



# Recovery Works!

*The mission of Chester County Department of Drug and Alcohol Services is to ensure that quality alcohol and other drug intervention and treatment, as well as alcohol, tobacco and other drug prevention programs are provided for citizens in an efficient and cost-effective manner.*

---

## Chester County Department of Drug and Alcohol Services Recognizes: **Recovery Month**

The 2018 theme for Recovery Month is:

**JOIN THE VOICES FOR RECOVERY:**

**INVEST IN HEALTH, HOME, PURPOSE AND COMMUNITY**

Every year, the month of September is nationally recognized as Recovery Month. The Substance Abuse and Mental Health Administration (SAMHSA) sponsors Recovery Month in order to increase awareness and understanding of mental health and substance use disorders, and also to celebrate those in recovery.

Chester County's Department of Drug and Alcohol Services will be participating in Recovery Month to increase awareness and understanding of substance use disorders throughout the month of September, and we invite your organization to do the same!

It's currently estimated that nearly **35,000 people in Chester County** are suffering from some sort of substance use disorder. A **Substance Use Disorder (SUD)** occurs when a person uses a substance such as alcohol or another drug, and the use results in physical, behavioral, or social problems at school, work or home.

For information on how to access treatment or for additional resources, please log onto the [Chester County Department of Drug and Alcohol Services website](#). You can also call the Chester County Information and Referral line at: 866-286-3767.

SAMHSA has created downloadable materials for Recovery Month which can be found [here](#).

## JOIN THE VOICES FOR RECOVERY

invest in



health



home



purpose



community

National  
*Recovery Month*

Prevention Works · Treatment is Effective · People Recover

**september 2018**

## Recovery Month Events in Chester County

[Dept. of Drug & Alcohol Services](#)

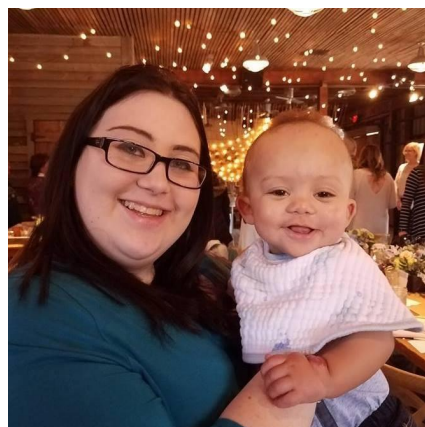
[PRO-ACT](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	*Pre-registration required				31 Overdose Awareness Day PRO-ACT West Chester Rena's Open Office & Tennis Open	1
2	3	4 1:30pm-3:30pm Overdose Prevention Task Force meeting @ GSC Room 149	5	6 6:30pm-8:30pm Anatomical Model Screening @ Eden Library Stroke Room	7 11:30am-1:30pm *Volunteer Lunch and Learn @ GSC Room 175 Professionals Only	8
9	10	11 1:00pm-2:30pm *Overdose Prevention Task Force Presentation @ GSC Room 175	12	13	14 8:00pm-10:00pm Overdose F2U @ East Garden Park	15
16 1:00pm PRO-ACT National Recovery Day at the Phillips Center @ O'Brien's Bank Park	17 1:00pm-1:30pm *PA Youth Survey (PYS) "Lunch and Learn" @ GSC Room 175	18	19	20 9:00am-11:00am *First Responder Workshop Trauma Training @ Public Safety Training Center 12:00pm-1:00pm Medication Lending @ Sunny Services	21 1:00pm-4:00pm *Medication Assisted Treatment Training @ GSC Room 175 Professionals Only	22 PRO-ACT's Recovery Walk! Walk for Recovery @ Penn's Landing
23	24 Start Date for Window Stickers on Renewal Documents Office @ 24th, 2018 to 10/1/2018	25	26	27 8:00pm-8:00pm Opportunities Team Hill @ Oxford Area High School	28	29
30 9:00am Hill Stamp Out The Higgins Walk-Run @ Chester County Assistance Office						

PRO-ACT Ambassadors for Recovery

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	september			National Recovery Month Presented With: National's Official Prognosis september 2018		
Office @ 400 West Lake Highway, Rt. 100 10003	PRO-ACT TRUST STAFF		Outstanding Addiction @ 11:30 Family Education Program 7:00PM	Working Through Recovery 6:00 PM- 7:30 PM		Register for training by contacting the support 610-675-4228
	Volunteer Orientation 1-3PM	Peer Mentoring Training I & II 8AM-5PM Vision Team 6PM	Outstanding Addiction @ 11:30 Family Education Program 7:00PM	Working Through Recovery 6:00 PM- 7:30 PM	Awareness Post 1PM at East Garden Park. PRO-ACT will be holding a kickball game.	The OHS Services contact Adam Berk 610-675-4228
PRO-ACT National Recovery Day at the Baseball Center Citizens Bank Park 1:30 PM		Group Leadership and Facilitation Training 7:30M-4 PM	Outstanding Addiction @ 11:30 Family Education Program 7:00PM	Working Through Recovery 6:00 PM- 7:30 PM		Recovery Walk! Penn's Landing, TAM Registration 8AM Walk Begins
Fall			Outstanding Addiction @ 11:30	Working Through Recovery 6:00 PM- 7:30 PM		

## Recovery Works! Jill's Story



*"I fight for me because I'm worth living and my life has reason far more than I might know right now"*

Addiction runs through my family like blood runs through ones' veins. Whether you were addicted to alcohol, cigarettes or crazy, everyone turned a blind eye. Not because they didn't care, but because how can you tell someone to stop when you're doing the exact same thing? Of course, I always had to take things to the extreme, as my father would say.. [continue reading Jill's story of hope and recovery.](#)

## September is National Suicide Awareness Month

September is National Suicide Prevention Awareness Month—a time to raise awareness and connect individuals with suicidal ideation to treatment services. The Department of Drug and Alcohol Services would like to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. There are several events happening in Chester County. [Click here](#) to view the list. The state has created a resource website, [click here](#) for Prevent Suicide PA.



