



National Recovery Month

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Today's Topics

- Recovery Month
- Governor's Proclamation
- Substance Use Disorder and Substance Misuse
- Recovery Friendly Workplace
- Available Resources
- Office of Addiction and Recovery (OAR)

Welcome

Recovery Month



National Recovery Month started in 1989 and is observed every September.

Recovery Month:

- Celebrates people in recovery and the nation's strong and proud recovery community
- Honors the dedication of service providers and communities who make recovery possible
- Promotes and supports new evidence-based treatment and recovery practices

Across the country, and in Minnesota, thousands of Recovery Month events take place each year, from walks to community gatherings and more.

Celebrating Recovery Month in Minnesota

- Proclamation From Governor Walz
- 35W Bridge Lit Up in Purple
- Community-Based Events Across Minnesota
- Walk for Recovery at the Capitol
- Recovery-Related State Grant Announcements
- Prevention and Recovery Public Awareness Campaigns
- Full List of Events: marcomn.org/events
- MARCO Recovery Month Toolkit: marcomn.org/recovery-month-toolkit/



Governor's proclamation

- **Recovery is possible:** Thousands of Minnesotans live full, productive lives in recovery.
- **Widespread impact:** 450,000–500,000 Minnesotans are directly impacted by substance use disorders.
- **Access matters:** Many still face barriers—call for timely, equitable, and culturally responsive care.
- **Community + State support:** Recovery is strengthened through family, peers, community programs, and State investment.



Substance Use Disorder and Misuse

The American Society of Addiction Medicine (ASAM) defines addiction as:

“A treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual’s life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.”

Reasons People Start Using Substances

According to the National Institute on Drug Abuse, people begin taking drugs for a variety of reasons, including:

- **To feel good** — feeling of pleasure, “high” or "intoxication"
- **To feel better** — relieve stress, forget problems, or feel numb
- **To do better** — improve performance or thinking
- **Curiosity and peer pressure** or experimenting

Source: <https://www.psychiatry.org/patients-families/addiction-substance-use-disorders/what-is-a-substance-use-disorder>

Ten Things to Know About Substance Use Disorder

1. Addiction is treatable with medications, therapy, and other supports, including groups, individual, and family/friend integrated approaches.
2. No one chooses to develop an addiction; addiction is not caused by a moral defect.
3. Addiction can affect anyone; some groups of people are more impacted by addiction because of societal marginalization and discrimination.
4. Opioid overdose can be reversed by medications such as naloxone and nalmefene.
5. We can help prevent and treat addiction by recognizing the signs of addiction and encouraging treatment.

Ten Things to Know About Substance Use Disorder

6. Return to use is a common part of the recovery process. It's an opportunity to learn and does not mean treatment failed.
7. Just because a substance is legal, doesn't make it safe. Talk to your doctor about all substances you use.
8. People with addiction often experience anxiety, depression, and other mental illnesses. Talk to your doctor about treatment.
9. Talking openly with kids about the risks of substance use can help prevent addiction.
10. Many people with addiction can be effectively treated in community clinics; others may need residential or hospital care.

SUD Prevalence

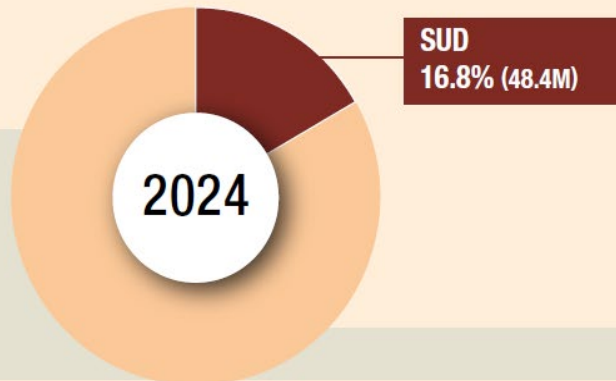
Substance Use Disorder

Substance Use Disorders in the Past Year

NSDUH asked respondents aged 12 or older about the effects of their drug or alcohol use on their lives in the 12 months before the interview.



