

Drug Free Adams County

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Drug Free

Adams County
Rays of Hope for a Better Tomorrow

Recovery Month Focuses on Relationships and Support

Recovery Month is observed each September. This year's theme is *"Join the Voices for Recovery: Together We Are Stronger"* and emphasizes our need to share resources and build networks to support recovery. In fact, supportive interpersonal relationships and positive messages often guide people toward recovery.



Recovery is Happening in Our Community

Adams County Drug Court recently spoke to two individuals about their lives before and after recovery. The first indicated that her life was "disastrous" prior to recovery. Now that she is in sustained recovery, she said, "I have learned that the struggles and negative feelings we face are only temporary and not to let them define us. I have learned coping skills that almost come naturally now. I care to the fullest extent."

The other individual said that prior to his recovery, "My life was a downward spiral. I was fueled by my drug use. My use was winning the battle over me. I was close to death every single day." After 16 months of sustained sobriety, he says, "Life couldn't be better. I reached every goal I put in front of myself so far. The sky is the limit."

How Can You Help?

Concerned about your friend or loved one? Free, confidential help is available 24/7 through the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline, 1-800-662-HELP (4357) or by going to <https://recoverymonth.gov>.

**For more information, please visit our website:
www.DrugFreeAdamsCounty.org**