



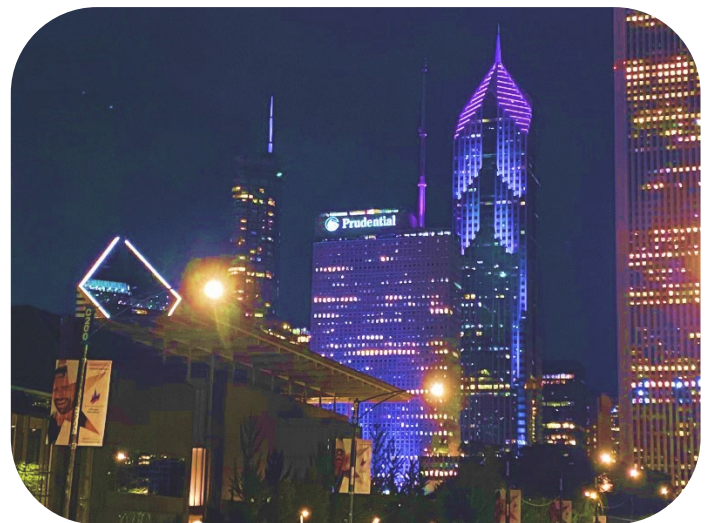
Plan Ahead for September National Recovery Month 2024

Illinois Department of Human Services Division of Substance Use Prevention and Recovery (IDHS/SUPR) is reaching out to you in support of National Recovery Month 2024.

Governor JB Pritzker has signed a proclamation declaring September as National Recovery Month. Recovery Month is an opportunity to celebrate the gains made by those in recovery from substance use and/or mental health challenges and work to promote new evidence-based treatment and recovery practices. In support of Recovery Month this year, IDHS will be lighting the Chicago skyline purple to symbolize recovery from September 3-10, 2024. Additionally, Chicago has been chosen to host the [National Recovery Hub event](#) on September 21, 2024, at UIC Credit Union 1 Arena. We want your help to spread the word that recovery is for everyone.

With your support and assistance, we can make National Recovery Month 2024 the most successful one yet. Recovery is for all, and together, we will succeed in increasing awareness, reducing stigma, and improving access to support for everyone. Here are some ways you can show your support:

- Consider using [purple backgrounds](#) during virtual meetings, purple logos for the month, purple signature blocks in emails, and/or using the #RecoveryBelongsIL hashtag on [social media](#) posts.
- Spread purple throughout your community, including painting store front windows purple with positive recovery messages, hanging purple bows, using purple light bulbs, writing purple sidewalk chalk messages, and/or wearing purple.
- Utilizing positive recovery messages like:
 - Recovery is for All
 - Recovery is Possible
 - Support Recovery
 - It's Okay to Ask for Help
 - You Are Not Alone
 - There's Always Hope
 - Recover Out Loud



SMART Alert

IDHS Division of Substance Use
Prevention and Recovery



JB Pritzker, Governor • Dulce Quintero, Secretary Designate • Laura I. Garcia, Director

- Urge your local leaders (e.g., elected officials, legislators, business owners, school administrators, medical community, etc.) to recognize September as “Recovery Month” in your communities.
- Post banners and flyers showing your support.
 - Rally for Recovery: National Hub Event (flyers in English and Spanish, sponsors, vendor exhibits, etc.): <https://www.chicagorecovery.org/national-rally-for-recovery-hub-event>
 - Substance Abuse and Mental Health Services Administration's Recovery Month Toolkit (shareables, resources, etc.): <https://www.samhsa.gov/recovery-month/toolkit>
- Center for Disease Control’s Digital Media Toolkits (Facebook frames, social media stickers): <https://www.cdc.gov/overdose-prevention/communication-resources/digital-media-toolkit.html>
- Provide information on local recovery resources.
 - IDHS Help is Here (various helpline numbers): <https://www.dhs.state.il.us/page.aspx?item=123539>
- Share your own local recovery successes and your future vision of recovery within your community.

For more information, including a copy of this information that may be shared with the public, please reach out to Kim Sriner: kimberly.sriner@illinois.gov

We appreciate your assistance and continued support as we make recovery not just possible, but probable, for ALL in Illinois.

Celebrate Recovery Month in Illinois!
#RecoveryBelongsIL

