

# ***September is National Recovery Month***



National Recovery Month (Recovery Month), Established In 1989, Is Observed Every September To Promote And Support New Evidence-Based Treatment And Recovery Practices. This Month-long Observance Highlights The Strength And Resilience Of The Nation's Recovery Community And Acknowledges The Dedication Of Service Providers And Communities Who Make Recovery Possible. Recovery Month Serves As A Platform To Celebrate The Progress Made By Those In Recovery, To Educate The Public About The Importance Of Mental Health And Substance Use Treatment, And To Advocate For Policies That Support Recovery Efforts. By Fostering A Greater Understanding Of Addiction And Mental Health Issues, Recovery Month Aims To Reduce Stigma And Encourage Individuals In Need To Seek Help. The Collective

Efforts Of Healthcare Professionals, Recovery Advocates, And Supportive Communities Are Crucial In Creating An Environment Where Recovery Is Celebrated And Accessible To All.

<https://www.samhsa.gov/about/digital-toolkits/recovery-month>.



# Key Highlights

## 1. Celebration And Awareness:

The Month Is Dedicated To Acknowledging And Celebrating The Millions Of People Who Have Recovered From Substance Use Disorders, Fostering Hope And Showing That Recovery Is Possible For All.

## 2. Theme:

Each Year Features A Theme To Emphasize Recovery's Importance, Such As "Recovery Is Real" (Restoring Every Aspect Of Life).

## 3. Community Events:

Various Activities Took Place, Including:

- Community Walks And Runs: To Raise Awareness And Honor Recovery.
- Educational Workshops: Featuring Professionals And Individuals In Recovery Sharing Information.
- Storytelling Events: To Provide Hope And Break Down Stigmas.
- Resource Fairs: Connecting Families And Individuals To Local Services.

## 4. Promoted Resources:

The Month Highlights Available Treatment And Recovery Options To Encourage Individuals To Seek Help.

## 5. Advocacy:

The Month Encourages Advocacy For Better Policies And Increased Funding To Support Recovery Services And Programs.

## 6. Community Building:

Efforts Are Made To Strengthen And Support The Recovery Community, Emphasizing The Collective Nature Of Healing And The Importance Of Social Connections.



# ***The Science Behind Addiction:***

## ***How It Affects the Brain***

Addiction Is One Of The Most Complex And Misunderstood Conditions In Modern Society. It Affects Millions Of People Worldwide, And Despite The Stigmas Attached To It, Addiction Is A Chronic Disorder That Can Be Treated. From Behavioral Addictions Like Gambling To Substance Addictions Such As Alcohol And Drugs, The Underlying Science Of Addiction Provides Insights Into Why Some Individuals Are More Prone To It Than Others.



## ***What is Addiction?***

At Its Core, Addiction Is A Compulsive Need To Engage In A Behavior Or Consume A Substance Despite The Harmful Consequences. The American Society Of Addiction Medicine Defines It As A Chronic Disease That Affects The Brain's Reward, Motivation, And Memory Functions. People With Addiction Have An Intense Focus On A Specific Behavior Or Substance, To The Point Where It Takes Over Their Lives.

## **Addiction Can Be Classified Into Two Broad Categories:**

1. Substance Addiction: Involves Dependency On Drugs, Alcohol, Or Other Substances.
2. Behavioral Addiction: Involves Compulsive Engagement In Behaviors Like Gambling, Gaming, Or Shopping.

## **Common Types Of Addiction Are Alcohol, Drugs, Behaviors, And Nicotine.**

Though These Types Of Addiction May Appear Different On The Surface, The Brain Mechanisms Involved Are Remarkably Similar. Both Cause Changes In How The Brain Processes Pleasure And Reinforce Unhealthy Behavior Patterns.

Addiction Is A Complex Process Influenced By Genetics, Environment Factors, Mental Health, Social Influences And Personal Experiences, With Dopamine Playing A Central Role. Dopamine, The Brain's "Feel-good" Neurotransmitter, Is Released During Pleasurable Activities, Reinforcing Those Behaviors. In Addition, This Reward System Is Hijacked, Leading To Tolerance And Dependence As The Brain Relies On The Addictive Substance Or Behavior For Dopamine.





Addiction Impacts Both Mental And Physical Health, Causing Conditions Like Liver Disease, Heart Issues, Neurological Damage, And Increased Risk Of Infectious Diseases. Mental Health Suffers Too, With Heightened Risks Of Depression, Anxiety, Cognitive Impairment, And Suicidal Thoughts. Behaviorally, Addictions Like Gambling Or Shopping Can Ruin Relationships, Lead To Financial Ruin, And Trigger Feelings Of Guilt And Hopelessness. Social Consequences Often Deepen The Addiction Cycle.

