

## Enjoy Health Recovery Together in 2016

Labor Day Weekend was a wonderful way to welcome in autumn and kick off National Alcohol and Drug Addiction Recovery Month!

Each September across our country, substance abuse treatment providers like Cochran Recovery Services, Inc. reach out to their surrounding communities to celebrate people in recovery and treatment providers who serve them.

It's important to share our stories and successes to promote the benefits of recovery and celebrate individuals and their dedicated health care providers who walk hand-in-hand with their clients during addiction treatment and throughout the recovery process.

I want to thank our health care providers at CRS for the work they do to provide personalized residential care as part of our science-based, medically driven, state-of-the-art alcohol and drug addiction treatment plans uniquely suited to each individual's recovery journey.

Together we care for a population that has high rates of relapse and where burnout rates are often high within our profession. Collectively our treatment work at CRS is based on a shared belief that behavioral health is essential to overall health, that prevention works, that treatment is effective and people can and do recover.

I hope to see many of our professional community at one or more of the upcoming conferences in the Twin Cities. The National Association for Alcoholism and Drug Abuse Counselors Conference: *Embracing Today, Empowering Tomorrow* will be held at the Hyatt Regency in Minneapolis, October 7-11, 2016 and the 47<sup>th</sup> MAARCH annual conference will be held at the St. Paul RiverCentre, October 25-27, 2016.

Attending or participating in such events helps set a collaborative tone for our colleagues and clients as we ease into the challenges and opportunities of the upcoming holiday months.

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