

Parallel Recovery

Support for Families



National Recovery Month

Each year on August 31 the US honors those lives that were lost to an accidental drug overdose.

In 2020, the number of lives lost to overdose rose to an alarming 100,306 lives lost. That number shook even those in the treatment and recovery industry as it marked a 28.5% increase from the previous year.

The 2021 numbers are being reported at 107,622 as of May 2022.

These numbers are exactly why I do the work that I do. Every one of those lives lost are somebody's someone, and if one family can heal from this disease, one less person will die and those numbers may stop rising.

Each September, the US recognizes National Recovery Month. There are over 25 Million people living in long term recovery in the US and each day over 400 people activate their recovery from the disease of addiction. Those numbers speak of hope.

What can you do?

- Activate your recovery from the disease of addiction. (learn to separate behavior from person, communicate with kindness and meaning and

honor your values when you take care of yourself and show up for you loved ones as your best self)

- Use person centered language and work to end stigma in your communities. (people with substance use disorder are people who need help not hate)
- Support Harm Reduction efforts to mitigate risk of use and keep people alive long enough for them to choose recovery.
- Support legislation that expands evidence based mental health and addiction support. Access to treatment is essential to finding long term recovery and needs to be widely available and affordable to everyone.

Below is an article written by Ryan Hampton, a person in long term recovery and national advocate and organizer for mental health and substance use recovery and services.

Lisa Smith

Court decision endangers addiction and mental health coverage for 130 million Americans

BY RYAN HAMPTON, OPINION CONTRIBUTOR 06/13/22 12:30 PM ET

[Read the Article](#)

If you are interested in extra support, please see the opportunities below or reach out to me personally.

- Begin Again Community Support Membership is an ongoing support community that includes a weekly, topic

driven meeting.

- Private Family Coaching is an opportunity to gain individualized support structured for your family's unique circumstances and needs.

Join the Community Support
Membership

Learn about Private Coaching

Helpful links

[SAMHSA National Helpline](#)

[Substance Abuse Treatment Locator](#)

[Behavioral Health Treatment Locator](#)

Reclaim and Recover LLC—Family Recovery Services

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