

# ACS CELEBRATES NATIONAL RECOVERY MONTH

This column sponsored by:



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It is the 27th year of National Recovery Month, a national observance held every September to bring attention to the value of substance use treatment and mental health services. These specialized programs enable those with a mental and/or substance use disorder to live healthy and rewarding lives.

Every day at ACS we celebrate the progress made by our clients and former clients in recovery from substance abuse and addiction as well as complex emotional problems. We have an unshakeable faith in the effectiveness of behavioral health programs to enable people to recover. National Recovery Month brings these daily victories onto the bigger stage.

Here is a quote from NAADAC about National Recovery Month: ***"There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate National Recovery Month. They speak about the gains made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and furthers a greater understanding about the diseases of mental and substance use disorders."***

In Wisconsin there will be media coverage and events throughout the state. Here are a two nearby events you might be interested in attending:

**1. Celebrate with the Timber Rattlers:** Friday, Sept. 1 from 5:00 pm-10:00 pm at Wisconsin Timber Rattlers Stadium, Appleton, Wisconsin. This event will showcase music from artists across the country either in recovery or support recovery events like this. A "NO ALCOHOL" seating area will be designated on the last home game of the year for anyone in recovery. Get special discounted seating prices by going to their website and entering the promo code "RECOVERY." There will be resource tables with information for anyone interested in finding out more about addiction and recovery. Event sponsors from Wisconsin Voices for Recovery, STEP Industries, Stop Heroin Now, and more will be there to answer questions. Here is a link: <http://tr6.glitnirticketing.com/trticket/web/gpcaptcha.php?refresh>

**2. Rally For Recovery:** On Saturday, September 23rd there will be a rally sponsored by Voices For Recovery at the State Capitol in Madison at 11:00 am - 3:00 pm. The rally includes a resource fair, speakers, and also is meant to honor loved ones lost to addictions. WI Voices for Recovery is a statewide project to bring together people in recovery, their families, and loved ones. Their goal is to reduce the stigma around addiction and support the positive changes brought about through treatment and recovery programs like the ones at ACS. The rally will be a great day of community support.

Jessica Geschke our Director of AODA Services at ACS is the Program Coordinator for WI Voices for Recovery Hospital Based Recovery Coaching Network. Jessica has been very active in several programs throughout the state to support recovery treatment. She is one of the many staff at ACS who have years of training and experience to support the efforts of people to overcome addictions and emotional problems. Some of the professionals also bring personal experiences that give them a special knowledge about the courage and strength needed to overcome substance issues. You can be sure they will be out at the many events celebrating recovery.

At ACS we have programs of varying intensity from brief individual outpatient counselling to several times a week intensive individual and group treatment. We have the ability to modify programming to meet specific needs. We also have a great alumnae group who are there to help people beginning their journey into recovery.

Are you struggling with substance or emotional problems? Have you been considering seeking some assistance to identify the issues and the solutions? Could there be any better time than National Recovery Month to make the decision to begin to take charge of your life? Could there be any better place than the excellent Affiliated Clinical Services in West Bend and Hartford? I think not! For information call 262-338-2717 or 262-673-0301.