



“NO MATTER THE PATHWAY, NO MATTER THE STORY, THE STRENGTH AND PERSEVERANCE OF EACH AND EVERY INDIVIDUAL IS TESTAMENT TO THE POWER AND POSSIBILITY OF RECOVERY.”
—OASAS COMMISSIONER KAREN M. CARPENTER-PALUMBO

NEW YORK STATE RECOVERY MONTH SEPTEMBER 2009

THE FACTS

OASAS estimates that one in seven – or 2.5 million – New Yorkers suffer from substance abuse disorders or problem gambling addiction. About 160,000 New Yorkers ages 12 to 17 are impacted by problem gambling and an additional 160,000 are at risk for developing problem gambling and may need treatment.

But there is hope. Prevention is critical, treatment works and recovery is real. Addiction is a chronic, yet treatable illness that requires lifelong attention for sustained recovery. Successful treatment approaches are modeled on patient-centered, recovery-oriented care and include new addiction medications which, in conjunction with behavioral approaches, are significantly improving outcomes...and lives.

THERE IS HELP AND HOPE.

- Find help and hope from alcoholism, drug abuse or problem gambling, call the toll-free, 24-hour, 7-day a week HOPEline at 1-877-8-HOPENY (1-877-846-7369).
- Locate Twelve Step meetings in your area (Alcoholics Anonymous, Narcotics Anonymous, Al-Anon).
- Offer support and attend a Twelve Step meeting with a hesitant friend or family member.
- Ensure your faith leader has a list of local Twelve Step meetings and treatment providers posted and readily available.
- In recovery? Share your story of hope and dedication to breaking the cycle of addiction through the *Your Story Matters* campaign at www.iamrecovery.com. One person's story is another person's hope – join the Recovery Movement in New York State today.
- Learn more about Recovery Month at www.oasas.state.ny.us/recovery or www.recoverymonth.gov.
- Offer to provide meeting space for a Twelve Step meeting.
- Maintain a pamphlet rack or resource table with information on alcohol and drug abuse, addiction, treatment, and recovery. Free literature may be ordered from the National Clearinghouse on Alcohol and Drug Information at 1-800-729-6686 or www.ncadi.samhsa.gov.
- Look to begin your own Recovery Ministry.
- For more information, please contact the OASAS Bureau of Recovery Services at 646-728-4580 or via email at recovery@oasas.state.ny.us.