Overcoming Addiction Requires A Multifaceted Approach, Including Acknowledging The Problem, Detoxification, Cognitive Behavioral Therapy (CBT), Medication-assisted Treatment (MAT), Support Groups, Mindfulness, And Building A Supportive Environment. Recovery Is Ongoing, With Strategies Needed To Prevent Resuming, Such As Identifying Triggers, Developing Healthy Coping Mechanisms, Staying Connected To Support Systems, Setting Realistic Goals, And Prioritizing Self-care.

<https://nida.nih.gov/research-topics/addiction-science/drugs-brain-behavior-science-of-addiction>.



We Are Proud To Introduce Some Of Our Esteemed Alumni Of Teech, Who Have Demonstrated Remarkable Resilience And Commitment To Their Long-term Recovery Journeys. These Individuals Have Not Only Overcome Significant Challenges But Have Also Become Beacons Of Hope And Inspiration Within Our Community. Their Stories Of Perseverance And Dedication Serve As Powerful Reminders Of The Transformative Power Of Recovery. As They Continue To Thrive And Contribute Positively To Society, They Embody The Core Values Of Teech And Exemplify The Strength And Potential Within Each Of Us. We Celebrate Their Achievements And Are Honored To Acknowledge Them During National Recovery Month.







# Your Opinion Matters: Complete Our Survey

Your Voice Is Essential In Helping Us Enhance Our Community. By Sharing Your Thoughts And Experiences, You Enable Us To Understand The Unique Needs And Aspirations Of Our Community Members. Together, We Can Create A More Vibrant, Inclusive, And Supportive Environment For Everyone. Please Take A Few Moments To Complete The Survey Below. Your Participation Is Greatly Appreciated And Will Contribute To The Continued Success Of Our Initiatives. Thank You For Your Time And Support!

English



Scan me!

Spanish



Scan me!

## ***Mobile Harm Reduction And Education Van On The Far Southside***

Far Southside Rosc And Alliance Care 360 Are Excited To Announce That The Mobile Harm Reduction, Hiv/sti Prevention, And Education Van Continues To Operate On The Far Southside Of Chicago. Our Innovative Initiative Aims To Provide Essential Services And Support To The Community, Addressing Critical Health Needs And Promoting Overall Well-being. We Are Committed To Being Present In Various Locations Across The Area, So Please Feel Free To Stop By And Access The Valuable Resources We Offer.







## ***Upcoming Events Reminder***

As We Move Through The Month, We Want To Remind You Of The Exciting Events We Have Lined Up. These Events Are Designed To Engage, Educate, And Empower Our Community, Offering Valuable Opportunities To Connect, Gain New Skills, And Access Essential Resources. From Workshops And Training Sessions To Community Meetings And Outreach Programs, There's Something For Everyone.

Don't Miss Out On These Fantastic Opportunities To Get Involved And Make A Positive Impact. Be Sure To Check Your Emails And Our Social Media Channels For Updates And Details On Each Event. We Look Forward To Seeing You There And Working Together To Create A Stronger, More Connected Community.

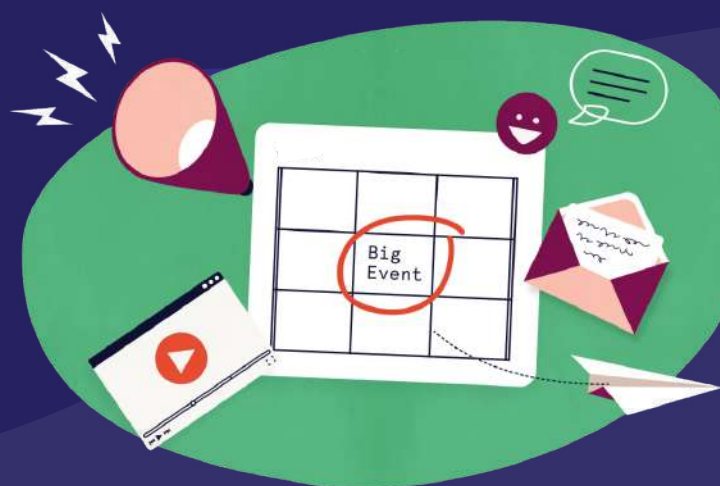


## ***Events Below: Time, Date, And Location To Be Announced!***

Fssri Will Host The Reentry Resource Fair To Support Individuals Reentering Society After Incarceration, Providing Job Training, Housing Assistance, And Healthcare Services To Help Them Reintegrate Successfully.

