



Muskingum Area Mental Health &
Recovery Services Board

September 2025

Coming in SEPTEMBER
9/1- OFFICE CLOSED
FOR LABOR DAY

9/9- NAMI BOARD OF
DIRECTORS

9/11-MHRS BOARD OF
DIRECTORS

9/17-APPALACHIA
OHIO SUICIDE
PREVENTION
CONFERENCE

9/19-RECOVERY
SUMMIT 2025

9/25: APPALACHIAN
STORIES OF
RESILIENCE &
RECOVERY SUMMIT

Celebrating Recovery Month



Muskingum Area Mental Health & Recovery Services Board

September pulls double duty—it's not just Suicide Prevention Month, it's also National Recovery Month. That means it's time to celebrate the millions of Americans living in recovery and the strength, grit, and hope they bring to our communities. (Basically, it's their victory lap—and we're all invited to cheer them on.)

Recovery Month reminds us of something powerful: recovery is possible.

The path isn't one-size-fits-all. For some, it starts with treatment or peer support. For others, it begins with a conversation, a support group, or that lightbulb moment when they realize they're not alone. No matter where it starts, recovery is a journey worth respecting and celebrating—kind of like finally fixing the squeaky screen door you swore you'd get to months ago. Baby steps-forward is forward.

This year's theme is about strengthening connections—to family, to community, and to the resources that sustain long-term recovery. Those connections reduce stigma, keep us accountable, and remind people they are valued. And let's be honest—we all need reminders like that from time to time.

Here's how you can lift up recovery this month:

- Celebrate milestones. One day, one year, one decade—every step matters. (Yes, even the “I made it through Monday without losing it” milestone!)
- Promote resources. Share info about local treatment, peer groups, and recovery-friendly events.
- Challenge stigma. Swap judgment for compassion. Speak up, normalize recovery, and inspire hope.

Recovery Month also shines a light on the families, friends, and professionals walking alongside those in recovery. Their encouragement is the steady hand on the back that keeps us moving forward. So this September, let's celebrate the courage of individuals reclaiming their lives, the families finding healing, and the communities building systems of support. Together, we can create a culture where recovery is not just possible—it's expected, respected, and celebrated!!

-Jamie McGrew

988
SUICIDE
& CRISIS
LIFELINE

