

## **New Mexico Human Services Department Announces Recovery Month 2018**

**Santa Fe, N.M.** – Today, the New Mexico Human Services Department (HSD) announced September as Recovery Month, 2018. Recovery Month is dedicated to promoting prevention, treatment and recovery for New Mexicans suffering from mental and substance use disorders.

“New Mexicans have made great strides in preventing and overcoming the challenges of substance use and mental health disorders, and we know that doesn’t happen alone,” said Human Services Secretary Brent Earnest. “We are excited to celebrate throughout September the strength of New Mexicans in our communities that support their recovery and resiliency.”

Recovery Month began in 1989 as a way to educate the public on mental and substance use disorders and end the negative stigma mental and substance use disorders carry. The month encourages those in need to seek help from any of New Mexico’s resources and engages the public on how to help those in need.

“It’s crucial that we work as a community to help those who are suffering from mental or substance abuse disorders. This starts by gaining the support of loved ones and neighbors to begin their recovery journey,” Behavioral Health Planning Council Program Manager Natalie Rivera said. “People will recover if they are in a supported and safe environment and provided with the tools they need.”

New Mexico is making positive strides in mental health. In December 2017, New Mexico improved from 46th to 21st in the Mental Health America rankings. The rank is the result of 15 combined measures including number of adults with mental illness, number of youth with alcohol dependency and illicit drug use and the number of adults who did not receive treatment.

Recovery Month events will be held across the state with opportunities to access services. A full calendar of events is available at: <http://newmexico.networkofcare.org/mh/content.aspx?id=12724>. Governor Susana Martinez issued a proclamation, declaring September as Recovery Month. That proclamation can be found [here](#).

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