



The Tehama County Recovery Happens Celebration is a part of Recovery Month, a national observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), a federal agency within the U.S. Department of Health and Human Services. The observance raises awareness of mental and substance use disorders, celebrates individuals in long-term recovery, and acknowledges the work of prevention, treatment, and recovery support services.

According to SAMHSA's 2016 *National Survey on Drug Use and Health*, millions of Americans are affected by mental and/or substance disorders.

- In 2016, an estimated 20.1 million people aged 12 or older (7.5%) were classified with a substance use disorder in the past year. An estimated 43.4 million individuals aged 18 or older (18.3% of all adults) had any mental illness in the past year.
- During the same period, approximately 8.2 million adults had both a substance use disorder and a mental illness.

This year's theme, "Join the Voices for Recovery: Strengthen Families and Communities," encourages communities to be inclusive and supportive of those with mental and/or substance abuse issues.

Recovery Month spreads the message that prevention works, treatment is effective, and recovery is possible.