

NEWS from the North Dakota Department of Human Services

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FOR IMMEDIATE RELEASE

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Alcohol, Drugs, and Stress: Not a Good Mix

Governor Dalrymple Declares September Alcohol and Drug Addiction Recovery Month

BISMARCK, N.D. – Following a crisis or natural disaster, some individuals turn to alcohol and other drugs to help ease stress, and escape bad feelings or physical symptoms related to stress responses. For some who have successfully stopped drinking or using drugs, a disaster can sometimes result in a strong urge to drink and use again.

The N.D. Department of Human Services' Mental Health and Substance Abuse Services Division wants to remind individuals that help is available for those struggling with substance use that is interfering with their relationships, careers, and physical well-being.

"Stressful events can profoundly influence the abuse of alcohol or drugs," said JoAnne Hoesel, director of the Mental Health and Substance Abuse Services Division. "It is important to know what supports are available and how to access them because recovery benefits everyone."

Hoesel said FirstLink 2-1-1 is an easy-to-remember, free phone number that connects callers to information about health and human services. Call specialists provide confidential listening, support, and referrals.

Addiction counseling is available through a variety of licensed public and private substance abuse treatment programs. Programs offer different options for age groups including different levels of care and services. Individuals can log on to <http://dasis3.samhsa.gov/> for a complete list of licensed providers in North Dakota. There are also recovery services available through some faith-based organizations.

The Department's eight regional human service centers offer addiction treatment including low intensity outpatient, intensive outpatient, day treatment, and medication management services. To locate a human service center, log on to www.nd.gov/dhs/locations/regionalhsc/.

Another recovery support option available is the "Recoveree Connection," a joint partnership between Rehab Services, Inc., of Minot, and the Department of Human Services. The connection is a telephone support program that links trained volunteers with individuals who recently completed treatment in order to support their sobriety. For information, call 701-839-4240 or toll-free 1-800-258-8132.

The 2011 Alcohol and Drug Addiction Recovery Month proclamation can be viewed online at <http://www.nd.gov/dhs/info/pubs/docs/mhsa/2011-proclamation-recovery-month.pdf>.

For more information on substance abuse recovery services, contact the Mental Health and Substance Abuse Services Division of the N.D. Department of Human Services online at www.nd.gov/dhs/services/mentalhealth/ or call 1-701-328-8920, toll-free 1-800-755-2719 or ND Relay TTY 1-800-366-6888.

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