



Enriching Lives

A.C.T. NEWSLETTER

September, 2009

September is National Alcohol and Drug Addiction Recovery Month –During September 2009, communities across the nation will observe National Alcohol and Drug Addiction Recovery Month. The month of September offers an opportunity to recognize people in recovery, their families, and professionals who assist them and to encourage others to seek treatment.

The 2009 theme, “Join the Voices for Recovery: Together We Learn, Together We Heal,” emphasizes the importance to utilize all available resources, in our communities and on the Internet, to educate people and their families about the disease and to assist those with substance use disorders, and those close to them, to attain support. It also celebrates the power of community support and understanding.

Drug addiction is a brain disease. Each drug transforms how the brain functions and these changes have a powerful influence on all aspects of a person’s thoughts, feelings and behavior. A person’s drug use can start as voluntary and become compulsive – making alcohol or drugs the greatest motivator in their existence.¹

A substance use disorder is a disease that can affect anyone. There is no one-size-fits-all approach to treatment. Regardless, addiction can be successfully managed. As with other conditions, it can require more than one round of treatment. Over the past few years, providers, researchers, and others have focused on holistic and recovery-oriented approaches to overcome substance use disorders. Current statistics suggest that 3.9 million people aged 12 or older received some form of treatment for a problem related to alcohol or drug use in the past year.²

In fact, the youth population is at risk. Many young people experience a curiosity or pressure from friends to use alcohol and/or drugs. The following statistics were noted:

- 9.5 percent of youths aged 12 to 17 were current illicit drug users.
- 10.7 million people aged 12 to 20 had used alcohol within the past month.
- 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21.
- As many as 4.7 million teens said they had misused a prescription drug at some point in their lives. “Pharming” parties are becoming popular among junior high and high school students, where students trade and misuse controlled prescription drugs.

A.C.T. will provide **free** resource information for individuals struggling with addiction and their families to promote awareness and public education about drug addiction during the annual observance. For more information, please contact Dr. Dreun at Dr.Dreun@a4ct.com or (858) 792-3541.

1. <http://www.ojp.usdoj.gov/bis/DCF/du.htm>
2. <http://recoverymonth.org>