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SEPTEMBER

HEALTH BULLETIN

RECOVERY IS A JOURNEY

September is **National Recovery Month**, a nationwide observance since 1989 that celebrates recovery from substance use and mental health disorders, promotes treatment access, and reduces stigma.

Recovery is **REAL** (Restoring Every Aspect of Life), emphasizing that with the right treatment, support, and resources, recovery is possible for everyone.

Accept the Journey
Progress comes from taking
one positive step at a time.

One in 6 Americans reports experiencing a substance use disorder. There is not one single driving factor that leads to addiction. Some people may use drugs as a way to cope with stress, trauma, or mental health issues. Some people may even develop opioid use disorder after misusing opioids they are prescribed by doctors. In any case, using drugs over time makes it easier to become addicted.

Substance use disorder (SUD) is defined as a problematic pattern of substance use leading to clinically significant impairment or distress. Education and awareness around the harm of using substances, along with the support of friends, parents, and caregivers, can help prevent SUD's.

Stay Committed
Recovery begins with the decision to
positive change.

Addiction is a disease not a character flaw. Any person, no matter their age, geographic location, or socioeconomic background, is potentially at risk for developing a substance use disorder when taking substances with potential for addiction. Overcoming a SUD is not as simple as resisting the temptation to take drugs through willpower alone. A SUD is a treatable chronic disease, characterized by a problematic pattern of use of a substance leading to clinically significant impairment or distress. Recovery can be challenging, but it is possible.



Create Healthy Habits
Choose activities that strengthen your
body, mind, and daily routine.

There are safe and effective ways to recover from SUDs. Finding the right treatment option can be the key to a successful recovery journey.

Cognitive-behavioral therapy seeks to help patients recognize, avoid, and cope with the situations in which they're most likely to use drugs.

Contingency management uses positive reinforcement such as providing rewards or privileges for remaining drugfree, for attending and participating in counseling sessions, or for taking treatment medications as prescribed.

Build a Support System
Surround yourself with people who
encourage and uplift you.

Twelve-step facilitation therapy is an individual active engagement strategy designed to encourage people to accept drug addiction as a chronic, progressive disease and prepare them to begin a 12-step mutual support program.

Outpatient counseling can help people understand addiction, their triggers, and their reasons for using drugs. This form of treatment can be done at a doctor's office or via telehealth appointment.

Inpatient rehabilitation at a full-time facility provides a supportive environment to help people recover without distractions or temptations.

Find help today!

Recovery is possible. Don't wait to get started. Some treatment and services available are

[Community Resource Center \(CRC\)](http://www.crconline.info)
www.crconline.info

[Comprehensive Connections](http://www.compconnet.org)
www.compconnet.org

[Celebrate Recovery](http://www.celebraterecovery.com)
www.celebraterecovery.com



Celebrate Every Milestone
Recognize each achievement as part of your
recovery journey.

Sources: <https://www.cdc.gov/stop-overdose/stigma-reduction/understanding-addiction.html> <https://www.samhsa.gov/html>



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Marion County

July 2026 Statistics

Clinics

Blood Pressure
Persons Served.....23

Paternity Testing Clinics.....0
Number of Persons Tested.....0

Immunizations

Number of Clinics7
No. of adults.....23
No. of adults immz. adm11
No. of pediatrics112
No. of pediatrics immz. adm.210
Total of vaccines administered... 221

Children's Immunizations

Pediarix.....17
Pediatric Flu.....0
Hib21
Pneumococcal.....20
Rotavirus.....10
Hep A.....10
Dtap.....9
MMR8
Tdap21
Hepatitis B.....3
Varicella8
Kinrix19
Gardasil3
Meningitis36
ProQuad.....22
IPV (Polio).....3
Td0
Men. B0
Nirsevimab/RSV.....0
COVID-19.....0

Adult Immunizations

Hepatitis A0
Hepatitis B.....1
Flu0
Men. B.0
Meningitis0
MMR.....0
Pneumonia 23.....0
TD2
Tdap5
Typhoid2
Varicella0
Yellow Fever.....2
Prennar 20.....0
Shingrix1
RSV0
COVID-19.....0

Maternal Child Health (MCH)

Maternal Health Encounters353
WIC Caseload1,020
WIC Clients receiving Education...114
WSSM/WIC Education.....30
Internet WIC Education.....24
Individual Education14
Phone Education.....46
Lead41
Hemoglobins72
ASQ Developmental Screenings55
Depression Screenings.....26
EPSDT'S33
Flouride Varnish (Oral Health).....57
Number of Vision Tested.....0
Number of Hearing Tested.....0
Pregnancy Tests.....0

Better Birth Outcomes-Comprehensive

APORS Investigations2

Healthworks Caseload.....55

Communicable Disease Investigations

Animal Bites.....7
Chickenpox0
Cryptosporidiosis.....0
Hepatitis B.....15
Hepatitis C.....9
Histoplasmosis0
HIV/AIDS Cases Investigated0
HIV Test6
Salmonellosis1
Streptococcal Infections (Group A) ..0
Whooping Cough (Pertussis).....0

Sexually Transmitted Disease

Chlamydia20
Gonorrhea10
Syphilis1

TB (Tuberculosis)

Tests Administered.....15
New LTBI2
New Suspect TB Investigations1
New Active Cases0

Lab Draws

Private Pay
Salem Office74
Centralia Office23
Total Private Pay Lab Draws97

Environmental Health

Food

Routine Inspections32
Follow-up Inspections.....20
Complaint Inspections2
Temporary Inspections5
Pre-Operational Inspections0
Emergency Incident Inspections0
Number of Food Permits Issued ...27
Category Changes.....1
Closed Food Establishments.....0
Cottage Food Permits Issued2

Sewage

Routine Inspections6
Complaint Inspections.....1
Realty Inspections.....0
Sewage Systems Installed.....8
Number of Permits Issued7

Water

New System Inspections0
Existing Water Well Inspections0
Realty Inspections0
Complaint Inspections0
Water Wells Sealed0
Number of Permits Issued0

Closed Loop Wells

Closed Loop Well Inspections.....1
Systems Installed1
Number of Permits Issued0

Tanning

Routine Inspections0
Follow-up Inspections0
Complaint Inspections0

Body Art

Routine Inspections0
Follow-up Inspections.....0
Complaint Inspections0

FIT Test

Female.....0 Male.....0