Unhoused People Essentials Drive This Initiative Aims To Collect And Distribute Essential Items To Those In Need Within Our Community.

## ***Recovery Month Events***









# Far Southside ROSC's Recovery Month Collaboration

Fssri/teech/breaking Barriers Collaboratively/bbc And Kate's Community Initiative











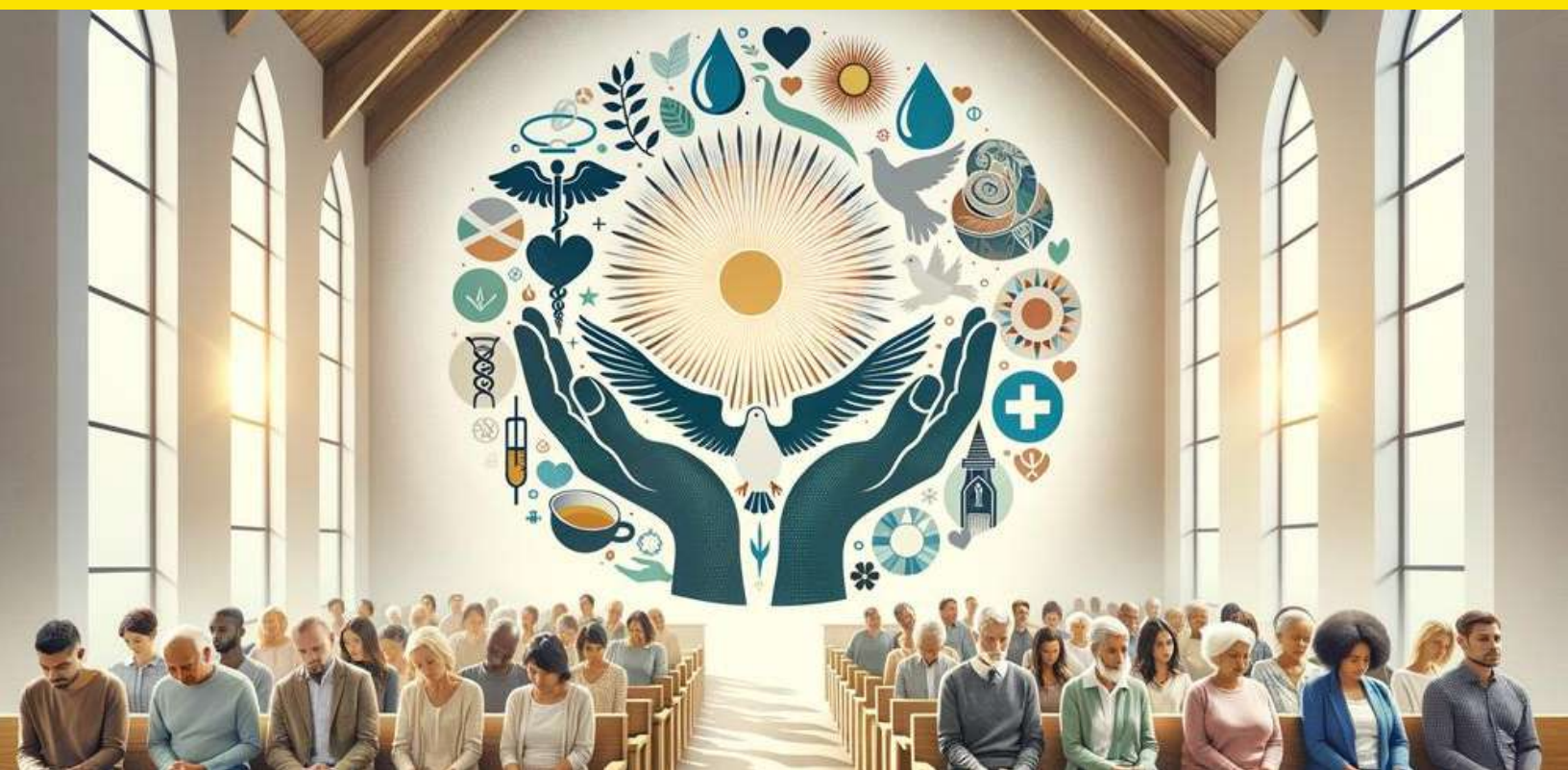
## **Welcome Disciples Church As A Recovery Certified Congregation**

