



National Recovery Month

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Today's Topics

- Recovery Month in Minnesota
- MN Recovery Corps

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.

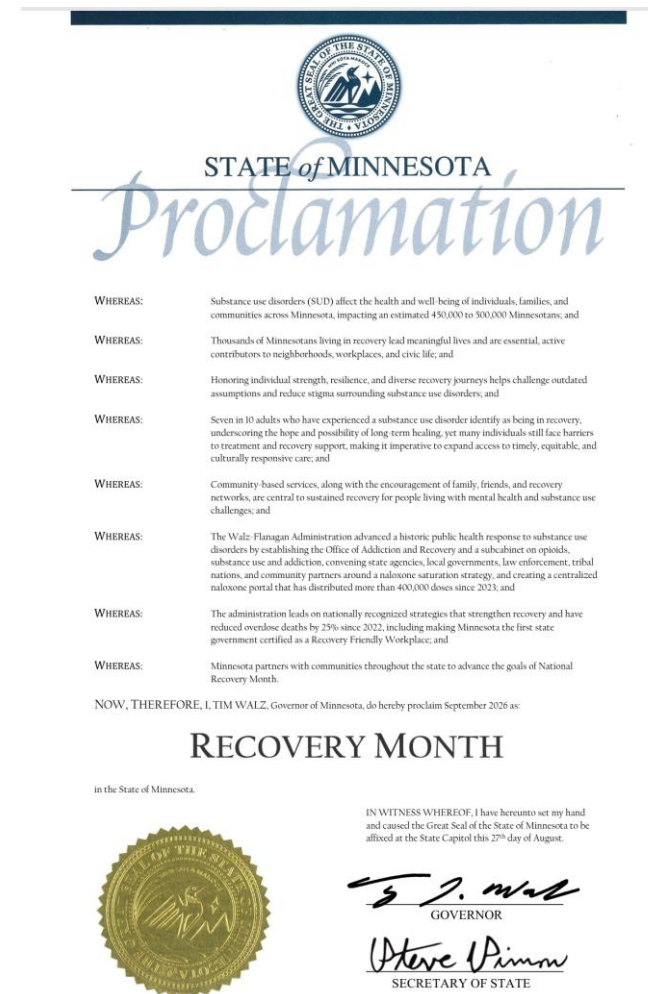
Celebrating Recovery Month in Minnesota

- Proclamation From Governor Walz
- 35W Bridge Lit Up in Purple
- Walk for Recovery at the Capitol
- Community-Based Events Across Minnesota
 - **MN Recovery Connection Gratitude Breakfast Thursday, Sept. 24 · 7:30–9:00 a.m.**
 - **WeCovery/Beyond Brink Walk for Recovery Saturday, Sept. 26 · 10:00 a.m.–12:00 p.m.**
 - **Recovery Alliance Duluth Walk for Recovery Saturday, September 26 · 12:00–3:00 p.m.**
- Full List of Events: marcomn.org/events
- MARCO Recovery Roadtrip: marcomn.org/recovery-month-2026/



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.”

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.
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.

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
- Early Intervention
- Harm Reduction
- Treatment
- Recovery

The state also funds important activities such as:

- Drug investigations and enforcement
- Epidemiological data gathering and analysis



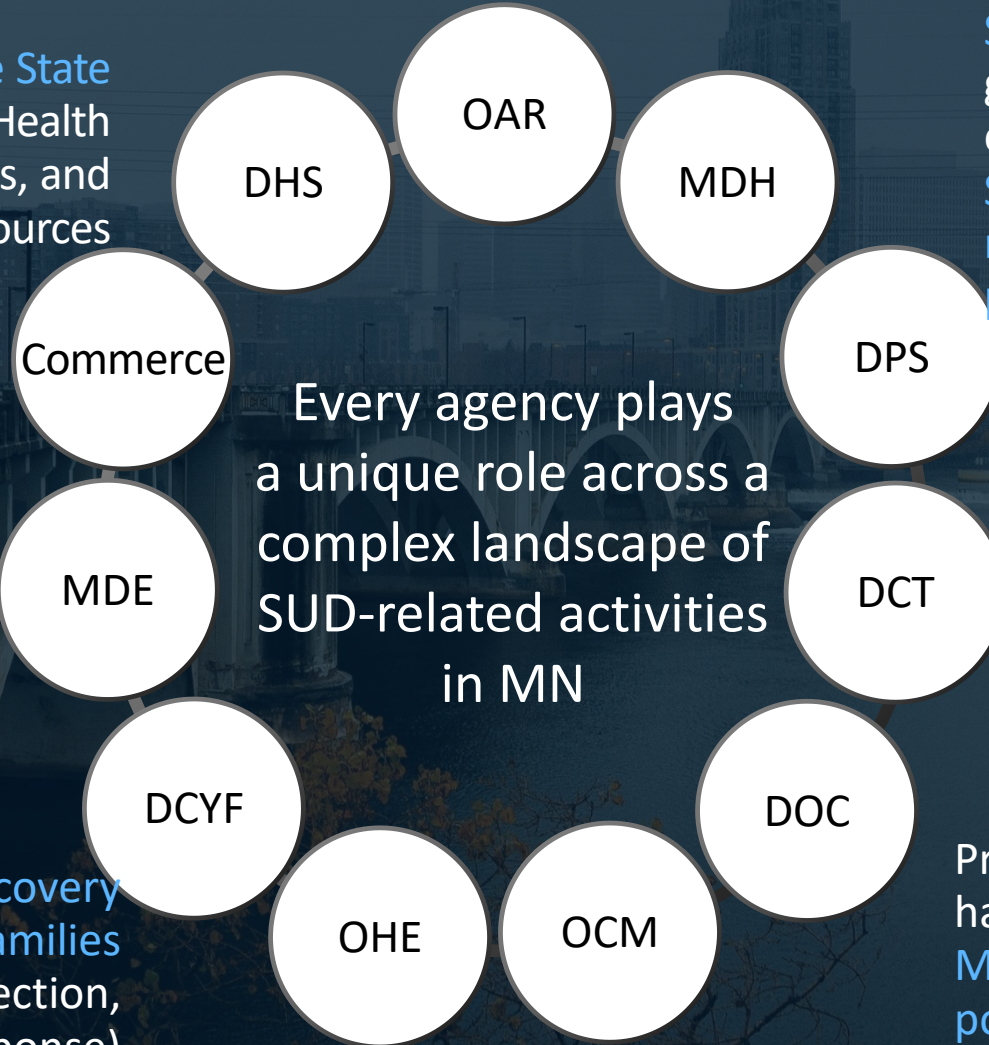
Coordinates across agencies to improve outcomes for those experiencing SUD, their families, and their communities

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

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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