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ARIZONANS INVITED TO JOIN NATIONWIDE DANCE FOR WELLNESS AND RECOVERY

On September 23, thousands of people across the country will stand up and demonstrate their pledge for wellness through the *Line Dance for Wellness and Recovery*. As part of this year's observance of Arizona Recovery Month, the Arizona Department of Health Services Division of Behavioral Health Services invites Arizonans to join in the celebration at the Arizona State Capitol and Reid Park in Tucson.

“Behavioral health and wellness is an essential component of everyone’s overall health status,” said Dr. Laura Nelson, Deputy Director and Chief Medical Officer at the Arizona Department of Health Services. “The same is true about physical health and wellness for those with mental illness and substance use disorders. Tending to physical healthcare needs is an essential part of recovery.”

All dancers and visitors will have an opportunity to learn about the Substance Abuse and Mental Health Services Administration's “10x10 Wellness Campaign” and its “Eight Dimensions of Wellness.” Interactive displays will focus primarily on the importance of overall health and well-being, professional treatment for those with substance use and mental disorders, and how recovery positively impacts our society as a whole. The 10x10 Wellness Campaign promotes the importance of addressing all parts of a person's life in hopes of increasing life expectancy for persons with mental and substance use disorders by 10 years in 10 years.

“True wellness takes into account emotional, physical, social, occupational, intellectual, spiritual, environmental, and financial health and stability.” Dr. Nelson added. “Each of these aspects of wellness impacts one’s quality of life and life expectancy, especially for people with mental and substance use disorders.”

The Phoenix celebration will be held at Wesley Bolin Plaza located at 1600 W. Washington Street. The Southern Arizona celebration will be held at the DeMeester Outdoor Performance Center at Reid Park located at 22nd St and Country Club in Tucson. Exhibit booths will open at 9:30 a.m. in Phoenix only and the Line Dance for Wellness will begin at 10:10 a.m. sharp in both cities! For more information about this and other Recovery Month activities visit www.azdhs.gov/bhs/. Recovery Month Public Service Announcements (PSAs) are available upon request and online at the website above.

About National Recovery Month:

Join the Voices for Recovery: Recovery Benefits Everyone! The event above is part of a national initiative 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). As part of National Recovery Month, SAMHSA will launch the first National Wellness Week from September 19-25, 2011. The observance of National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month), which takes place each September, raises awareness of substance use and mental disorders, celebrates individuals in long-term recovery, and acknowledges the work of treatment and recovery service providers. Recovery Month spreads the message that behavioral health is an essential part of health and one's overall wellness, and that prevention works, treatment is effective, and people can and do recover from substance use and mental disorders. Recovery Month highlights the importance of communities nationwide to promote prevention, treatment, and recovery services not only in September, but throughout the year.

About ADHS/DBHS: The Arizona Department of Health Services/Division of Behavioral Health is the State of Arizona public mental health authority. Created in 1986, ADHS/DBHS serves as the single state authority to provide coordination, planning, administration, regulation and monitoring of all facets of the state public behavioral health system. ADHS/DBHS contracts with community based organizations, known as Regional Behavioral Health Authorities (RBHAs), to administer behavioral health services throughout the State. RBHAs function in a fashion similar to a health maintenance organization.

Behavioral Health Services Vision: All Arizona residents touched by the public behavioral health system are easily able to access high quality prevention, support, rehabilitation and treatment services that have resiliency and recovery principles at their core, which assist them in achieving their unique goals for a desired quality of life in their homes and communities.

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