We Are Delighted To Acknowledge And Welcome The Disciples Of Christ As A Recovery Certified Congregation. This Significant Achievement Reflects Their Unwavering Commitment To Fostering A Supportive And Inclusive Environment For Individuals On Their Recovery Journeys. By Becoming A Recovery Certified Congregation, They Are Taking A Proactive Role In Promoting Healing, Offering Hope, And Providing Essential Resources To Those In Need. Their Dedication To Understanding And Addressing The Challenges Of Addiction And Mental Health Issues Is Truly Commendable. Together, We Will Work To Create A Community Where Recovery Is Celebrated, Stigma Is Reduced, And Everyone Can Thrive. We Are Grateful For Their Steadfast Support And For Being A Beacon Of Light In The Lives Of Many.

## **BECOME A CERTIFIED RECOVERY CONGREGATION: Illinois Faith @ Recovery Collaborative**

We Are Thrilled To Announce That The Mental Health And Recovery Community Now Supports Multiple Pathways To Recovery. Individuals, Their Families, And The Broader Community Can Choose Their Own Recovery Journey. Recognizing The Vital Role Of The Church, We Are Offering Training To Congregations To Become Recovery Certified Congregations, Equipping Them With The Tools To Support Those Seeking Services. We Have Made Progress And Certified Numerous Churches In The Chicagoland Area And Have More Who Have Requested To Become A Certified Recovery Congregation.

For Training And Resources To Become Certified, Please Contact Rev. Dr. Karen White At (224) 406-3798 Or [[Drkwhite@teechfoundation.net](mailto:Drkwhite@teechfoundation.net)] ([Mailto:drkwhite@teechfoundation.net](mailto:drkwhite@teechfoundation.net)). All Training And Supplies Are Provided Free Of Charge.





# Special Eligibilities: Certified Recovery Congregations Qualify for

1. Additional Training Opportunities
2. Printed Materials And Resources
3. Engagement In Advisory And Collaborative Groups
4. Local Support Program Development Toolkits
5. Technical Assistance And Support From The Center For Community Engagement



Join Us In Making A Positive Impact And Empowering Our Community! By Becoming A Certified Recovery Congregation, You Will Play A Crucial Role In Supporting Individuals On Their Recovery Journey, Providing Them With The Resources And Encouragement They Need To Succeed. Your Involvement Will Help Create A More Inclusive And Supportive Environment For Everyone, Fostering A Sense Of Unity And Collective Progress. Together, We Can Make A Lasting Difference And Build A Brighter Future For All.

**Reminders:** Help Is Here: The Illinois Helpline For Opioids And Other Substances Is Available To Provide Support And Resources For Those In Need. You Can Reach The Helpline By Calling 833-findhelp (833-234-6343) Or By Texting "Help" To 833234. This Service Is Available 24/7, 365 Days A Year, And Is Completely Free Of Charge. Whether You Or Someone You Know Is Struggling With Substance Use, The Helpline Offers Confidential Assistance, Connecting You To The Necessary Resources And Support To Help You On Your Recovery Journey. TEECH Remains Committed To Enhancing Community Safety By Continuing To Install Narcan Machines Throughout Our Communities These Machines Are Crucial In Preventing Opioid Overdoses And Saving Lives. TEECH Remains Dedicated To Distributing Narcan And Hosting Training Sessions. If You Need Narcan Or Would Like To Attend A Training, Please Contact TEECH (224) 406-3798.



## 988 Suicide & Crisis Lifeline

People Can Call, Text, Or Chat With The 988 Number To Be Connected To Counselors From The National Suicide Prevention Lifeline.

### Emergency Response Services

1. For emergencies, dial 911.
2. For non-emergencies, dial 211 or 311.



Inspirational Reflection For The Day: In A World Where Challenges And Hardships Are Ever-present, The Power Of Empathy And Unity Cannot Be Overstated. By Coming Together As A Community, We Can Create A Supportive Environment Where Everyone Can Thrive. Whether It's Through Providing Resources, Offering A Helping Hand, Or Simply Listening To Someone's Story, Each Act Of Kindness Contributes To A Brighter Future For All.

### **Call To Action** Act Now To Make A Difference Together:

Overdoses, Addiction, And Mental Health Challenges Are Pressing Issues That Affect Our Community Every Day. It's Time For Us To Come Together And Act. By Collaborating As A Community, We Can Provide The Support, Resources, And Care That Individuals Need To Overcome These Challenges And Lead Healthier, Happier Lives.

