

# PRESSRELEASE

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[www.emichigancity.com](http://www.emichigancity.com)

## For Immediate Release

**Date: August 29, 2005**

## National Alcohol and Drug Addiction Recovery Month

**Michigan City, Indiana** (August 29, 2005) – Drug and alcohol addiction are equal opportunity diseases. People in recovery from these diseases come from all walks of life...and deserve to be treated with kindness and respect for fighting and winning one of the hardest battles that exists in today's American society.

Substance use disorders are a serious and treatable health problem, and as many as 63% of Americans say that addiction to alcohol or other drugs has had an impact on them at some point in their lives, whether it was the addiction of a friend or family member or another experience, such as their own personal addiction.

Mayor Chuck Oberlie said, "Assessing our citizens' needs for addiction treatment and referring them to appropriate treatment – and their family members to support services – is a crucial first step in helping people realize that recovery is possible and treatment is effective."

"Alcohol and drug addiction can make you feel alone and isolated," Mayor Oberlie said. "But you can get help, get better, and reconnect with the people who care about you."

The Mayor stated that barriers to accessing treatment programs that can help heal lives, families, and our community can be a significant problem for our neighbors, friends, co-workers, and family members with substance use disorders.

"Community members seeking treatment deserve affordable, individualized treatment programs," Oberlie said, "and Michigan City is home to many program centers which are available to help individuals in recovery to obtain treatment."

The Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services; the White House Office of National Drug Control Policy; and several local treatment organizations invite all residents and visitors of Michigan City, Indiana to participate in National Alcohol and Drug Addiction Recovery Month.

Mayor Oberlie said, "I call upon our health care providers, insurers, and community organizations to observe this month with appropriate programs, activities and ceremonies supporting this year's theme, *"Join the Voice for Recovery: Healing Lives, Families and Communities."* I urge our faith leaders to make recovery the topic of their sermons and homilies across all denominations, discussing the importance of treatment and recovery. And I ask employers to provide their employees with information on substance use disorders, their warning signs, and the importance of treatment and recovery for the health of individuals, family, friends, and the community. Together, we can help reduce the impact that substance abuse disorders have on us all."

Public Service Announcements will be heard on WEFM radio during September, and information about substance abuse disorders and treatment options will be on the city's website, [www.emichigancity.com](http://www.emichigancity.com). Also in September, a panel discussion regarding substance abuse disorders and local recovery programs will be presented on WEFM radio (95.9FM); dates and times will be announced soon.

For more information about National Alcohol and Drug Addiction Recovery Month, visit [www.recoverymonth.gov](http://www.recoverymonth.gov) where you can read individual "Voices For Recovery" stories about personal experiences, find a treatment center, and learn about medication assisted treatment programs.

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## **Public Service Announcements:** National Alcohol and Drug Addiction Recovery Month

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Drug and alcohol addiction are equal opportunity diseases. People in recovery from these diseases come from all walks of life...and deserve to be treated with kindness and respect for fighting and winning one of the hardest battles in today's society.

This September, celebrate the 16<sup>th</sup> annual observance of National Alcohol and Drug Addiction Recovery Month by joining the voices for recovery, because recovery heals lives, families and communities. For drug and alcohol information and treatment referral for you or someone you know, call 1-800-662-HELP.

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Alcohol and drug addiction can make you feel alone. Isolated. But you can get help. Get better. And reconnect with the people who care about you. This September, celebrate the 16<sup>th</sup> annual observance of National Alcohol and Drug Addiction Recovery Month by joining the voices for recovery, because recovery heals lives, families and communities. For drug and alcohol information and treatment referral for you or someone you know, call 1-800-662-HELP.

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You're not alone. You can get help for alcohol and drug addiction. This September, celebrate the 16<sup>th</sup> annual observance of National Alcohol and Drug Addiction Recovery Month by joining the

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## Healing Alcohol and Drug Addiction in Our Community Takes Education and Action

# EDITORIAL

For people with substance use disorders in Michigan City, starting on a road to recovery can seem impossible. Even after admitting they have a problem, people who want to overcome their addictions have many other issues to consider: How do they find available treatment programs? Will health insurance cover the costs of the services they need? Will they be able to stay on the job while seeking help?

Answering these questions can help people with substance abuse disorders take the first steps to get the help they need. There are many organizations in Michigan City and LaPorte County that work every day to inform residents in our community that dependence on and addiction to drugs and alcohol is a disease that can be treated.

It can be very discouraging when help seems out of reach. Nationally in 2003, only 1.9 million persons (0.8% of the total population and 8.5% of the people who needed treatment) received treatment at a facility that specializes in treating alcohol and drug dependence and addiction, according to the *National Survey on Drug Use and Health*.

As a responsible community, we must ensure that addiction is recognized as a disease and treated as such. We can do this by educating ourselves about the signs to look for in friends, family, and co-workers, such as a sudden decline in performance or attendance at work or school, or sudden changes in behavior or personality. We also can call upon our doctors to actively screen patients for and diagnose dependence and addiction, and ask our employers to help make treatment available.

To help in these educational efforts, the City of Michigan City is working with our local media and health care providers to provide information about treatment options available in our area. Public Service Announcements and a panel discussion will be broadcast on WEFM radio, while information for employers, insurers, community members and healthcare providers will be available on the city's website, [www.emichigancity.com](http://www.emichigancity.com).

These efforts coincide with the 16th annual observance of National Alcohol and Drug Addiction Recovery Month, a nationwide initiative each September supported by the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services. This year's theme is: *Join the Voices for Recovery: Healing Lives, Families and Communities.*"

Everyone can participate. Encourage the community-based organizations with which you work to create forums for working together on local treatment goals, including providing support for the families of people with substance abuse disorders. Volunteer at or donate to local recovery groups. Help educate people with substance use disorders and their family members about treatment options and social services. Spread the word about employee assistance programs that can guide people into recovery while still maintaining their jobs.

By educating yourself and others about solutions to substance use disorders, you are joining the voices for recovery and helping to heal lives, families, and our community.

Chuck Oberlie, Mayor  
City of Michigan City