



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ADULT HEALTH BULLETIN



SEPTEMBER 2022

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THIS MONTH'S TOPIC:

RECOVERY FROM MENTAL HEALTH, SUBSTANCE USE DISORDERS



September is National Recovery Month. Recovery Month celebrates the gains made by those in recovery from substance use and mental health. We celebrate them just as we celebrate improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease.

Recovery Month is held every September to increase awareness and understanding of mental health disorders and substance use disorders and to celebrate those in recovery. Mental health and substance use disorders affect

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Disabilities
accommodated
with prior notification.

People can get help by calling or texting the Suicide and Crisis Lifeline at 988 or calling the KY Help Call Center at (833) 859-4357.

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all communities nationwide. With commitment and support, those affected can improve their health and overall wellness. Recovery Month spreads the message that people can and do recover every day.

Substance use disorder is on the rise, and the COVID-19 pandemic has a large part to play in this.

During the pandemic, we have also seen a significant rise in mental health problems including depression, anxiety, and addiction. According to the Centers for Disease Control and Prevention (CDC), 13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19. In fact, the same CDC report revealed that drug overdose deaths in the U.S. reached an all-time high in 2021, increasing 15% from 2020.

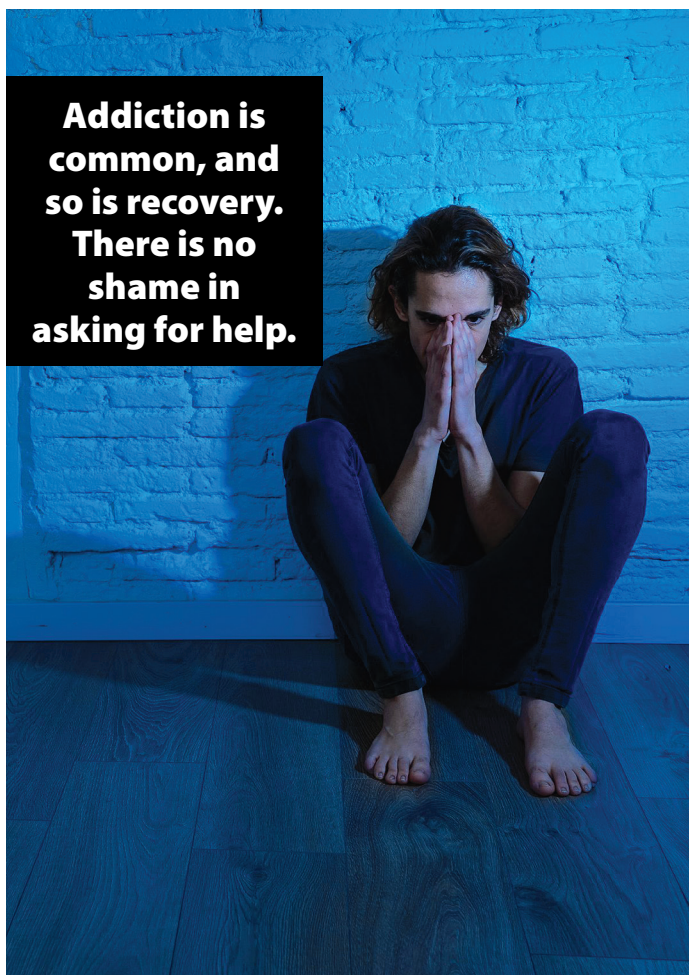
The good news, according to the latest U.S. National Survey on Drug Use and Health, is more than 75% of people addicted to alcohol or drugs recover. That means their condition improves and substance use no longer dominates their life. Through Recovery Month, people become more aware and able to encourage those in need to seek recovery services for help. Addiction occurs far more often and in many more people than some might realize, especially after two years of a pandemic. Addiction is common, and so is recovery. There is no shame in asking for help.

988 Suicide and Crisis Lifeline

People can call or text 988. The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

KY Help Call Center: (833) 859-4357

Individuals seeking treatment for themselves or others — as well as family members who have questions or are in need of support — can call toll-free and speak with a specialist about available treatment services most relevant to their needs.



The Call Center is manned Monday through Friday from 8:30 a.m. to 5:30 p.m. (EDT). During nonbusiness hours callers may leave their name and contact number and a specialist will be in touch.

SOURCES:

- Czeisler M. É., Lane R. I., Petrosky E., et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>.
- [https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20\(Recovery%20Month,nation%20who%20make%20recovery%20in](https://www.samhsa.gov/recovery-month#:~:text=National%20Recovery%20Month%20(Recovery%20Month,nation%20who%20make%20recovery%20in)
- https://www.samhsa.gov/data/sites/default/files/reports/rpt32834/Kentucky-BH-Barometer_Volume6.pdf

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