

**NEWS from the North Dakota Department of Human Services
600 E. Boulevard Ave., Bismarck, N.D. 58505**

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Media contacts: Heather Steffl at 701-328-4933 or LuWanna Lawrence at 701-328-1892

September is National Recovery Month!

North Dakotans invited to learn how to support individuals in recovery and eliminate shame and stigma

BISMARCK, N.D. – September is **National Recovery Month**. In recognition, Gov. Doug Burgum, First Lady Kathryn Helgaas Burgum and the North Dakota Department of Human Services invite North Dakotans to learn how they can support recovery and eliminate the shame and stigma associated with the disease of addiction.

“Addiction remains one of the top social issues facing North Dakota, but change is happening through proven approaches to address addiction and related behavioral health needs,” said Pamela Sagness, the department’s Behavioral Health Division director.

Sagness said every individual can make a difference by supporting prevention, early intervention, treatment and recovery efforts in their community. Recovery month offers an important opportunity to support families and celebrate individuals living in recovery.

She highlighted two upcoming events in September 2018.

The **Behavioral Health Conference**, Sept. 4, 6 and 7 at the Holiday Inn in Fargo, will provide training on best practices in mental health and addiction, from prevention to recovery.

Recovery Reinvented, a day-long event on Sept. 5 at the Fargo Civic Center, will focus on eliminating the shame and stigma of addiction and building recovery support in communities. Recovery Reinvented is free and open to everyone.

Participants will be able to apply and share what they learn with others in their communities. Details about these two events are online at <http://recoveryreinvented.com/rr18/> and www.behavioralhealth.nd.gov/conference.

The department also offers the following tips, tools and resources to support recovery.

- In your conversations, use the language of recovery, recognizing that recovery is a process of change in which individuals can become more resilient, improve their health and wellness, live self-directed lives and strive to reach their full potential. For more information, read about recovery language on the division’s website at <https://bit.ly/2Pvzca0>.
- Plan a community recovery event, such as a cookout, walk or other event to bring awareness that recovery is possible. Find supporting information online in the [National Recovery Month toolkit](#) at <https://bit.ly/2JpTgWO>.
- Learn more about starting up a [recovery community organization](#), which is an organization of dedicated recovery advocates working to change perceptions, policies and laws to improve the lives of those in the recovery community. Details are online at <https://facesandvoicesofrecovery.org/programs/arco/rco-toolkit.html>.

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Participating in National Recovery Month – page 2

- Share these [videos](#) encouraging North Dakotans to support individuals struggling with addiction.
- Follow and share posts from the [National Recovery Month Facebook page](#).

“Recovery Month is an opportunity to learn how we can better support the thousands of North Dakotans who seek or celebrate recovery,” Sagness said.

According to the National Survey on Drug Use and Health, in the past year, about 9 percent of the adults in North Dakota (51,950 individuals) had a substance use disorder and about 4 percent (22,835 individuals) had a serious mental illness.

For more information about behavioral health, visit www.behavioralhealth.nd.gov or contact the North Dakota Department of Human Services’ Behavioral Health Division at 701-328-8920, Relay ND TTY 711 or dhsbhd@nd.gov.

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