

**FOR IMMEDIATE RELEASE
September 9, 2015**

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Communities host *Voices for Recovery* events in September

BISMARCK, N.D. – The North Dakota Department of Human Services' Behavioral Health Division is supporting Recovery Month events in five communities in North Dakota this month. The goal is to increase awareness and understanding of behavioral health, which includes mental health and substance use disorders.

"Behavioral health is essential to overall health," department Behavioral Health Division Director Pamela Sagness said. "Recovery Month provides an opportunity for us all to participate in promoting behavioral health. We know that prevention works, treatment is effective, and people recover."

Individuals and community organizations, including three of the department's regional human service centers, are working together to hold events in Bismarck, Fargo, Grand Forks, Jamestown, and New Town. Participants can take part in recovery walks, wellness demonstrations, fellowship and food, and other activities celebrating people in recovery and recognizing the contributions of treatment professionals.

Organizers stress that behavioral health is essential to overall health, and all are welcome to attend. Event details are provided on the Web at www.recoverymonth.gov, and a Recovery Month proclamation is available online at www.nd.gov/dhs/services/mentalhealth/.

Recovery Month Events:

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- **Fargo-Moorhead Recovery Walk** is from 5:30 to 8:30 p.m., at Lindenwood Park, in Fargo. Event features a walk, guest speaker Dick Beardsley, food, fellowship, children's games, and live music.

September 10, 2015

- **Jamestown - Annual Recovery Walk** is from 5:30 to 8 p.m. at McElroy Park, in Sertoma Shelter, on Second Ave., S.E. It will include a one-mile walk, entertainment and food, and sharing experiences, fellowship, and support for people in recovery.
- **Grand Forks Rally for Recovery** is from 4:30 to 9:30 p.m. in the Town Square at Third Street and Demers Avenue in Grand Forks. Organizers are holding a serenity walk, informational booths, healthy lifestyle demonstrations, live entertainment, free food and door prizes.

September 12, 2015

- **Bismarck March into the Light Walk** will be held at 6:30 a.m. at Cottonwood Park, 2506 S. 12th Street.

September 24, 2015

- A free **public screening of "The Anonymous People,"** a documentary about those living in long-term recovery from drug or alcohol addiction, will be held from 7 to 9 p.m. at the Fargo Theatre, 314 N. Broadway.

September 26, 2015

- A **Celebrate Recovery Pow-wow** will begin at 9 a.m. at Little Shell Arbor in New Town, behind Four Bears Casino. The event will include a walk, followed by the pow-wow and potluck, speakers sharing testimony, and a sobriety countdown.