

THE PULSE

EnRICHing the lives of individuals we serve and keeping a pulse on healthcare integration at RBHA



Mental and substance use disorders affect millions of Americans and directly touch the lives of individuals, family members, neighbors, and colleagues. **It's important for communities to make prevention, treatment, and recovery support services available and accessible to all those who need them.** National Recovery Month is a national observance held every September to educate society that **substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life while on their road to recovery.**

Over the past 30 years, the National Recovery Month has inspired millions of people to raise awareness about mental and/or substance use disorders. Recovery Month began in 1989 as Treatment Works! Month, which honored the work of substance use treatment professionals in the field. National Recovery Month celebrates the advances made by those in recovery as well as, reinforces the positive message that behavioral health is essential to overall health. **There are millions of Americans whose lives have been transformed through recovery.** National Recovery Month is a time to truly focus on the journey of those people who have reclaimed their lives in long-term recovery and honors the treatment and recovery service providers who make recovery possible. **This September it is important to remember that recovery in all of its forms is possible and encourage others to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need.**

For more information, visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website at <https://recoverymonth.gov/about-recovery-month>.

A Look at the September, 2019 Issue:

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Substance Use

TREATMENT

In 2017, an estimated **20.7 million** people aged 12 or older needed substance use treatment.



Just 4 million people aged 12 or older received any substance use treatment in the past year.⁵

In 2016, the number of admissions to substance use treatment for methamphetamine use aged 12 or older totaled 178,547.



This number has steadily increased since 2011, when there were just 115,244 admissions for methamphetamine use.⁸

AMONG ADULTS



11.4 million people misused **opioids** in 2017, including

11.1 million people who misused **prescription pain relievers**
886,000 people who used **heroin**.⁶



+72,000 Americans died of a **drug overdose** in 2017.⁹

From July 2016 through September 2017, a total of



142,557 **emergency department visits** in **45 states** were suspected opioid-involved overdoses.⁷

The most commonly used illicit drug in the past month was **marijuana**, which was used by



26 million people aged 12 or older.¹⁰



Mental Health

AMONG YOUTH + YOUNG ADULTS

3.2 million adolescents aged **12 to 17** and

4.4 million young adults aged **18 to 25** had a major depressive episode in the past year.⁶



of students felt **consistently sad or hopeless** in 2017, compared to 29% in 2007.⁷



1 in 5 students were bullied in school in 2017.⁸

SUICIDE



Suicide is a leading cause of death in the U.S. From 1999 through 2016, suicide rates increased in nearly every state, **with half the states increasing by more than 30 percent**.⁹

7. *Centers for Disease Control and Prevention. Youth Risk Behavior Survey Data: 2017. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/healthyyouth/data/yrbst/pdf/trendreport.pdf>
6. Stone DM, Simon TR, Fowler KA, et al. "Vital Signs: Trends in State Suicide Rates — United States, 1999–2016 and Circumstances Contributing to Suicide — 27 States." *MMWR Morb Mortal Wkly Rep* 2018;67:017–024. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/mmwr/volum es/67/wr/mm6722a1.htm#suggestedcitation>



Recovery is...



RECOVERY IS:

- Regaining losses and rebuilding relationships
- Trusting yourself
- Finding your place in the world
- Making lifestyle changes
- Understanding what does and does not help you feel better
- Getting more of what is important to you
- Something that takes time
- Incremental—with plenty of ups and downs



RECOVERY ISN'T:

- Instant
- A 12-step program, but they can help
- A one-size-fits-all solution
- A destination that you arrive and stay at; it's a continuous journey
- Easy—it requires hard work and dedication
- A cure
- Found in a pill, although medication does play a role in recovery for many people

ART OF RECOVERY

**MONDAY,
OCTOBER 21, 2019
5:30 PM - 8 PM**

ART WORKS RICHMOND
320 HULL ST, | RICHMOND, VA 23224



The Art of Recovery is a collaborative, community event showcasing the creative expression of individuals in recovery and individuals affected by substance use and mental illness.

The event is FREE and open to the community!