

## National Recovery Month



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September has been recognized as National Recovery Month since its launch in 1989 by the Substance Abuse and Mental Health Services Administration (SAMHSA). Originally called "*Treatment Works!*", the observance was created to honor the work of addiction professionals. It was later renamed "*National Alcohol and Drug Addiction Recovery Month*" to shift the focus more directly onto the recovery journey. In 2011, the name was updated once again to "*Recovery Month*" to reflect the diverse and personal nature of recovery experiences.

Recovery Month is a time to honor and celebrate those in recovery, offering a moment of recognition for their strength and progress. It also serves as a powerful reminder to those still struggling that recovery is always possible. The month promotes evidence-based treatment and recovery practices, while also encouraging the exploration of new approaches to support individuals and communities in recovery.

It's also a time to spotlight the dedication of service providers and the communities that support all forms of recovery. The mission of Recovery Month is to raise public awareness about

substance use disorders, prevention, and the mental health conditions that often accompany them. It's a celebration of success—of sobriety milestones and personal growth—and a reaffirmation that recovery is real, and people do heal and thrive.