Substance Use Disorder (SUD)

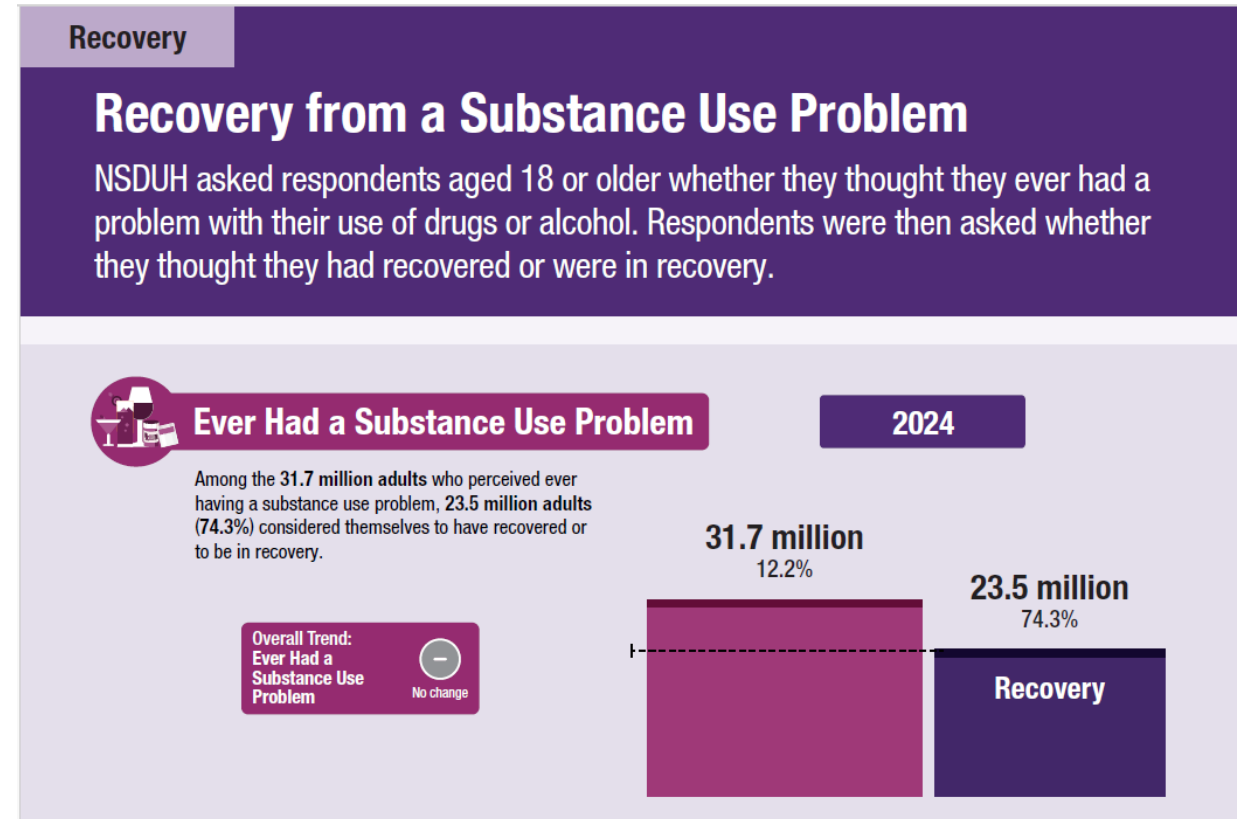


- Nearly 50 million Americans, or nearly 17% of the population over 12, had a substance use disorder in the last year.
- The percentage of people 12 or older with a drug use disorder in the past year increased from 8.7% in 2021 to 9.8% in 2024.
- The percentage of people 12 or older with an alcohol use disorder in the past year decreased from 10.6% in 2021 to 9.7% in 2024.
- In 2024, among adults aged 18 or older, 33.0% (or 86.6 million people) had either AMI or an SUD in the past year.

Source: [2024 National Survey on Drug Use and Health \(NSDUH\)](#)

Recovery Prevalence

- Among people aged 12 or older in 2024 classified as needing substance use treatment in the past year, about **1 in 5** (about 10.2 million people) received substance use treatment.
- Among the 4.8 million people aged 12 or older with an opioid use disorder in the past year, **17.0%** received medications for opioid use disorder (MOUD).
- In 2024, 31.7 million adults aged 18 or older (or 12.2%) reported having a substance use problem at some point in their lives. **74.3%** (or 23.5 million people) considered themselves to be in recovery or to have recovered.
- In 2024, 67.8 million adults aged 18 or older (or 26.1%) reported having a mental health issue at some point in their lives. **66.9%** (or 45 million people) considered themselves to be in recovery or to have recovered.



