SMART ALERT
ILLINOIS DEPARTMENT OF HUMAN SERVICES
Division of Substance Use Prevention and Recovery

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JB Pritzker, *Governor* · Grace B. Hou, *Secretary* · Danielle L. Kirby, *Director*

RECOVERY BELONGS IN ILLINOIS: INTERNATIONAL OVERDOSE AWARENESS DAY AND NATIONAL RECOVERY MONTH

August 31st is International Overdose Awareness Day and September is National Recovery Month. The Illinois Department of Human Services/Division of Substance Use Prevention and Recovery (IDHS/SUPR) is adopting the message "Recovery Belongs" to push back against stigma and promote the inclusion of recovery in communities and the continuum of healthcare services. IDHS/SUPR encourages organizations to spread the message that drug overdose death is preventable and recovery belongs.

International Overdose Awareness Day provides a time to remember and celebrate the lives of people who have died from a drug overdose. Too often, the stigma against drug use undermines the grief felt by family and friends following a drug-related death. This is an opportunity for public mourning that is free of shame and honors the memory of the lives that have been lost. International Overdose Awareness Day also encourages raising awareness about evidence-based, life-saving practices like Overdose Education and Naloxone Distribution (OEND). Visit www.overdoseday.com for more details about International Overdose Awareness Day, including resources like fact sheets, posters, and social media graphics. For more resources on preventing and responding to an opioid overdose, visit the IDHS/SUPR Drug Overdose Prevention Program (DOPP) page: https://www.dhs.state.il.us/page.aspx?item=58142.

This day leads directly into National Recovery Month in September. National Recovery Month is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and this year marks its 30th Anniversary. Over the years, National Recovery Month has increased awareness and understanding of mental and substance use disorders, while celebrating the gains made by people in recovery. From September 4th through the 7th, IDHS/SUPR will light up the Chicago skyline in purple to raise awareness about National Recovery Month. Visit https://recoverymonth.gov/ to learn more about National Recovery Month and to access SAMHSA's 2019 Recovery Month Toolkit. For help finding substance use treatment and recovery resources across Illinois, contact the Illinois Helpline for Opioids and Other Substances at 1-833-2FINDHELP and www.helplineIL.org.

IDHS/SUPR will bring attention to the organizations that address drug overdose and promote recovery by highlighting their participation in International Overdose Awareness Day and National Recovery Month via social media and on this webpage: https://www.dhs.state.il.us/page.aspx?item=118655. Tag photos and videos of your organization's events on social media with **#RecoveryBelongs**. Please share information about the International Overdose Awareness Day and National Recovery Month activities your organization is hosting before August 31st by e-mailing the event details to James.Kowalsky@Illinois.gov.

Recovery belongs in Illinois. Share International Overdose Awareness Day and National Recovery Month activities. E-mail James.Kowalsky@Illinois.gov by August 31st with your event details.

Division of Substance Use Prevention and Recovery
401 South Clinton Street, Second Floor
Chicago, Illinois 60607
phone 312.814.3840 | fax 312.814.5864

Division of Substance Use Prevention and Recovery
600 East Ash Street
Building 500, Third Floor North
Springfield, Illinois 62703
phone 217.524.4138 | fax 217.558.4656

IDHS/SUPR HELP DESK: DoIT.SUPRHelp@illinois.gov