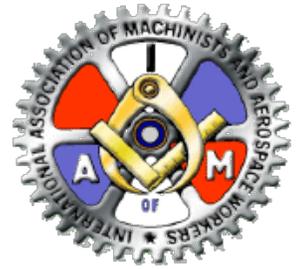




# HELPING HANDS



## September is Recovery Month

(excepts from SAMSHA Recovery Month Page)

### Recovery Is Possible

Recovery is defined as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. There are numerous treatment and recovery options for mental and substance use disorders and each recovery journey is unique. If you, a family member, or a friend needs help, resources are available. You are not alone.

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month** (<https://recoverymonth.gov>) to increase awareness of behavioral health conditions. This observance promotes the knowledge that behavioral health is essential to overall health, prevention works. Treatment is effective, and people can and do recover from mental and substance use disorders.

The 2018 **Recovery Month** theme, “*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*,” explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders.

- About 1 in 13 people (7.8 percent) needed substance use treatment.
- An estimated 44.7 million adults aged 18 or older had *any mental illness* (AMI) in the United States, representing 18.3 percent of all adults in the United States.
- Approximately 11.8 million aged 12 or older – 4.4 percent of the total U.S. population aged 12 or older – misused opioids in the past year. A person with a mental or substance use disorder may find it difficult to reach out for help alone, but families and support networks can help make the connection to appropriate resources. Getting help may improve the chances of managing a behavioral health condition, and reduce or eliminate associated symptoms, and save a life.
- Treatment for depression improves not only psychiatric symptoms, but also a person’s quality of life.
- Treatment for substance use disorders can help people stop substance use, avoid relapse, and lead active lives engaged with their families, workplaces, and communities.
- Treating alcohol dependence and addiction reduces the burden on the family budget and improves life for those who live with the alcohol-dependent individual.

### Treatment and Recovery Support Services

When mental and substance use disorders go unaddressed, they become more complex and more difficult to treat. Intervening early, before behavioral health conditions progress, is among the best and most cost-effective ways to improve overall health. Addressing the mental and substance use disorders in the impacted family members is also a way to improve health and will support whole family recovery. Most communities have trained professionals who can help individuals with behavioral health conditions. Treatment can be provided in different settings—including outpatient, residential, and inpatient—based on the disorder and the intensity of care required. Examples of proven and effective treatments include Cognitive-Behavioral Therapy, Community Reinforcement Approach, and medication-assisted treatment (MAT) for opioid or alcohol use disorder using an FDA-approved medication in combination with counseling and other services. Effective approaches to treatment address all aspects of the illness (for example, biological, psychological, and social). For more information about various types of treatment and recovery support services and the benefits of each, visit SAMHSA’s Behavioral Health Treatments and Services webpage at <https://www.samhsa.gov/treatment> and the Recovery and Recovery Support webpage at <https://www.samhsa.gov/recovery>.

### Resources

Many options are available to help people seek treatment and sustain recovery. Whichever path a person chooses, it is important to find the treatment and recovery support that works best for him or her. A variety of organizations that provide information and resources on mental and substance use disorders, as well as prevention, treatment, and recovery support services, can be found on page 2.

**SAMHSA’s Recovery and Recovery Support webpage** (<https://www.samhsa.gov/recovery>): Provides information on how recovery-oriented care and recovery support systems help people with mental and substance use disorders manage their conditions.

**SAMHSA’s Information and resources for families and family-based organizations** (<https://www.samhsa.gov/brss-tacs/recovery-support-tools/parents-families>): Provides resources for families and family-run organizations supporting behavioral health recovery and resilience for children, youth, and adults.

**SAMHSA’s Opioid Overdose Prevention Toolkit** (<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA13-4742>): Helps communities and local governments develop policies and practices to prevent opioid-related overdoses and deaths. The toolkit addresses issues of interest to first responders, treatment and service providers, and those recovering from an opioid overdose.

**The Alcohol Treatment Navigator**, from the National Institute on Alcohol Abuse and Alcoholism (<https://Alcohol-Treatment.niaaa.nih.gov>): Provides a step-by-step strategy to inform a search for evidence-based alcohol treatment.

**The Addiction Recovery Guide’s Mobile App Listing**: Provides descriptions and links to other apps that support recovery, including self-evaluation, recovery programs, online treatment, and chat rooms. The guide is available at: [https://www.addictionrecoveryguide.org/resources/mobile\\_apps](https://www.addictionrecoveryguide.org/resources/mobile_apps)

*IAM Peer  
Employee  
Assistance  
Program*



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

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**2018 EAP Classes**

William W. Winpisinger  
Education/Technology  
Center

EAP IV  
September 16-21

EAP I  
September 30-October 5

Employee Assistance  
Professionals Association  
Annual Conference  
Minneapolis, Minnesota  
October 21-24