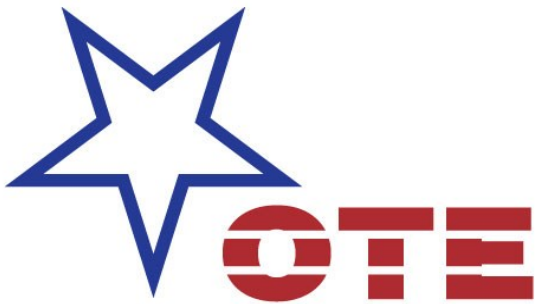




September 2016



**General Election**  
**November 8, 2016**

Polls open 7 am until 8 pm

## In this Issue:

Celebrating People in Recovery

Remembering Those Who Lost Their Lives to Overdose

Recovery Events

## Welcome to Wellness and Recovery Newsletter

Wellness is a mindful self-directed process of getting your best life. To achieve your best life you must take action to improve areas of your life that need it. You choose where to start. You may decide to work on many parts at the same time. Be sure to get help from people who support you including providers. As your health improves, you may become more aware that wellness is linked to all parts of your life.



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## Celebrating People in Recovery

Every September Substance Abuse and Mental Health Service Administration (SAMHSA) sponsors recovery month to increase awareness and understanding of mental and substance use and mental health disorders and celebrate the people who recover. It's Recovery Month get involved and see what's happening in your community!

Click here to see some events.

[https://recoverymonth.gov/events/find-events/month?tile=&field\\_event\\_us\\_state\\_value=MD&field\\_event\\_country\\_value=All&body\\_value=&field\\_event\\_type\\_value=All&field\\_event\\_virtual\\_value=All](https://recoverymonth.gov/events/find-events/month?tile=&field_event_us_state_value=MD&field_event_country_value=All&body_value=&field_event_type_value=All&field_event_virtual_value=All)

TIME TO  
REMEMBER.  
TIME TO ACT.

31 AUGUST

—  
INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

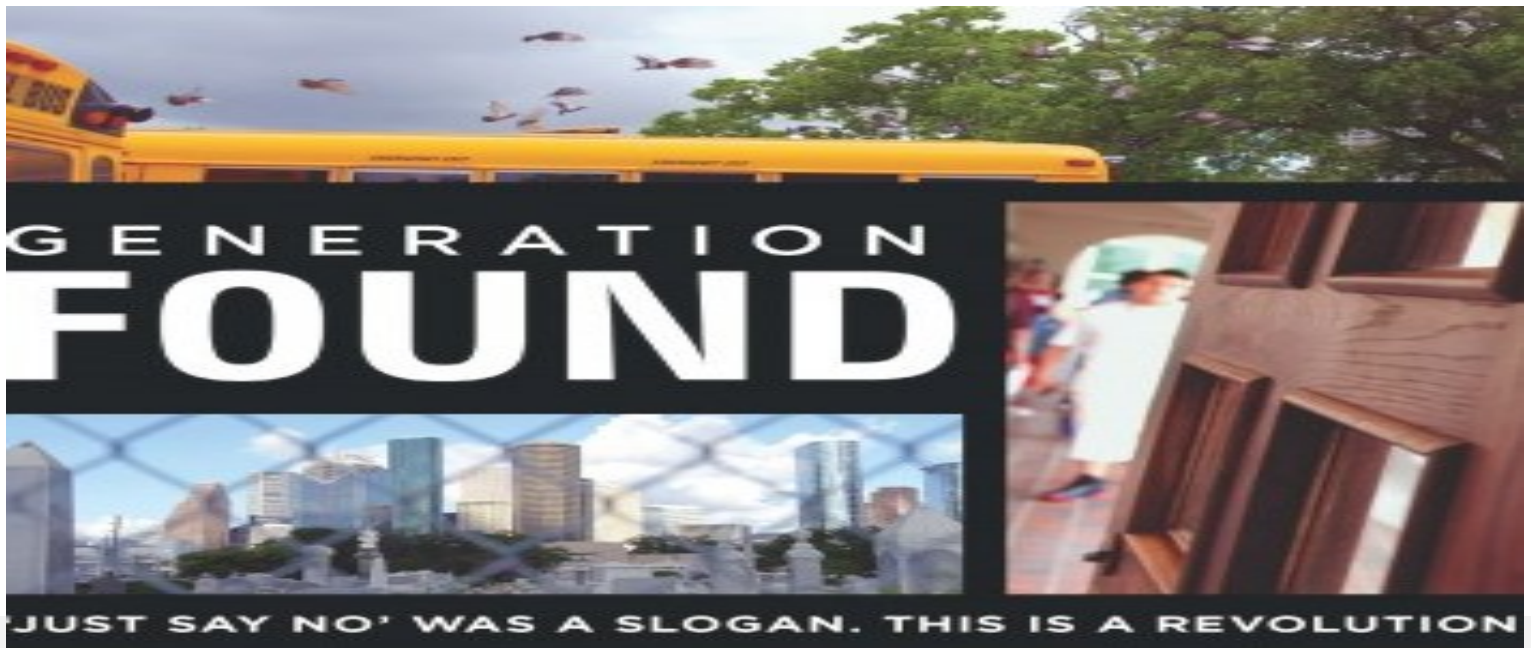
Stock photo. Posed by model.

