Awareness Campaign images (and more) on our Facebook!

[DART Prevention Coalition of Ocean County](#) | facebook.com/DARTCoalition

Amy Piacente-Desch, Senior Prevention Manager

DART Prevention Coalition of Ocean County

RWJBarnabas Health Institute for Prevention and Recovery

amy.piacentedesch@rwjbh.org | dart@rwjbh.org | rwjbh.org/dart

You are subscribed to The DART Coalition mailing list as.

Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), Mental Health and Awareness Training (MHAT), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.

DART Coalition of Ocean County | 442 Route 35 South Third Floor | Eatontown, NJ 07724 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!