Substance Use Disorder: Minnesota Impacts

Substance Use Impacts

Opioid Use Impacts

Opioid
Population
Impacts

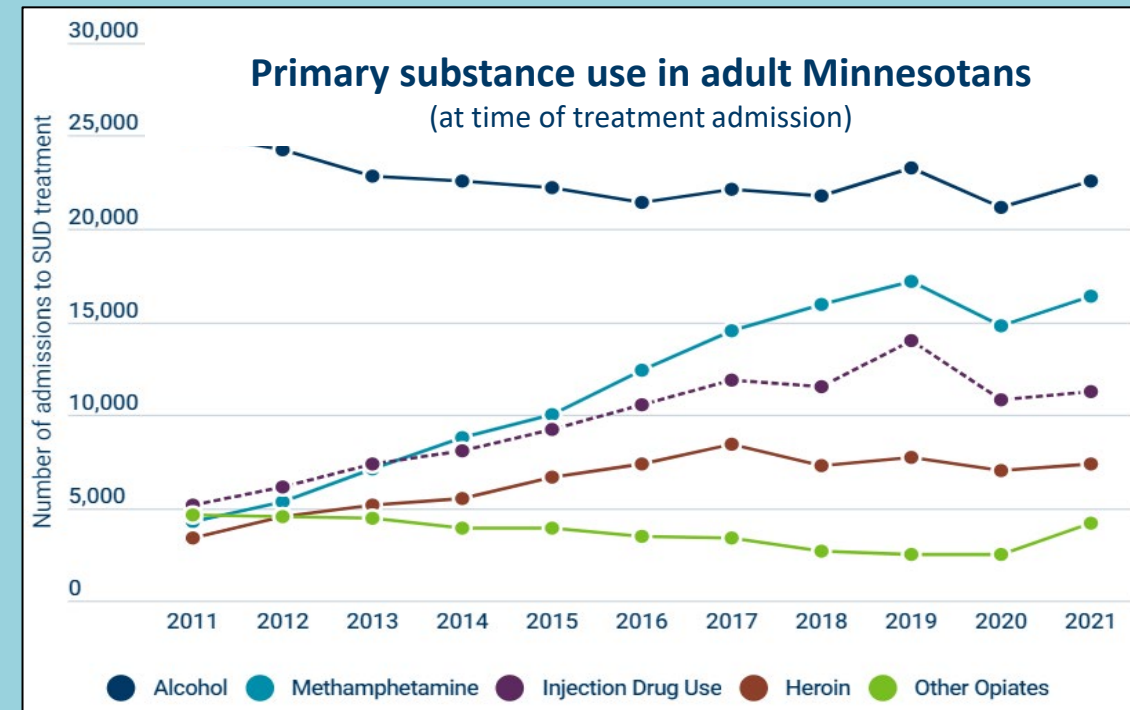
In 2023 48.5 million Americans (17% of people) experience substance use disorder in the last year.

In addition to the physical, emotional and social impact, it has tremendous financial costs.

Excessive drinking alone cost Minnesotans \$7.85B in 2019 through loss of productivity, healthcare and other costs

Source: Study by MN Dept. of Health

In 2022, about 62,000 people were admitted to Substance Use Disorder treatment programs.



Source: Minnesota Department of Human Services,
Drug and Alcohol Abuse Normative Evaluation system (DAANES)

