Take the First Step and Join the Voices for Recovery
5k Twelve Step Recovery Walk Marks Month Long Celebration

EKTON, MD [September 23, 2011] September is National Recovery Month and to celebrate, the Cecil County Alcohol and Drug Council will hold a 5k Twelve Step Recovery Walk at Meadow Park in Elkton on Sunday, September 25 from noon until 4 p.m. The event is free and open to the public. No advance registration is required.

The 5K Twelve Step Recovery Walk features family friendly entertainment, including face-painting and a puppet show by Jack Foreaker, who has appeared, on stage, in over three hundred productions. Jack has worked locally and nationally, with extensive work for the Public Broadcasting System and on motion pictures such as "The Gentle People and the Quiet Land" and "The Muppets Take Manhattan," where he performed as a puppeteer in Miss Piggy's Wedding.

“The 12-Step Walk celebrates the success of those who are in recovery and shows support for those struggling to find it,” states Elaine Barclay, a member of the Cecil County Alcohol and Drug Council and a counselor at Haven House, a substance abuse treatment center in Elkton. “It reminds us that addiction is a treatable disease.”

“The Walk also honors people who make recovery possible,” adds Kenneth Collins, director of the Cecil County Health Department Alcohol and Drug Recovery Center. “Treatment benefits not only the affected individual, but their family, friends, workplace, and society as a whole.”

A recent University of Maryland study shows Cecil County has the fifth highest substance abuse arrest rate in the State and a drug-induced death rate second only to Baltimore City. Local officials say over the past four years more than 93 deaths were drug related. A vast majority of inmates are currently serving time in the Cecil County Detention Center for crimes influenced by drugs.

Nationwide, 4.3 million people aged 12 or older (1.7 percent of the population) received treatment for substance use disorders, and 30.2 million adults aged 18 or older received services for mental health problems, according to the 2009 National Survey on Drug Use and Health.

The Cecil County Alcohol and Drug Council identifies priorities and strategies for meeting the "evaluation, prevention, and treatment" needs of the general public and the criminal justice system. Council meetings are open to the public, and include representatives from local/regional prevention and treatment providers, health department, social services, criminal justice organizations, faith community, members of the recovery community, and concerned citizens.

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The Recovery Walk is part of the 22nd observance of *National Recovery Month: Prevention Works, Treatment is Effective, People Recover*, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services (HHS). The theme for recovery month is "behavioral health is essential to overall health, that prevention works, treatment is effective."

"The Cecil County community can join us on Sunday and walk to show support for substance abuse prevention, treatment and recovery," Collins says.

For more information, contact the Cecil County Alcohol and Drug Council at 410-996-5106.

**WHO:** Cecil County 5k Twelve Step Recovery Walk  
**WHEN:** Sunday September 25, 2011 noon until 4 p.m.  
**WHERE:** Meadow Park, Delaware Avenue, Elkton, Maryland  
**CONTACT:** Cecil County Alcohol and Drug Council, 410-996-5106.