



# Media Release

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## Utahn to Be Honored in NYC for 24 Years in Recovery from Drug and Alcohol Addiction

SALT LAKE CITY – September 16 marks 24 years that Utah resident Mary Jo McMillen has been drug and alcohol free. She will be celebrating this weekend in New York City as the Utah delegate for the Recovery Project, commemorating the 20<sup>th</sup> anniversary of National Alcohol and Drug Addiction Recovery Month. Selected by A&E Network to represent Utah, Mary Jo will join the other delegates in leading a procession of thousands across the historic Brooklyn Bridge, forming a human bridge symbolizing the fact that anyone can cross their own bridge to recovery.

Recovery Month provides a platform to celebrate people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes in an effort to educate the public about treatment—how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, transforming the lives of untold thousands of Americans. These successes often go unnoticed by the broader population and Recovery Month was established to provide a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, addiction is a treatable disease, and recovery is possible. The month-long observance highlights the benefits of treatment not only for the affected individual, but for their family, friends, workplace, and society as a whole.

“By working together as a community, we can foster awareness of addiction, treatment, and recovery and encourage Utahns to seek the services they need,” said Casey Hill, Executive Director of USARA (Utah Support Advocates for Recovery Awareness). USARA is the local sponsor of Recovery Day, which will be celebrated on Saturday, Sept. 19, at the Gallivan Center. Other events are planned this week for Park City (9/09), Tooele (9/11), and Provo (9/12). Last year over 1300 people attended the Salt Lake event. The free activities include children's games, arts and crafts, live music, food, and various awareness stations.

For more information on USARA or on local Recovery Day events, visit [www.u-sara.org](http://www.u-sara.org).

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