Substance Use Disorder- Opioid Use

Substance Use Impacts

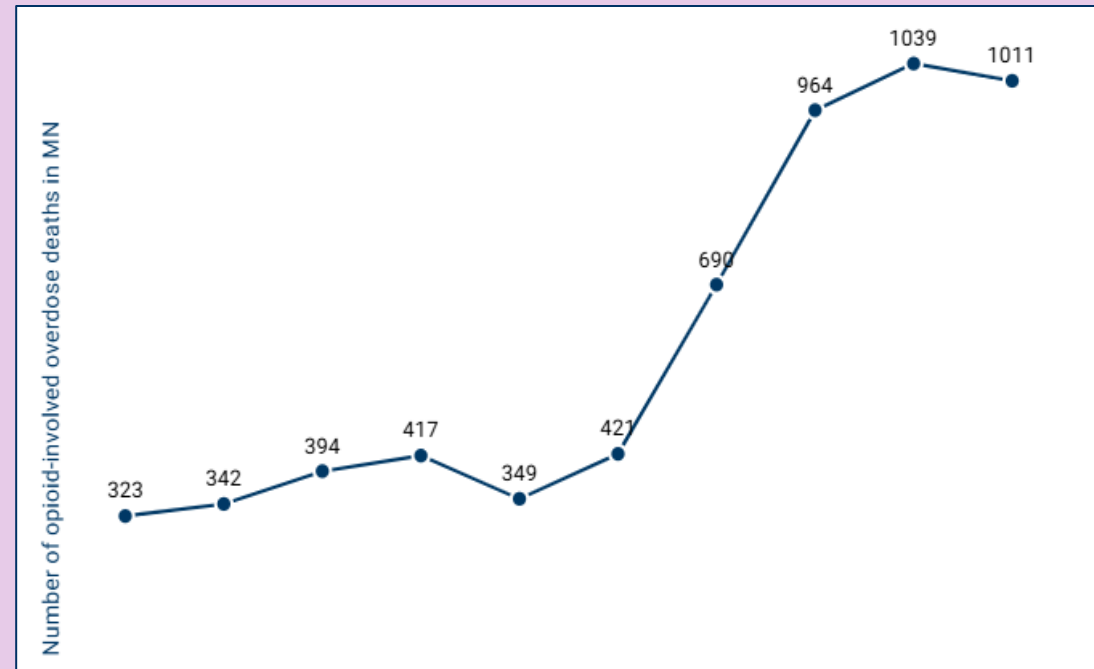
Opioid Use Impacts

Opioid
Population
Impacts

In Minnesota, the number of opioid-involved **overdose deaths** has **more than doubled since 2019**

In 2023, about **9 million Americans**, 12 or older misused opioids in the last year.

- In Minnesota, Opioid overdose deaths **increased by 43%** from 2020 to 2022.
- **In 2023 and 2024 overdose deaths began to decline** for the first time in 5 years.



Source: Minnesota death certificates

Substance Use Disorder- Population impacts

Substance Use Impacts

Opioid Use Impacts

Opioid
Population
Impacts

In **2021**, there were **312** nonfatal hospital visits for **opioid overdose** among Minnesotans aged **15-19 yrs.**

Compared to white Minnesotans who die of opioid overdose:

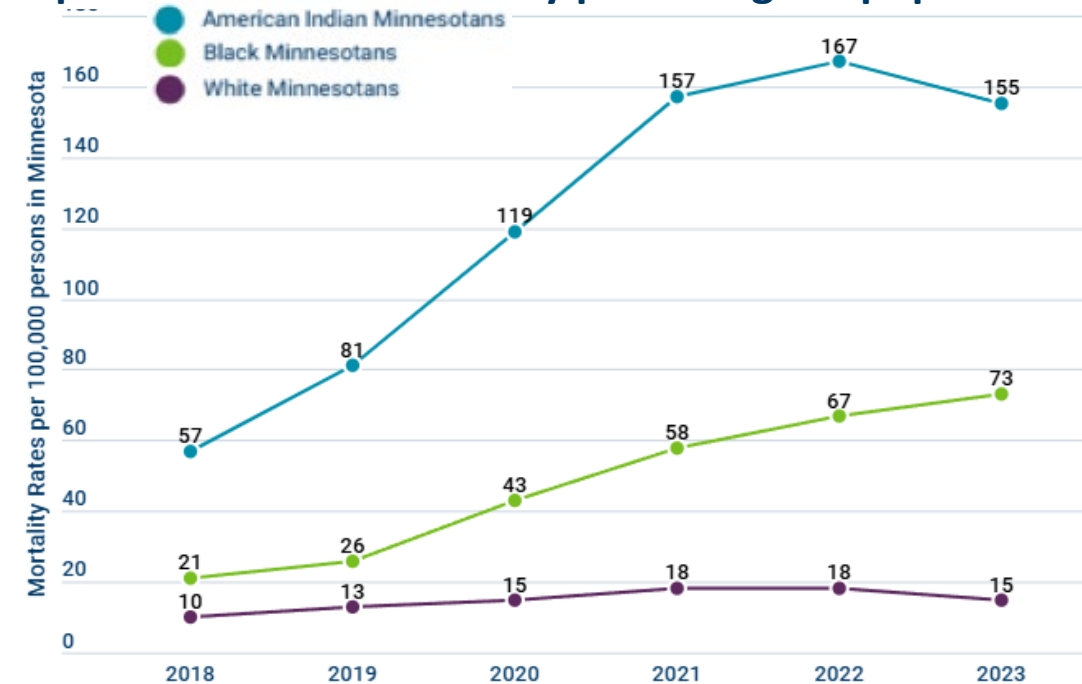
- **9 times greater** death rate if you are **Native American**
- **3 times greater** death rate if you are **Black**

Of all overdose deaths in Minnesota:

- **1 out of 5** were **individuals released from a correctional facility** within a year
- **1 out of 10** were **people experiencing homelessness**

There are large disparities in populations affected by opioid overdose deaths.

