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**FOR IMMEDIATE RELEASE**

**August 29th, 2024**

***BLDHD Promoting September as National Recovery Month***

Benzie-Leelanau District Health Department (BLDHD) and Northern Michigan Public Health Alliance are recognizing September as National Recovery Month. National Recovery Month, a time to celebrate the strength and resilience of individuals in recovery, raise awareness about substance use disorders, and promote the message that recovery is possible. In Michigan, more than 800,000 residents are affected by substance use disorders, and recovery is a critical path to improving the health and well-being of our communities.

One of the most devastating things about addiction is that the disease doesn't just harm the person with the addiction but also the people they care about.

At BLDHD, we are committed to supporting individuals on their recovery journey through comprehensive services and programs. One of the essential components of our approach is harm reduction, which includes the [Syringe Service Program \(SSP\)](#). The program provides a safe and supportive environment for individuals who use substances, offering access to clean syringes, overdose prevention education, and connections to recovery resources.

"Recovery is a personal and ongoing process, and everyone's path is different," said Jamie Demerly, Public Health Nurse. "Our harm reduction program is here to meet individuals where they are and provide the tools they need to stay safe and healthy as they navigate their recovery."

Each year, we aim to promote and support new evidence-based treatment and recovery approaches and to celebrate people in recovery, treatment service providers, and community members supporting their neighbors and loved ones.

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