



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
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FAMILIES CELEBRATE RECOVERY FROM ADDICTION ***September is National Alcohol and Drug Addiction Recovery Month***

Every year, thousands of people enter and complete drug treatment programs throughout San Diego County.

Today, dozens of them celebrated their recovery at an event sponsored by San Diego County Health and Human Services Agency (HHSA) and its many prevention and treatment partners to commemorate September as *National Alcohol and Drug Addiction Recovery Month*.

"Giving people the tools to live drug-free lifestyles and helping them to lead healthy lives is one of the goals of the County's *Live Well, San Diego!* campaign," said HHSA Director Nick Macchione. "Addiction does not simply affect the individual addict. It affects children and families. Drug addiction ultimately impacts entire communities."

The County's 10-year plan to improve the health of residents and communities across the region includes activities to help prevent alcohol and other drug abuse and maintain awareness of emerging drug problems.

During fiscal year 2010-2011, nearly 12,200 people were admitted into County-funded treatment centers. Approximately 10,300 were adults and about 1,900 were 18 years of age and under.

Meth was the primary drug of choice for 38 percent of adults entering treatment and marijuana was the primary drug of choice (79%) among adolescents.

Of those in County-funded treatment programs, 48 percent were white, 32 percent were Mexican/Latino, 11 percent were Black/African-American, 3 percent were Asian/Pacific Islander, 1 percent Native American and 5 percent other.

Typically, about one third of people who enter treatment complete their program, one third drop out, and one third make some progress toward recovery.

"Substance abuse is a chronic, relapsing disease," said Susan Bower, Director of HHSA's Alcohol and Drug Services. "The good news is that it is treatable. I applaud those who are embarking on the road to recovery and encourage them to continue on that same path."

People suffering from a drug addiction are encouraged to seek help by calling the County's Access and Crisis Line at (800) 479-3339 or 2-1-1.

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