



National  
*Recovery Month*

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2015

JOIN THE VOICES  
FOR RECOVERY

*visible, vocal, valuable!*



**Theme:**

***Join the Voices for Recovery:***

**“Visible, Vocal, Valuable,”**



**SAMHSA defines *Recovery***  
**as:**



A process of change through which  
*individuals improve* their  
*health* and *wellness*,  
live a *self-directed life*,  
and *strive* to *reach* their *full potential*.



## Purpose:

Promote the societal benefits of prevention, treatment, and recovery from ***mental illness*** and ***substance use disorders***.



## Purpose:

Encourage people to openly speak up about behavioral health conditions, the reality of recovery, and promote ways individuals can recognize behavioral health issues and reach out for help.



## Purpose:

Spread the positive message that behavioral health is essential to Overall Wellness, that prevention works, treatment is effective and people can and do recover.

# Faces of Behavioral Health Conditions





## Faces of Behavioral Health Conditions

- Behavioral Health conditions (Mental Illness and Substance Use Disorders) occur among people of **all ages, income levels, and living conditions.**
- It is impossible to predict with certainty who will become addicted or suffer from mental illness.



Did you Know

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- **43.7 million** adults in the U.S. have faced challenges with mental illness.
- **22 million** with substance use disorders in their lives.



- In 2013, among the 43 million (18.5 percent) Americans aged 18 and older experienced mental illness, 19.6 million (44.7 percent) received mental health services during the past 12 months.

SAMHSA's 2013 National Survey on Drug Use and Health (NSDUH), National Comorbidity Survey – Replication Survey (NCS-R), National Comorbidity Survey Adolescent (NCS-A), and the Epidemiologic Catchment Area (ECA) Survey of Mental Disorders



Top 5 Mental Illness Diagnosis for ADULTS with a Mental Illness Diagnosis as Primary Diagnosis	Client Count	Percent	Top 5 Mental Illness Diagnosis for CHILD/YOUTH (0-17) with a Mental Illness Diagnosis as Primary Diagnosis	Client Count	Percent
Major Affective Disorder	16,028	52.13%	Attention Deficit	6,426	36.72%
Psychotic Disorders	7,852	25.54%	Major Affective Disorder	3,658	20.9%
Depressive Disorder	1,648	5.36%	Oppositional Defiance Disorder	1,281	7.32%
Mood Disorder NOS	1,496	4.87%	Depressive Disorder	1,120	6.4%
Anxiety Disorder	1,406	4.57%	Psychotic Disorders	936	5.35%

Source: Louisiana Data System 2014



- In 2013, among the 22 million Americans aged 12 or older, (8.6 percent) needed treatment for an illicit drug or alcohol use problem in the past year.
- Of these individuals, only 2.5 million (0.9 percent of persons aged 12 or older and 10.9 percent of those who needed treatment) received treatment at a specialty facility.

SAMHSA's 2013 National Survey on Drug Use and Health (NSDUH), National Comorbidity Survey – Replication Survey (NCS-R), National Comorbidity Survey Adolescent (NCS-A), and the Epidemiologic Catchment Area (ECA) Survey of Mental Disorders



COMMONLY MISUSED SUBSTANCES	NEGATIVE IMMEDIATE INTOXICATION EFFECTS, NEGATIVE HEALTH EFFECT
Alcohol	Booze, beer, wine, liquor
Marijuana	Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed
Cocaine	Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, white lady
Heroin	Big H, black tar, brown sugar, dope, horse, junk, muc, skag, smack, white horse
Pain Relievers	Vike (Vicodin®), oxy, O.C. (Oxycontin®), M (roxanol), school-boy (empirin with codeine), China white, dance fever (Actiq®)
Tobacco Products	Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, chew

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Scientific research also shows that individuals with these challenges can recover, improve their health, wellness, and live self-directed lives.



Approximately, 3/4 of Americans believe that recovery is possible from addiction to substances such as alcohol and prescription drugs.



2/3 of Americans believe that treatment and support can help people with mental illness to lead healthy lives.

Source: Substance Abuse Mental Health Services Administration



DID YOU KNOW

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1 in 3 people struggle to cope at work due to depression or stress according to new survey.

Source: Substance Abuse Mental Health Services Administration



A survey of 1,200 people across the UK has shown that 1/3 of people struggle to cope at work because of depression, stress or burn out, with 83 percent of those affected experiencing isolation or loneliness as a result.



When teens are caught drinking or using marijuana at school, it is a sign they need help, according to new research.



Using at school was found to be associated  
with increased odds of

***depression,  
intimate partner violence  
and  
attempted suicide.***



DID YOU KNOW

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# Institute of Medicine Protractor