The National Alliance on Mental Illness (NAMI) has compiled several resources which can be found below.

### Informational Resources

- [Know the Warning Signs and Risk of Suicide](#)
- [Preventing Suicide as a Family Member or Caregiver](#)
- [Being Prepared for a Crisis](#)
- Need more information, referrals or support? Contact the [NAMI HelpLine](#).

### Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

### Awareness Resources

Help promote awareness by [sharing images and graphics](#) on your website and social media accounts. Use the hashtags #SuicidePrevention or #Stigmafree when sharing these images.

---

## AWESOME FEST

*Free Event for Teens, Created by Teens*

EVENTS START @ 5PM  
Body Art - \*Open Mic - Yoga  
Bhangra Dance - Kick Ball & Dodge  
Ball Fitness Workshops - Rhythm of  
Life Drumming - \*Teen Film Review  
\* 3 on 3 Basketball Tournament  
Star Wars, The Last Jedi Screening  
AND MUCH MORE!

\*Pre-register with  
Jason Lang:  
jlang@eastgoshen.org  
or  
610-656-8718

September 14th  
**AWESOME  
FEST**  
*Created for Teens, by Teens*

EAST GOSHEN PARK  
1661 Paoli Pike,  
West Chester, Pa

Brought to you by: Awesome FEST Teen Advisory Council, East Goshen Township Dept. of Parks and Recreation, Chester County Department of Drug and Alcohol Services, YMCA of Greater Bradywine West Chester, PRO-ACT, Youth Mentor Partnership, Stages Arts Initiative, Charles A. Melton Arts and Education Center

---

## Pennsylvania Area Youth Survey (PAYS)

### Lunch and Learn

PAYS is a biannual survey of our youth on their behavior, attitudes and knowledge concerning alcohol, tobacco, other drugs and violence.

*This is a bring your own lunch event.*

**Monday, September 17th**  
**12:00pm-1:30pm**  
**601 Westtown Road, West Chester, Pa**  
**Room 175**

[Click Here for Flyer](#)  
[Click Here to Register](#)

---



## Addressing Vicarious Trauma and Burnout: Help for the Helpers Impacted by the Opioid Epidemic

Exposure to trauma through the course of your work can have personal and professional implications, especially for professionals who work with clients at risk for overdose. Trainers from the Center for Excellence in Advocacy will facilitate a discussion about responses to trauma exposure, such as vicarious trauma, burnout and compassion fatigue. Participants will gain self-care strategies and identify organizational practices that support staff as they respond to people in crisis.

**Thursday, September 20th**  
**9:00am – 12:00pm**  
**Chester County Public Safety Training Campus**  
**137 Modena Road, South Coatesville, PA 19320**

[Click Here to Register](#)  
[Click Here for Flyer](#)

---

## Medication Assisted Treatment (MAT)

This training will include: a brief overview of the overdose deaths here in Chester County as well as what the TASK force is currently working, an overview of how medication assisted treatment (MAT) works and examples of the types of MAT and how to access such treatment services in Chester County.

**Friday, September 21st**  
**1:00pm-4:00pm**  
**601 Westtown Road, West Chester, Pa**  
**Room 171**

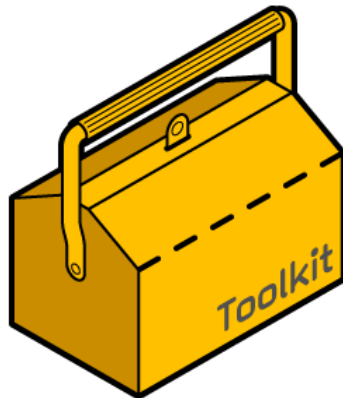
[Click Here to Register](#)  
[Click Here for Flyer](#)

# Chester County Color 5K

Join us on Saturday, November 10th for the third annual Chester County Color 5k - a family-friendly, timed 5k to raise awareness and funds to help combat the opioid and heroin epidemic in Chester County.



[Click Here for More Information](#)



## Opioid Epidemic Community Tool Kit

Chester County's Department of Drug and Alcohol Services recently created an Opioid Epidemic Community Tool Kit. The Tool Kit was created in response to an influx of requests that were received from the community—"how can we help to combat the opioid epidemic in our community." The Tool Kit serves as a resource for community members by allowing them to browse through action items and see where they may fit best to serve their community.

[Click Here to Download the Tool Kit](#)

## Know Someone Who Needs Help with Addiction?

Addiction affects families, friends, employers, and everyone around the individual but it can be treated and people can live a life of recovery. If you or someone you know needs help in dealing with their addiction there is hope, please call Pennsylvania addictions hotline at 1 – 800 – 662 – 4357 (HELP) or for more information go [online](#).



## Information Opportunity! Did you know.....

There are several other county departments who send out community newsletters and announcements just like this one. If you're interested, sign up [here](#).



