



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
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FORMER DRUG ADDICTS CELEBRATE THEIR SOBRIETY
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 treatment partners to commemorate September as *National Alcohol and Drug Addiction Recovery Month*.

"Substance abuse is a chronic, relapsing disease, that could be fatal," said Chairwoman Pam Slater-Price, County Board of Supervisors. "The good news is that it is treatable, and people throughout this county are in recovery today. It's great to see that County-funded treatment programs are helping people kick their addictions and turn their life around."

During 2009, more than 12,000 people were admitted into County-funded treatment centers. Approximately, 10,000 were adults; roughly 2,000 were under the age of 18.

Meth was the primary drug of choice for more than 38 percent of adults entering treatment. Marijuana was the primary drug of choice for 77 percent of adolescents.

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

"Addiction does not simply affect the individual addict," said HHSA Director Nick Macchione, adding that "It affects children and families. Drug addiction ultimately impacts entire communities."

The County's new, 10-year plan to improve the health of residents and communities across the region includes preventing alcohol and other drug abuse and being aware of emerging drug problems.

"The physical and mental well-being of our residents and our community is extremely important. I applaud you for embarking on the road to recovery and encourage you to continue in that same path," Macchione said.

HHSA funds a number of residential and non-residential treatment programs throughout the region that are helping people kick their addictions. However, there are millions of people across the nation and thousands right here in San Diego County who continue living a life of addiction.

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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