

# Wellness Wednesday

National Recovery Month



*Karen Haynes, Ph.D., LPC-S*



*Mrs. Cunby Rogens-Mitchell, LPC*

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives.

Now in its 31st year, National Recovery Month celebrates the gains made by those living in recovery.

Recovery is For Everyone! Every Person, Every Family, Every Community.

**NATIONAL  
RECOVERY  
MONTH** 

# What is Substance Abuse?

Substance abuse is a pattern of using a substance (drugs or alcohol) that causes significant problems or distress. A person struggling with substance use will struggle to maintain daily living (work, school, healthy relationships).

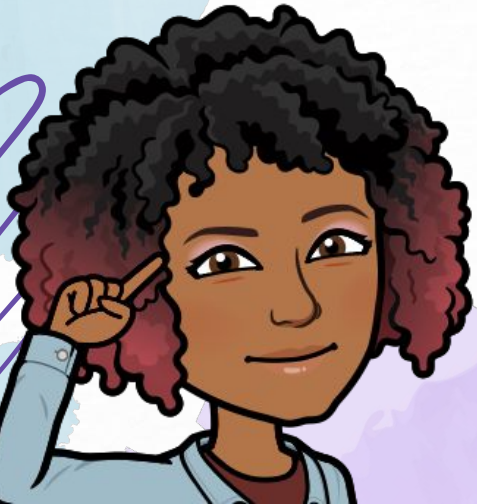
Substance abuse is a medically recognized illness that refers to the abuse of illegal and/or legal substances.



# Causes of Substance Abuse

Substance abuse and dependence can be caused by multiple factors, including genetic disposition, environmental stressors, poverty, social pressures, personality characteristics and mental illness.

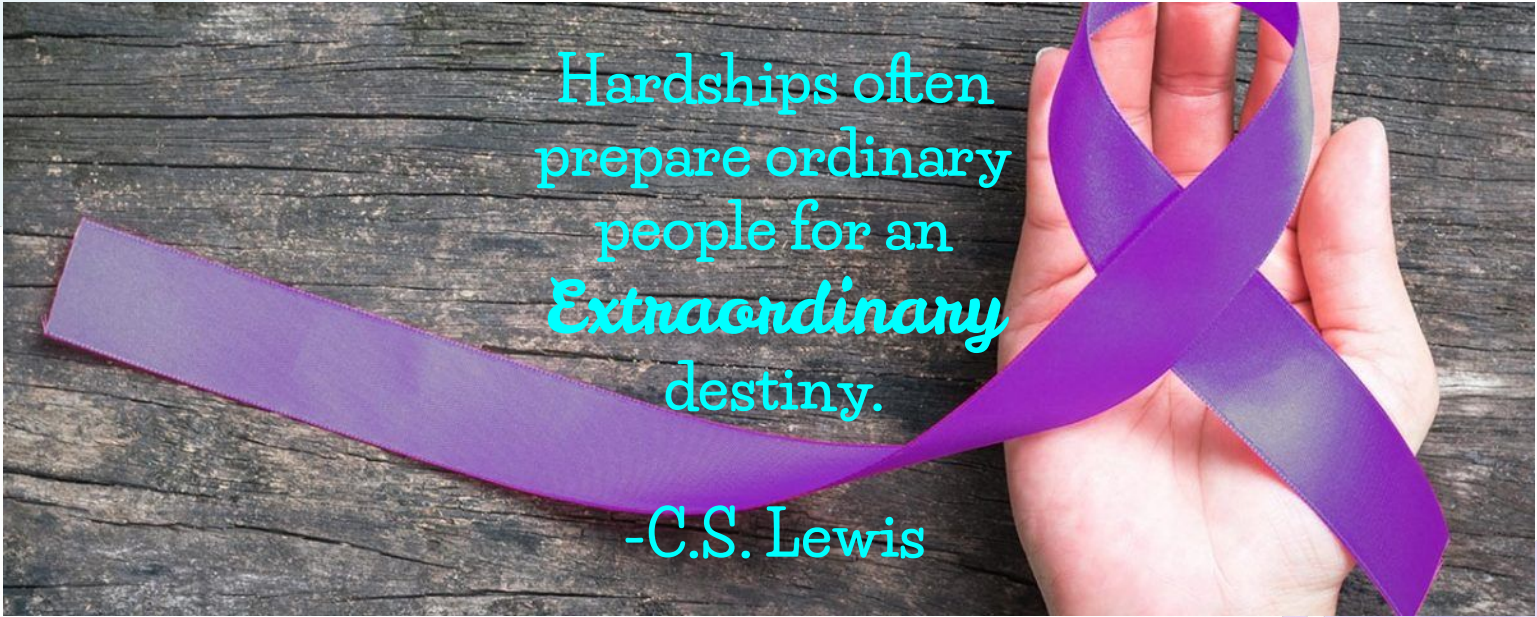
Every individual is different and their struggles with substance use are unique.



# The More YOU Know

Did you know these substances are on the list of most abused?

- Alcohol
- Marijuana
- Prescription medicines, such as pain pills, stimulants, or anxiety pills
- Methamphetamine
- Cocaine
- Opiates
- Hallucinogens
- Inhalants

A hand holding a purple ribbon against a dark wood background. The ribbon is draped across the hand and extends towards the left. The text is overlaid on the wood background.

Hardships often  
prepare ordinary  
people for an  
*Extraordinary*  
destiny.

