News From the Allegany Prevention Department January 2025

January is the perfect time to seek help for a substance use disorder!

"New year, new me!" January is Substance Use Disorder (SUD) Treatment Month. This is a perfect time to reflect on your relationship with substances, learn about SUD treatment options, and connect with resources available to you or your loved ones. Recovery is possible. In fact, almost 75 percent of those who have ever had a substance use problem recover according to the 2023 National Survey on Drug Use and Health(NSDUH). Treatment can look differently for everyone depending on the severity of their SUD, their health needs, and resources available to them. Treatment can range from inpatient hospital care, outpatient services, Medication Assisted Treatment (MAT), 12 Step Meetings, Mental Health Counseling, and Holistic Healing. Those who are in recovery can tell you that there is no right way to recover and "It works if you work it, and you are worth it!" Remember, you are not alone, and that recovery is a process. Help is available @ findtreatment.gov, by contacting a Seneca Strong Peer Specialist, or by contacting a Prevention Specialist today.

Are you worried about a loved one? Learn more at samhsa.gov/families, al-anon.org or attend an Al-ANON or Alateen meeting near you. Together we can make a difference!

...ARE STILL STEPS.

NEW YEAR. NEW BEGINNINGS.

FINDTREATMENT.GOV

SAMHSA

SUBSTANCE USE DISORDER TREATMENT MONTH

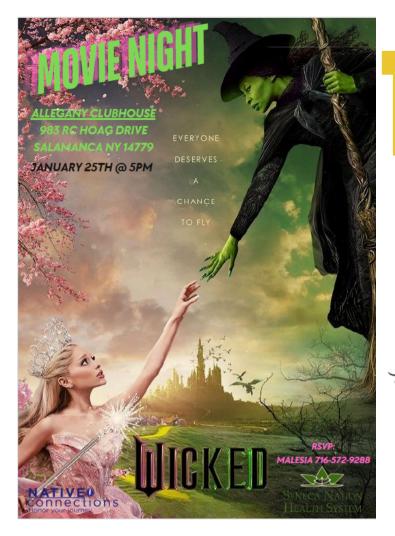
SMALL STEPS

FORWARD...



Our phones are temporarily down. We are so sorry for the inconvenience. The best way to reach us is through Facebook Messenger @ Seneca Native Connections or through email cdbrown@seneca health.org







If you or someone you know is struggling with thoughts of suicide...



February 21st in Cattaraugus 5:00PM -9:00PM Dancing, Indian Tacos, strawberry and biscuits, prizes, games and fun. Transportation provided. Watch for more details!

SENECA NATION HEALTH SYSTEM



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