

JOIN THE VOICES FOR RECOVERY
invest in **health**, **home**, **purpose**, and **community**

National
Recovery Month
Prevention - Wellness - Treatment - Education - People - Recovery
september 2018



Challenges in Recovery

September is [National Recovery Month](#), a reminder that treatment is effective and people can and do recover from mental health and substance use disorders. The positive message of National Recovery Month is intended to inspire hope and encourage people no matter where they are in their stage of recovery.

"Hope is the foundation," states Jennifer Doure, LCSW, LADC, CCDP-D, InterCommunity's Director of Assessment Center, Community Foundations and Hartford Outpatient Behavioral Health Services. "Many people in recovery face challenges that can seem insurmountable. They might be dealing with stressors such as poverty, lack of affordable housing, lack of transportation, problems accessing healthcare, and unhealthy family dynamics. Fifty to eighty percent of people who have substance use disorders are also battling mental health issues such as depression and anxiety."

Addiction recovery comes with challenges and it takes time to learn new skills, such as how to cope with stressors in a healthy way. "Even when people don't have an addiction, it's human nature that we don't always act in our own best interest," Ms. Doure points out. "People in recovery work hard at learning new skills but it doesn't happen overnight. Learning something new takes practice, and people will sometimes stumble. It doesn't mean they're not capable, or that there's something wrong with them. Unfortunately that's the message they often get, and it's demoralizing and defeating. It's important to encourage people to keep taking steps forward. They don't have to be perfect, but as long as they have hope, they'll keep trying."

Process of Recovery

The process of recovery may include medication-assisted treatment, therapy, peer and family support, and other approaches. [SAMHSA](#) describes four major dimensions that support an individual's recovery:

- Attention to health: making informed and healthy choices that support physical and emotional well-being
- Having a stable and safe place to live
- Having a purpose and being involved in meaningful daily activities such as working or going to school, and having the income and resources to participate in society
- Having supportive relationships and social networks that provide friendship, love and hope

If you, or someone you know, is interested in addiction recovery services, primary care, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.