Opioid Overdose Deaths by percentage of population



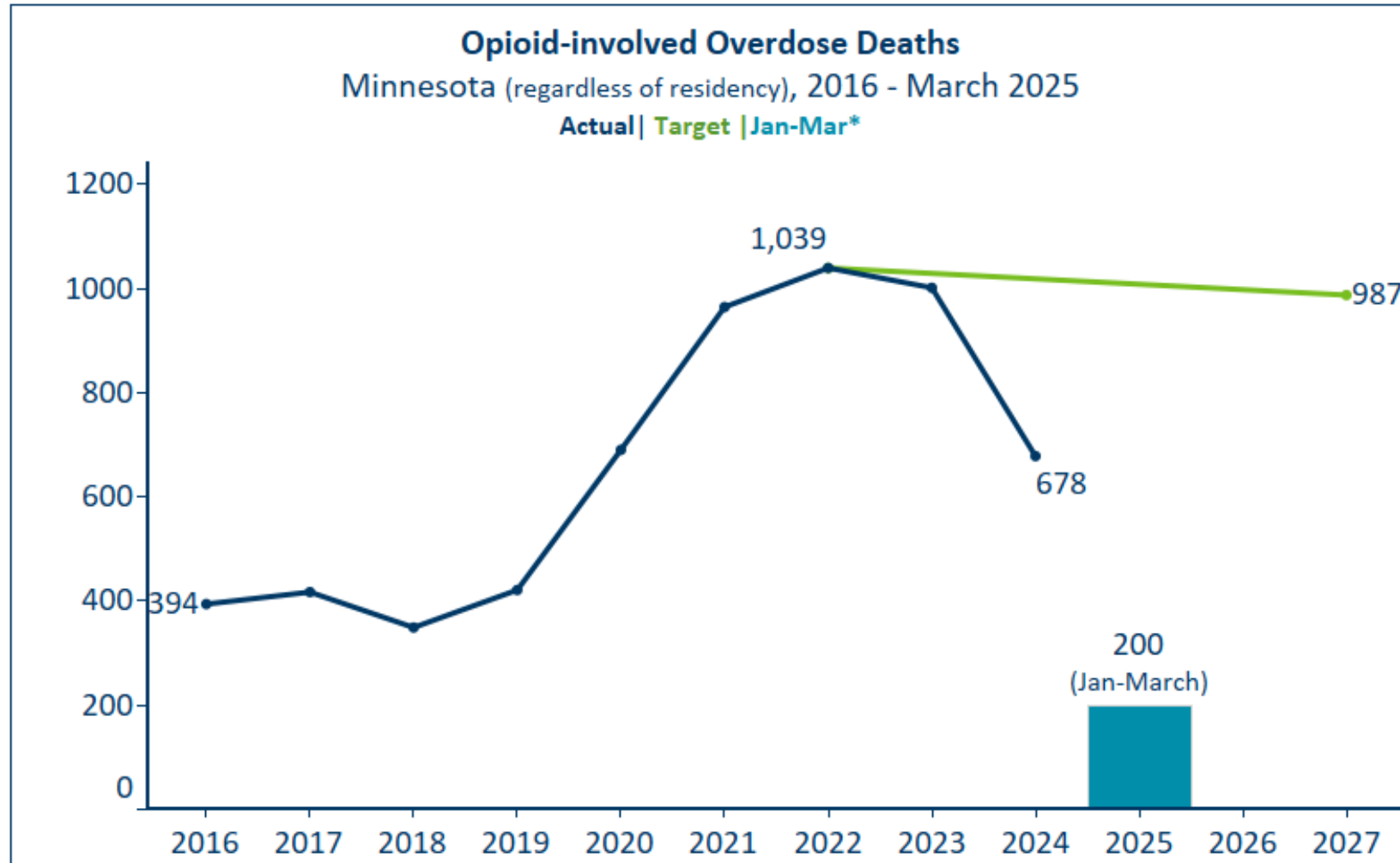
Source: Minnesota death certificates

Current Trends in Overdose Deaths

- 2024 had a 32.3% decrease from 2023.
- This decrease was experienced across all populations.
- While the first quarter in 2025 suggests a slight uptick from 2024, the numbers remain below 2022 overdose deaths.

