



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

SEPTEMBER IS 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 posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

NATIONAL 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.
- 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.



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[National Recovery Month One-Pager](#)

National Recovery Month: Treatment & Support Options



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THE INFLUENCE OF STIGMA IN TREATMENT & RECOVERY

National Recovery Month:

The Influence of Stigma in Treatment & Recovery



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THE FOUR DIMENSIONS OF RECOVERY

National Recovery Month:

The Four Dimensions of Recovery



HEALTH



HOME



PURPOSE



COMMUNITY



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[The Four Dimensions of Recovery](#)

RESOURCES

[Call 988: National Suicide and Crisis Lifeline](#)

>>More information and resources.

[CDC: Stigma Reduction](#)

>>More information about stigma and how to combat stigma.

[Find a Treatment Facility](#)

>>Confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

[RWJBH Peer Recovery Program](#)

>>More information related to RWJBH Peer Recovery Program

[REACH NJ: Addiction Helpline](#)

>>Central call-in line for New Jersey residents who are looking for help with a substance use disorder.

[SAMHSA's National Recovery Month Homepage](#)

>>[SAMHSA's National Recovery Month homepage with information and resources](#)

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DART Prevention Coalition of Ocean County

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