



EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

September is National Recovery Month

By Tracie Hardwick

This September marks the 33rd annual **National Recovery Month**. Now sponsored by Faces & Voices of Recovery, a non-profit advocacy and education organization, National Recovery Month is an annual observance. The intent is to educate the public on the benefits of substance-use treatment and mental health services and to celebrate the progress made by those in recovery. The last few years have greatly impacted the ways in which we live our lives, manage stress, and seek help for behavioral health issues. An already unnoticed population of people experiencing substance use became even more hidden. There has been a great deal of attention paid to the ongoing opioid crisis and the rising rates of drug and alcohol use due to compounding stress brought on by living through a global

National Recovery Month recognizes the efforts of those who have been working toward recovery as being just as important and worthy of celebration by our nation as those living with chronic health conditions such as diabetes and heart disease. We recognize that

substance use disorder is a mental health disorder, and those affected by it can benefit from and deserve to receive quality mental health care. Recovery Month is also meant to celebrate the community of support, from family members to service providers, that surrounds those in recovery.

National Recovery Month is also a time to raise

awareness of individuals in vulnerable populations who are in recovery. Much of the LGBTQ+ community's social offerings take place in bars or involves alcohol consumption. Studies show that LGBTQ+ individuals have higher rates of substance use, are less likely to abstain from use, and are more likely to continue heavy drinking later in life. There have been strides to create recovery friendly places, and these efforts need our continued support. By centering on LGBTQ+ individuals and other vulnerable communities, we can help ensure that National Recovery Month inspires lasting change.



THE ENVISION:YOU ART SHOW IS THIS MONTH!

Join us for an evening of art and advocacy on September 28. Our annual Art Show & Auction highlights the intersection of mental health and artistic expression. Enjoy a showcase of unique art pieces by LGBTQ+ artists and allies centered on what mental health means to them.



PURCHASE TICKETS

5 HEALTHY TIPS

...for how to ask for help with addiction.

- 1 Write a letter or email.** Writing can help you gather and organize your thoughts in a way that makes sense to you.
- 2 Reach out to someone online or by phone.** There are many [helplines](#) and online resources staffed by people trained to answer your questions.
- 3 Look for someone who has been through the same thing.** Talking to someone who has been through a similar experience may lead you to resources you might otherwise not have known about.
- 4 Talk with a medical or behavioral health provider.**
- 5 Remember that small progress is still progress.**

[LEARN MORE](#)

PROGRAM HIGHLIGHT: Q IS FOR QUESTIONING

Q is for Questioning is a series of three interactive workshops that meet in a single Colorado community every other week. These workshops are facilitated by a licensed marriage and family therapist (LMFT), a peer from the community, and an Envision:You team member. Each 120-minute guided workshop contains a psychoeducational presentation on LGBTQ+ identity and mental health;

interactive breakout sessions; Q&A; and a reception. Through the collaboration of LGBTQ+ community organizations, community mental health centers, school districts, local libraries, and other social institutions, we are excited to announce the launch of the workshop series in El Paso and Mesa counties in September and October.

CONTACT Q.INFO@GMAIL.COM

OR [VISIT OUR WEBSITE](#) TO LEARN MORE!

COMMUNITY PARTNER

We're proud to highlight one of our 2022 Summit Peak Sponsors, Rx Abuse Leadership Initiative. RALI works to bring awareness to and address the opioid epidemic. They do so by convening national, state and community leaders to exchange best practices and provide



resources that help prevent misuse of prescription medicines. Thank you Rx Abuse Leadership Initiative for helping make the work we do possible.

VISIT WWW.RALIUSA.ORG TO LEARN MORE.