Annual Total				
# of people	2022	2023	2024	
White	600	505	384	
Black	249	280	178	
American Indian	139	141	81	
Total	1,039	1,001	678	

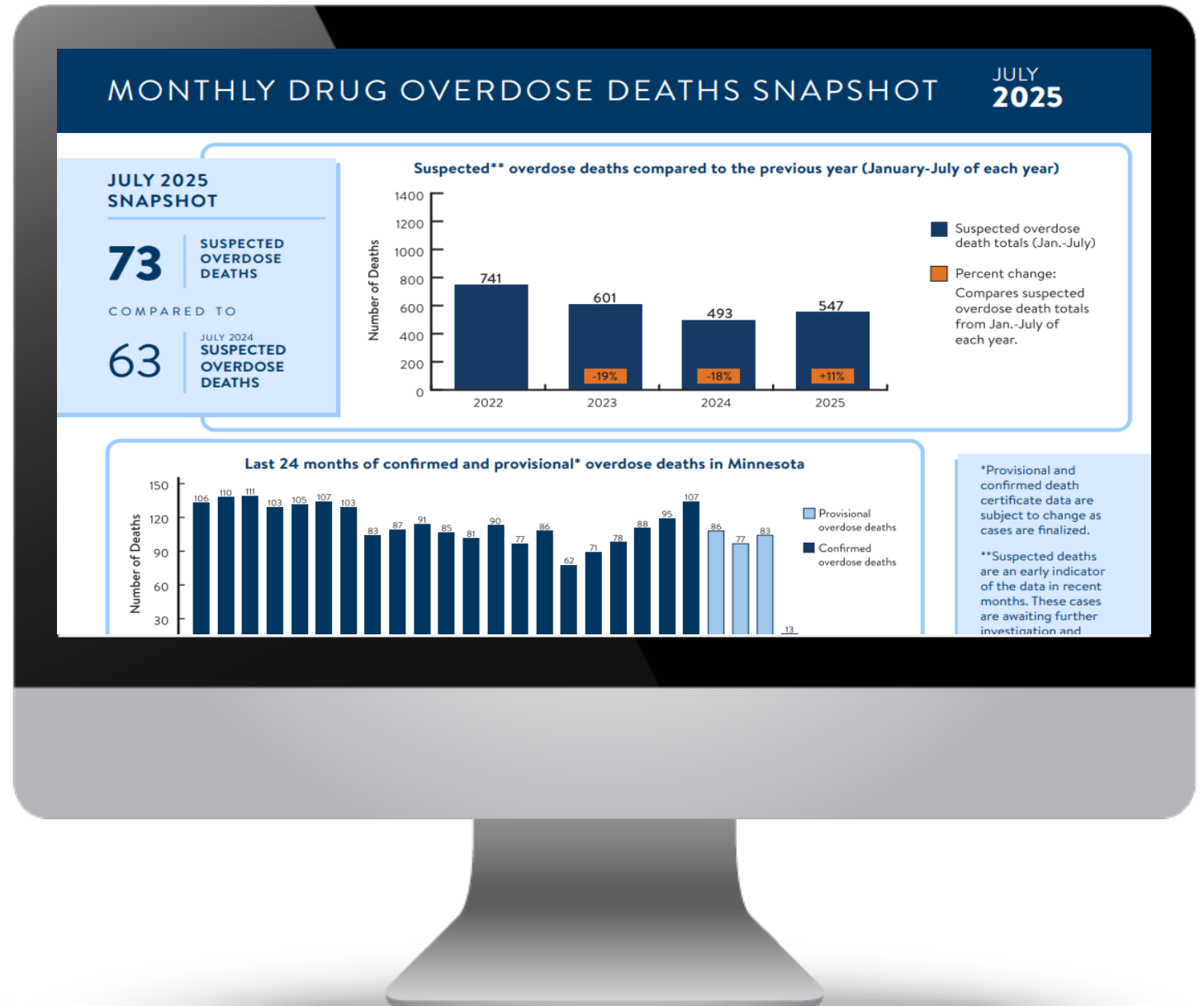
Quarter 1 (Jan-Mar)				
# of people	2022	2023	2024	2025*
White	157	124	106	118
Black	54	73	48	46
American Indian	28	37	39	27
Total	252	256	195	200



* Data for 2025 is preliminary and likely to change as cases are finalized.

