

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.
- Advocate for and promote inclusivity through activism.

Resources to Connect to Treatment

- RWJBH Peer Recovery Program: **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.



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**