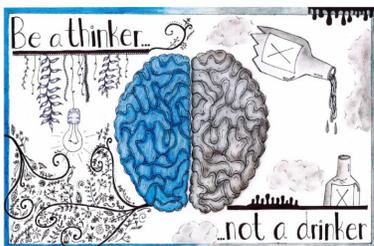




*Building a safe and healthy environment
by effectively educating the community
on positive life choices.*

"PREVENTION WORKS"



2018 Poster Contest Winner
Alexandria Davis
Falconer Central School

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**CASAC Offices
are located at:**

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and

Greetings!

Recovery is a process of change for individuals to improve their health and wellness, live self-directed lives, and strive to reach their full potential. There are four major dimensions that support those in recovery:

1. Health. Overcoming or managing one's disease and making informed, healthy choices that support physical and emotional well-being;
2. Home. Having a stable and safe place to live;
3. Purpose. Conducting meaningful daily activities, such as a job, volunteering, taking care of family members, creative endeavors, and having the independence, income, and resources to participate in society;
4. Community. Having relationships and social networks that provide support, friendship, love, and hope.

The belief that these challenges and conditions can be overcome is the foundation of recovery. A person's recovery is built on their strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members. The process of recovery is highly personal and occurs via many pathways. It may include treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches. Recovery is characterized by continual growth and improvement in one's health and wellness that may involve setbacks. Because setbacks are a natural part of life, resilience becomes a key component of recovery. Resilience refers to an individual's ability to cope with adversity and adapt to challenges or change. Resilience develops over time and gives an individual the capacity not only to cope with life's challenges, but also to be better prepared for the next stressful situation. Optimism and the ability to remain hopeful are essential to resilience and the process of recovery. Since recovery is a highly individualized process, recovery services and supports must be flexible to ensure cultural relevancy. What may work for adults in recovery may be very different for youth or older adults in recovery. The process of recovery is supported through relationships and social networks. This often involves family members who provide essential support to their loved one's journey of recovery and similarly experience the moments of positive healing as well as the difficult challenges. Families of people in recovery may

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experience adversities in their social, occupational, and financial lives, as well as in their overall quality of family life. These experiences can lead to increased family stress, guilt, shame, anger, fear, anxiety, loss, grief, and isolation. The concept of resilience in recovery is also vital for family members who need access to intentional supports that promote their health and well-being. The support of peers and friends is also crucial in engaging and supporting individuals in recovery. Taking a preventive approach to recovery supports building resiliency, wellness, a measurable recovery and quality of life. Celebrate recovery and join us for one (or both) of our Recovery Walks this month!

SEPTEMBER IS RECOVERY MONTH

JOIN THE VOICES FOR RECOVERY:

INVEST IN
HEALTH, HOME, PURPOSE &
COMMUNITY



PREVENTION WORKS*TREATMENT IS EFFECTIVE*PEOPLE RECOVER

September 20th @ 4pm - Dunkirk Recovery Walk
September 27th @ 12pm - Jamestown Recovery Walk

Chautauqua Alcohol & Substance Abuse Council



About Us

Since 1974, Chautauqua Alcohol & Substance Abuse Council (CASAC), a United Way partner agency, has provided prevention education and community awareness regarding alcohol and other drugs. CASAC is the only New York State Office of Alcoholism & Substance Abuse Services (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about CASAC's programs and services, call the Jamestown office at 664-3608, the Dunkirk office at 366-4623, or go to CASAC's website, www.casacweb.org.