The brand-new Monthly Fatal Overdose Snapshot provides a view of the prior month's overdose death data.

This snapshot was created by MDH and is close to real time data.



How Minnesota Addresses Substance Misuse

The State of Minnesota funds activities across the continuum of services Minnesotans need wherever they are in their recovery journey:

- Prevention
- Harm Reduction
- Treatment
- Recovery

The state also funds important activities such as:

- Drug investigations and enforcement
- Epidemiological data gathering and analysis



Coordinates across agencies to improve outcomes for those experiencing SUD, their families, and their communities

State Medicaid Agency and Single State Authority for SUD: administers MN Health Care Programs, funds housing supports, and administers key SUD-related funding sources

Administers office that ensures health plan compliance with substance misuse requirements

Funds school-based prevention and recovery efforts (e.g., grants for recovery schools)

Funds early intervention and recovery supports for children and families affected by SUD (e.g., child protection, prenatal substance exposure response)



State public health authority: leverages grant funding, technical assistance, and epidemiological surveillance to support SUD activities with focus on prevention, recovery, and intersections with other public health issues

Leads investigation & enforcement efforts, and SUD-related crime intervention and prevention efforts

Runs inpatient residential SUD treatment facilities, and provides SUD treatment to civilly committed individuals

Provides treatment, recovery, and harm reduction services for Minnesota's incarcerated population

Administers grant supporting training for licensed drug and alcohol counselor programs

Key Initiatives

- DHS 1115 SUD Reform Waiver
- DHS/DOC 1115 Reentry Waiver
- DOC Jail Rules Rewrite
- MDH Comprehensive Overdose Morbidity and Prevention Act
- MDH Cannabis/SUD Prevention Grants
- MDE Statewide Health Standards
- Naloxone Saturation
- Recovery Friendly Workplaces



Naloxone Portal by the numbers

Portal Funding

Total funding in portal:	\$7.2M
Total spent in orders shipped:	\$5.1M
Annual funding until Oct 2027:	~\$3.0M

Portal Orders

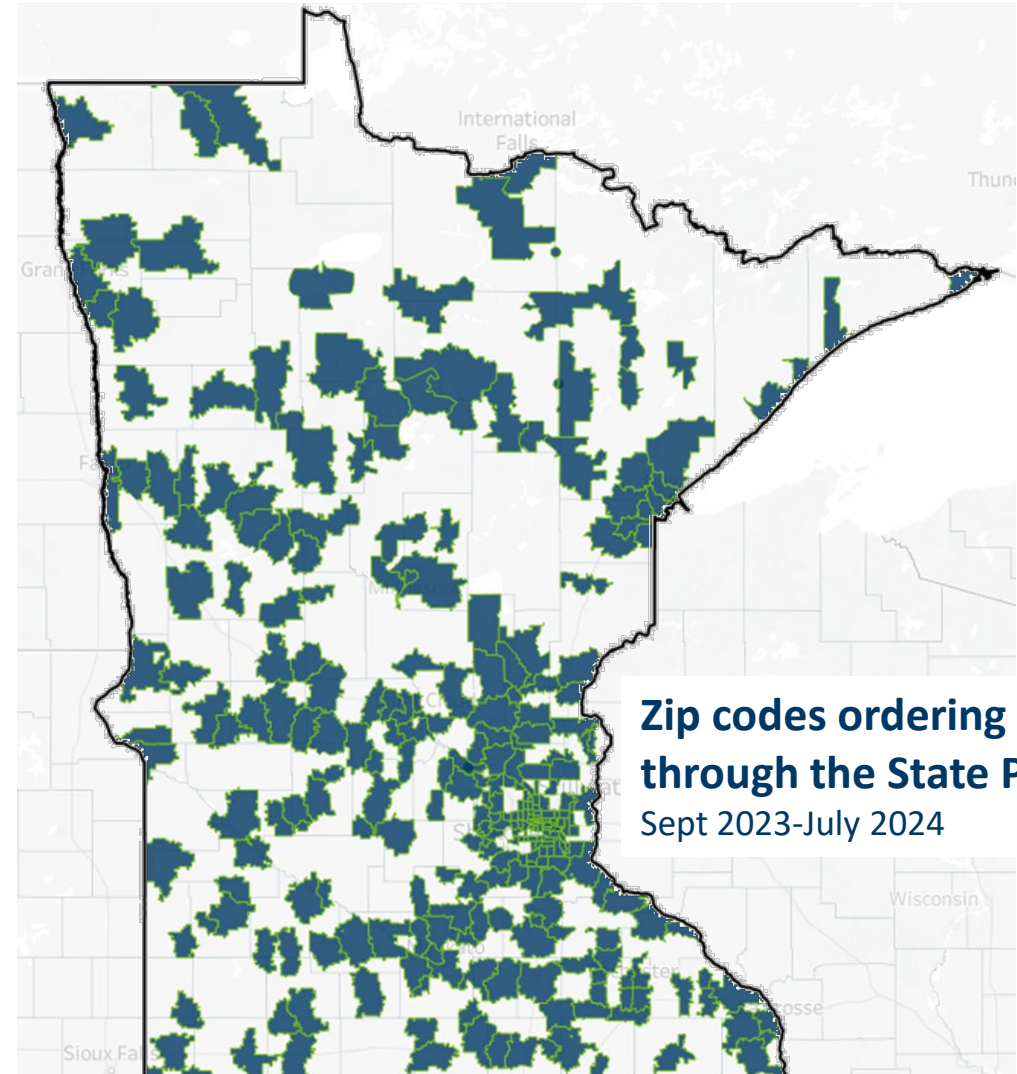
# of orders sent:	1,461
# of shipping zip codes:	282
# of organizations placed orders:	731
# of kits sent (2 dose box):	146,616

