



Welcome to Recovery Month

- Phil Rutherford:** Hi, everybody. I'm Phil Rutherford, the Chief Operating Officer at Faces & Voices of Recovery. I'd like to introduce everyone to Keegan Wicks.
- Keegan Wicks:** This is Keegan Wicks. I'm a project coordinator here in Faces & Voices of Recovery.
- Phil:** And we're here to talk to you guys a little bit about Recovery Month. Keegan, can you tell everyone what National Recovery Month is?
- Keegan:** Absolutely. So Recovery Month is a time where we dedicate space to celebrate recovery from substance-use disorder and mental health issues all across the country during the month of September. It's the key time where we have opportunity to really share with others—friends, colleagues, counterparts—that behavioral health is an essential component to overall well-being and health, that prevention works, treatment is effective, and people can and do recover from these conditions. Phil, I was wondering if you could share with us a little bit about why Recovery Month is celebrated.
- Phil:** Well, aside from the fact that it's always good to celebrate anything, especially in these times—celebration is always good—but I think it's particularly important to celebrate Recovery Month because it's a statement. Recovery works. And there's a lot of bad news about what happens in the course of addiction and in the course of people who are faced with this illness, but there's not always a lot of information about what happens when people do recover.

And as a person in recovery—I'm a person living in recovery—I can tell you that my life is pretty good. And I know a lot of other people that are in recovery and their lives are good as well. So I think it's important to really talk about and lift that up and make those stories as popular as some of the negative press that we see on the news from time to time.

And I think the work that BJA COSSAP grantees do in their communities and states, that there really is a direct relationship between that and Recovery Month, because there's tons of great work going on out there. There's people responding, there are first responders that are doing crisis intervention work and diversion work. There are treatment and recovery courts. There are geo-based treatment and recovery support works. There are reentry. . .there's all this work that's being done. And again, sometimes that work doesn't get celebrated in the way that it really should, that this is positive work that's going on in communities. And I think it's important that it's celebrated. And maybe, Keegan, if you could tell us a little bit about how some of the BJA COSSAP grantees could participate this year, that'd be great.

Keegan:

Absolutely. I think getting involved is a very simple process. You can follow us along at nationalrecoverymonth.org and participate in the various social media outlets that we have available, like Instagram, Facebook, and Twitter, and engage in conversation, engage in discussion about recovery to coworkers and family and friends. Doing things like sharing stories of success that people have experienced in recovering from these experiences like substance-use disorder and mental health. Engaging in campaigns like #WhyICarryNaloxone, #MakeSeptemberPurple. All of these items provide opportunity to further elevate National Recovery Month. And for those of you who may not be aware, purple is our color as we continue to celebrate recovery in all of its experiences. And so we encourage you to participate and follow along in these conversations, and we really thank you as you take [the] opportunity to celebrate along with us this September.

Phil:

Yep. Thanks a lot, guys. We really appreciate all the support.