

# CHENANGO COUNTY HEALTH DEPARTMENT

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## HEALTH EDUCATION DIVISION

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# PRESS RELEASE

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**Contact:**

## September is Recovery Month

*National Recovery Month* is an annual observance celebrated every September. This month and throughout the year, Recovery Month spreads the message that behavioral health is important, treatment is effective, people can recover, and prevention works. This year's theme is "*Join the Voices for Recovery: Strengthen Families and Communities.*" This theme encourages communities to recognize the importance of considering behavioral health in overall health and wellness, reducing stigma, and eliminating barriers to asking for and receiving help for those in need.

**The Chenango Substance Abuse Prevention Coalition (CSAPC)** was formed in 2015 to tackle several issues around substance use and to create and research solutions to help our county. The CSAPC is made up of over 53 member agencies and more than 80 individual members. The Coalition has established 4 workgroups, appointed a project manager, formed a Steering Committee, and created a Mission Statement. There have been a lot of new initiatives created and projects accomplished to help our community deal with its substance use problems.

Here are a few examples of what the CSAPC have done and are working on:

- ✓ Monthly medication take back events throughout the county
- ✓ Narcan Trainings
- ✓ Art Contest to create a logo
- ✓ Created a list of used syringe and medication disposal sites
- ✓ Creation of a fixed site for Syringe Exchange at the Eaton Center
- ✓ Youth survey done in the schools
- ✓ Press releases to the media about various topics
- ✓ Increased access to Hepatitis C testing
- ✓ Investigation of successful research based projects
- ✓ Peer Specialist program
- ✓ Compile data to show trends and establish baselines

The Chenango Substance Abuse Prevention Coalition will continue to bring together individuals and organizations to promote a clean, safe and addition-free community.

**The Chenango County Board of Supervisors** has asked all residents of our county to come together in declaring September 2017 as Recovery Awareness Month in a Proclamation created on September 11th, 2017. This Proclamation supports the theme for National Recovery Month and encourages our local community to support those individuals that struggle with mental and substance use disorders.

Mental health and substance use disorders affect millions of Americans. Supporting recovery and reducing stigma around these disorders strengthens our families and communities.

**BREAK THE SILENCE. BREAK THE STIGMA.**

It is important to encourage public awareness of these issues and to help people begin their journey to recovery. Healthy individuals build healthy communities.

For more information about Recovery Month go to [www.recoverymonth.gov/about](http://www.recoverymonth.gov/about)

If you or someone you know is struggling, call 1-800-662-HELP.

New York State [www.combatheroin.ny.gov/get-help](http://www.combatheroin.ny.gov/get-help)

Office of Alcoholism and Substance Abuse [www.oasas.ny.gov/accesshelp](http://www.oasas.ny.gov/accesshelp)

Southern Tier Aids Program [www.stapinc.org/services](http://www.stapinc.org/services)

Persons with questions or requiring additional information may contact: Chenango County Behavioral Health Services at **607-337-1600**.

*Promoting and protecting health, safety, and the quality of life in Chenango County*