Portal Eligibility

Tier 1: Organizations directly serving individuals most at risk for overdose

Tier 2: Community organizations that serve people who use drugs or people in recovery

Tier 3: Organizations with legislative mandates to carry naloxone



Recovery Friendly Workplaces

- **Recovery Friendly Workplaces (RFWs)** support their communities by recognizing recovery from substance use disorder as a strength and by being willing to work intentionally with people in recovery. RFWs encourage a healthy and safe environment where employers, employees, and communities can collaborate to create positive change and eliminate barriers for those impacted by addiction.
- **Recovery Friendly Workplaces**
 - **Foster** a safe and recovery friendly environment
 - **Engage** their employees in addiction & behavioral health education and prevention
 - **Retain** healthy and productive employees
 - **Promote** prevention and recovery in their local communities

Benefits of Recovery Friendly Workplaces

- Benefits of a recovery friendly workplaces include:
 - Increased productivity
 - Healthier employees
 - Less absenteeism / turnover
 - Greater employee satisfaction
 - A more supportive culture
 - Increased morale
- Currently 25+ states have recovery friendly workplace initiatives
- Supported by bipartisan governors and the last three presidential administrations

Cost of SUD to an Employer

- National Safety Council SUD Cost Calculator shows that an employer the size of the State of MN incurs over \$27M in costs related to substance use
- Includes lost time, job turnover and retraining, and health care costs

TOTAL COST:\$27,533,374



Lost Time

COST:

\$7,657,248



Job Turnover &
Re-training

COST:

\$11,063,568



Health Care

COST:

\$8,812,558

MN Recovery Friendly Workplace (RFW) Overview

- Funding in the 2023 legislative session for Minnesota Department of Health (MDH) to work with employers on recovery issues
- National Governor's Association Policy Academy helped clarify thinking on statewide RFW initiative
- MN Safety Council, supported by MDH, begins working with employers and their staff on recovery friendly workplace policies
- In October of 2024 Governor Walz signed an [Executive Order](#) directing the State of Minnesota to become a Recovery Friendly Workplace
- Partnering with the Global Recovery Initiative to implement both the statewide and enterprise RFW projects
- Developing a steering committee of private sector employers and partners to help inform statewide RFW certification process

Resources for State Employees

- Employee Assistance Program (EAP) - [LifeMatters](#)
 - Pre-diagnostic assessment
 - Counseling
 - Crisis intervention
 - Referral services
- Employee health insurance
 - Medical leave – [FMLA](#) – [HR Policies and Procedures](#)
 - [Minnesota Paid Leave](#) - Beginning January 1, 2026
- Workplace recovery supports
 - Employee Resource Group



Community Resources

- Finding a provider
 - [FastTrackerMN.org](https://www.fasttrackermn.org)
 - [FindTreatment.gov](https://www.findtreatment.gov)
- Community resources
 - [988 Minnesota Lifeline FAQ](#)
 - [OutFront Minnesota](#)
 - [Minnesota Recovery Connection](#)
- Interested in learning more
 - MDH [Community Safety and Prevention](#)



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