



## Recovery Month: Learn How to Help Someone You Care About

September is National Alcohol and Other Drug Addiction Recovery Month. The DSHS Division of Behavioral Health and Recovery (DBHR) is joining the Substance Abuse and Mental Health Services Administration in raising awareness that treatment works and recovery is real.

This year's **Recovery Month** theme, "**Join the Voices for Recovery: Now More Than Ever,**" emphasizes that stress faced by [public safety officials](#), [the workforce](#), [older adults](#), and [families](#) can contribute can lead to substance abuse. **Recovery Month** encourages all people to seek treatment for substance use disorders, celebrates individuals and families in long-term recovery, and acknowledges those working in the field who provide recovery services

Treatment can make a significant difference in the workplace. In 2006, 61 percent of U.S. adults – nearly 13 million people – with a substance use disorder were employed full time. Job problems, including incomplete work, absenteeism, tardiness, work-related injuries, mistakes, and disagreements with supervisors, are cut by an average of 75 percent among employees who have received treatment for substance use disorders.

Just like treatment for many other health conditions, employees can seek treatment for drug use disorders with minimal impact on their jobs. If outpatient treatment is advised, people can continue working during treatment. The state's Employee Assistance Program can help employees find a suitable treatment and recovery support program and provide confidential problem identification, short-term counseling, and follow-up services.

For free, confidential information about treatment and recovery programs in Washington, you can also contact the 24-Hour Alcohol and Drug Help Line at 1-800-562-1240 or [www.adhl.org](http://www.adhl.org).

A downloadable brochure, "Hope, Help and Healing: A Guide to Helping Someone Who May Have an Alcohol or Other Drug Problem," is available in English and Spanish:

<http://www.dshs.wa.gov/pdf/hrsa/dasa/HHHBrochure.pdf>

<http://www.dshs.wa.gov/pdf/hrsa/dasa/HHHBrochSpanish.pdf>

For more information about Recovery Month, and to read personal recovery stories, visit [www.RecoveryMonth.gov](http://www.RecoveryMonth.gov).