## Remembering Those Who Lost Their Lives to Overdose

International Overdose Awareness Day (IOAD) is a global event held on August 31st each year and aims to **raise awareness** of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends **remembering** those who have met with death or permanent injury as a result of drug overdose. Beacon Health Options participated in a candle light vigil held in Ellicott City. The event was sponsored by James' Place, Maryland Heroin Awareness Advocates, and Howard County Health Department Bureau of Behavioral Health. The event was well attended by families, people in recovery, community agencies and elected

officials. Howard County Fire and Rescue services conducted a demonstration on how to administer Naloxone if you suspect a person has overdosed on an opioid drug.





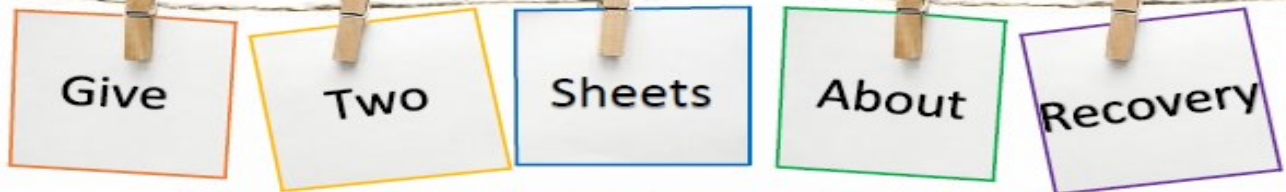
## Recovery Events

Please be advised of a major Eastern Shore Recovery Month event September 21, 2016 in Salisbury, MD. Filmmaker **Greg Williams** (*The Anonymous People*) will be showing his new film "**Generation Found**" addressing innovative recovery efforts for our nation's opioid-dependent youth.

We hope that you will consider attending and ask that you help us spread the word about our upcoming event. Please visit website <http://gathr.us/screening/16986>

**General Election**  
**October 27th through November 3rd, 2016**  
**8 am to 8 pm**

**Don't forget to exercise your right to vote!**  
**Please visit website [www.election.state.md.us](http://www.election.state.md.us)**



September is Recovery Month! Join Recovery in Motion for the entire month by donating gently used or new twin sheets and pillowcases for local Kent County residents who are headed to recovery housing. Please call 410-778-5895 with any questions.

**Drop Off Locations**

Big Mixx Unisex Salon  
100 Philosophers Terrace  
Chestertown, MD 21620

Recovery In Motion  
300 Scheeler Road  
Chestertown, MD 21620

Hope Fellowship  
892 Washington Avenue  
Chestertown, MD 21620

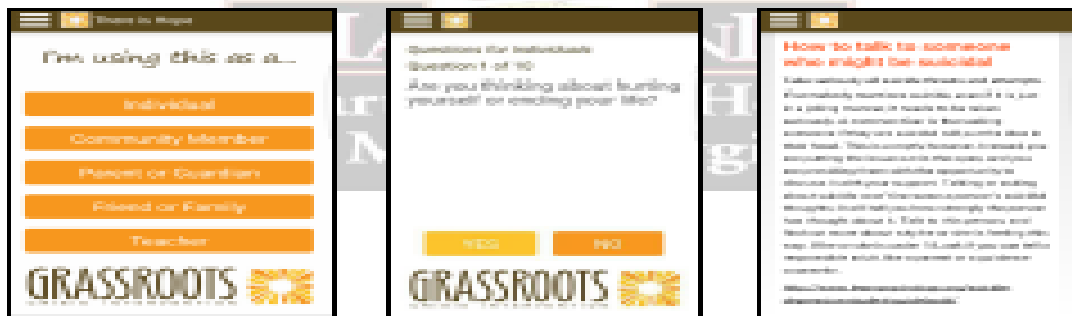
Kent County Health Dept.  
125 S. Lynchburg Street  
Chestertown, MD 21620

Chestertown Police Dept.  
300 Scheeler Road  
Chestertown, MD 21620



**Maryland Department of Health and Mental Hygiene/Grassroots Crisis Intervention**  
**"There Is Hope"**

**Suicide Prevention Smart Phone App for Maryland**



The "There is Hope" app provides fast and easy access to crisis intervention and suicide prevention support. We are here to provide the next steps for someone struggling with taking their life or for those concerned about suicidal thoughts in others. This app will help determine the steps needed to save your or someone else's life.

You'll find lots of valuable information including: safety planning, warning signs, risk factors, tips on how to talk to someone who is suicidal, info about trainings to increase suicide prevention skills, and more.

Features also include an immediate connection to crisis counselors who will deliver help and hope for preventing suicide.

**Currently available in the Apple Appstore and Android Google Play. Download Now! #LifeMatters**

Created with funds from the Maryland Suicide Prevention and Early Intervention Network (MD-SPIN) Grant in Partnership with the Substance Abuse/Mental Health Services Administration (SAMHSA)



On Our Own of Howard County Wellness and Recovery Center held an Open House on September 12, 2016. The purpose of the open house was to highlight the resources and activities available at the peer run center. Staff from the Howard County Health Department and Beacon Health Options provided a table with recovery and community resources. Shelly Garcia, a representative from Congressman John Sarbanes office attended the event.