-C.S. Lewis

There are many options that have been successful in treating drug addiction, including:

**Behavioral Counseling**

**Medication**

**Treatment  
Options**

**Evaluation and treatment for co-occurring mental health issues such as depression and anxiety**

**Medical devices and applications used to treat withdrawal symptoms or deliver skills training**

**Long-term follow-up to prevent relapse**

*Connection and support are also  
major components of treating  
addiction!*



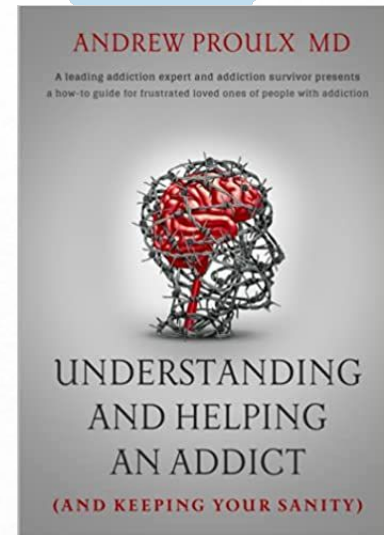
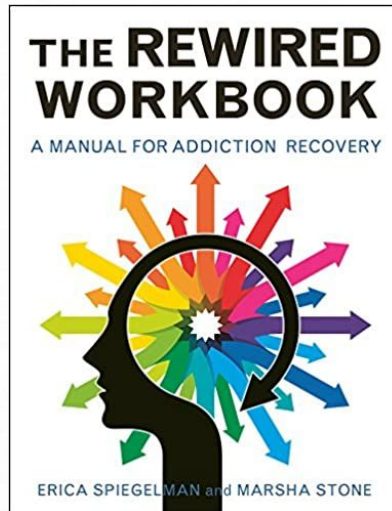
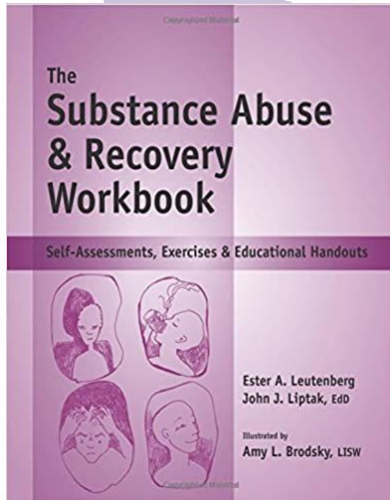


# #EndTheStigma

Any type of addiction should be looked at as a medical condition. Individuals are not able to just simply stop. Understanding addiction at its core is vital.

On the next slide, you will find resources that may be of assistance to help you understand addiction.

# Books



# Resources

National Recovery Month 2021

Houston Area Service Committee of  
NA - HASCONA Helpline (713)  
661-4200 / Español 888-600-6229

Alcoholics Anonymous

Center for Substance Abuse  
Prevention



# Topic Suggestions and Feedback

Click the **Suggestion Box** to submit your response.

Are there topics you  
would like to see  
discussed?  
We would  
*LOVE*  
to hear from you.



# Upcoming Meetings for Educators

Student Support Services Department  
Mental Health Intervention Team

*Cordially Invites you to Our*

## Mental Health Awareness Series for Educators

Wednesday, September 22, 2021  
5:00 p.m. - 6:00 p.m.

Topic

“Suicide Prevention”

Virtual Meeting

[https://crime-stoppers.zoom.us/j/85061480273?pwd=U0JUO  
WlBbEVJSIFqSS9BTGU3Vy9Ndz09](https://crime-stoppers.zoom.us/j/85061480273?pwd=U0JUO<br/>WlBbEVJSIFqSS9BTGU3Vy9Ndz09)

Presenter

Kaitlyn Frey

Education Specialist, The Safe School Institute  
Crime Stoppers of Houston



# Upcoming Meetings for Parents



## Galena Park Independent School District Student Support Services Department

The GPISD Mental Health Intervention and  
Social Services Team

*cordially invites you to attend the*

**Community Collaborative for  
Proactive Parenting Meeting**

**Tuesday, September 28, 2021  
10:00 a.m. - 11:00 a.m.**

**Topic**

**Suicide Prevention and Intervention**

**Location**

**ZOTZ Education Center  
13801 Hollypark Dr, Houston, TX 77015  
Room: A+B**

**Presenter:**

**Ashley Whitley, MA, MS, LMFT-A**  
Non-Physician Mental Health Professional (NPMHP)/Region 4 ESC  
**The Harris Center for Mental Health and IDD**



## Distrito Escolar Independiente de Galena Park Departamento de Servicios de Apoyo al Estudiante

**El Equipo de Salud Mental  
y Servicios Sociales de GPISD**

*Lo invita cordialmente a asistir a la*

**Junta de Colaboración Comunitaria para  
la Crianza Activa de los Hijos**

**martes, 28 de septiembre de 2021  
10:00 a.m. - 11:00 a.m.**

**Tema**

**Prevención del suicidio e Intervención**

**Lugar**

**Centro Educativo ZOTZ  
13801 Hollypark Dr, Houston, TX 77015  
Salón: A+B**

**Presentadora:**

**Ashley Whitley, MA, MS, LMFT-A**  
Profesional de salud mental no médica (NPMHP)/Region 4 ESC  
**Centro de Salud Mental Harris e IDD**

# Chat with a PRO

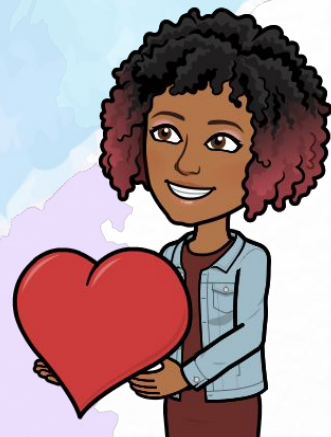


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