Join Us In Our Mission To Combat Overdoses, Support Those Struggling With Addiction, And Promote Mental Health Awareness. Whether Through Volunteering, Attending Training Sessions, Spreading Awareness, Or Simply Offering A Listening Ear, Every Effort Counts. Together, We Can Create A Supportive Environment Where Everyone Can Thrive. Let's Work Hand In Hand To Build A Stronger, More Resilient Community. Your Involvement Is Crucial In Making A Lasting Impact. Reach Out Today And Be A Part Of The Change. Together, We Can Save Lives And Empower Our Community.

### **Empower Our Community with Your Support**

Urgent Appeal For Donations To The TEECH Foundation: Help Us Continue Our Mission While Our Funding Is Secure For The Fiscal Year 2026, We Still Require Additional Support To Sustain Our Operations And Expand Our Reach. We Are Making An Urgent Appeal To Our Community For Donations To Ensure The Continuation Of Our Vital Services. Your Generous Contributions Will Enable Us To Provide Essential Support And Resources To Those In Need, Allowing Us To Continue Our Mission Of Making A Positive Impact On The Lives Of Countless Individuals.





**Thank You For Your Continued Support**

# THANK YOU

A circular collage of colorful icons representing various aspects of life. The icons include: a family of four (two adults and two children) in red; a family of four in blue; a person pushing a stroller; a person walking a dog; a person on a bicycle; a sun; a house; a tree; a flower; a key; a wheelbarrow; a carrot; an apple; a boot; a speech bubble; a magnifying glass; a lightbulb; a gear; a leaf; a heart; a star; a cloud; a rain cloud; a snowflake; a fire; a water drop; a leaf; a heart; a star; a cloud; a rain cloud; a snowflake; a fire; a water drop. The icons are arranged in a circular pattern, with some overlapping. The colors used are red, blue, green, yellow, and grey.

# Resources

*Wednesdays*  
**JULY 9 – OCTOBER 29**  
**7 A.M. – NOON**

**PULLMAN FARMERS**  
*Market*

**11100 S. COTTAGE GROVE AVE.**

\*\*\***SENIOR COUPONS**\*\*\*

**ROSELAND CHRISTIAN MINISTRIES**  
**10858 S MICHIGAN AVE**

**1ST AND 3RD WEDNESDAYS**  
**FROM 11 A.M. - 1 P.M.**

**BEGINNING JULY 23**  
**UNTIL SUPPLIES LAST**

**Bringing Veteran Services & Support to the 9<sup>th</sup> Ward**

2nd and 4th Monday of each month

Meet with a Service Coordinator from Hope Manor I, a non-profit housing program under VOA Illinois who offer a large variety of services to Veterans and Veteran Families

**GET ASSISTANCE WITH**

- HOUSING
- EMPLOYMENT READINESS
- CONNECTING TO VA RESOURCES

**Date: September 8th & September 22nd** **Time: 2 PM – 4:30 PM**

 **34 E 112<sup>th</sup> PL**

Appointments available from 2-3:30 PM  
\*Walk-ins 3:30-4:30 PM

\*LAST Walk-in will be at 4:30 PM

 To make an appointment, for any questions or concerns call Monika 773-765-1100

ALDERMAN ANTHONY A. BEALE  
PRESENTS

**9TH WARD**

**SUPER RESOURCE FAIR**

**THURSDAY,**  
**OCTOBER 16, 2025**  
**10:00 AM - 2:00 PM**

**Pullman Community Center**  
**10355 S Woodlawn Ave**

**INDOORS AND OUTDOORS**

**Shredding**  
**Electronic Recycling**  
**Prescription Pill Disposal**

**Blood Donations**  
**Flu Shots**  
**Vaccinations**  
**Over 50 Vendors**



**NOW HIRING! Project Coordinator**

**CTA Red Line Extension**

- Large design and construction project
- 5.5-mile extension of CTA Red Line
- Will extend from 95<sup>th</sup> St. to 130<sup>th</sup> St.
- Elevated train guideway and structure
- Four (4) new & modern transit stations
- At: 103rd, 111th, 130th, Michigan Ave.

**About the Role**

- Provide administrative support
- Facilitate & organize submittals
- Track & manage project reviews
- Record comments and revisions
- Support civil/structural engineers
- Use communication/writing skills

**Position Highlights**

- Help shape our local public transit
- Health, dental, vision, 401k, PTO
- Full-time position, \$30 - \$50/hr
- Hybrid schedule - 3 days onsite - Loop
- Excellent communication & org skills
- Strong Excel, Word, PDF editor skills

**More Info & Apply Here**

 hemal.patel@10-4eng.com