



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058
Phone: 269-945-9516 Fax: 269-818-0237

Eaton County: 1033 Health Care Dr., Charlotte, MI 48813
Phone: 517-543-2430 Fax: 517-543-7737

Eaton Behavioral Health: 1033 Health Care Dr., Charlotte, MI
48813
Phone: 517-543-2580 Fax: 517-543-8191

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Recovery is Possible

Mental health illnesses and substance use disorders affect all communities nationwide, but with commitment and support, people with these disorders can achieve healthy lifestyles and lead rewarding lives in recovery. By seeking help, people who experience mental health illnesses and substance use disorders can embark on a new path toward improved health and well-being. The focus of National Recovery Month (Recovery Month) this September is to celebrate their journey with the theme Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community.

The impact of mental health illness is apparent in our local community. According to 2015 Behavioral Risk Factor Survey (BRFS) data, 9.4% of Barry County adults reported poor mental health. Also concerning is that, according to the most recent (2017-2018) Michigan Profile for Healthy Youth (MiPHY) data, 38.4% of 9th and 11th graders in Barry County had symptoms of depression (felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities) in the past year.

Recovery Month spreads the message that behavioral health is essential to one's health and overall wellness, and that prevention works, treatment is effective, and people recover. Through Recovery Month, people become more aware and able to recognize the signs of mental and substance use disorders, which can lead more people into needed treatment. Managing the effects of these conditions can help people achieve healthy lifestyles, both physically and emotionally. The Recovery Month observance continues to work to improve the lives of those affected by mental health illness and substance use disorders by raising awareness of these diseases and educating communities about the prevention, treatment, and recovery resources that are available.

In Barry County, Barry County Community Mental Health Authority (BCCMHA) provides mental health and substance abuse services to residents of Barry County. BCCMHA serves people living with mental illnesses, intellectual and developmental disabilities, and/ or substance use disorders. For more information, call (269)948-8041 or visit www.barrycountyrecovery.com. For those with insurance seeking services, contacting the insurance provider prior to the visit is advised. For additional National Recovery Month information and resources, visit www.recoverymonth.gov.