

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!



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@senecahealth.org

SMALL STEPS
FORWARD...



...ARE STILL STEPS.



NEW YEAR, NEW BEGINNINGS.

Find treatment options and resources for substance use disorders.

FINDTREATMENT.GOV

SUBSTANCE USE DISORDER
TREATMENT MONTH

SAMHSA





TEEN SOCIAL



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

988 SUICIDE & CRISIS
LIFELINE
24/7 CALL, TEXT, CHAT

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

NATIVE CONNECTIONS ALLEGANY
MONDAYS & WEDNESDAYS
2:45PM-7:00PM
Honor your journey
Visit us at the Seneca Clubhouse
983 RC Hoag Drive
Salamanca NY
716-945-8413 Ext. 3649
All youth ages 12-17 Welcome

- We have board games, jewelry making, 3D printing, video games and more....



SENECA NATION
HEALTH SYSTEM

NATIVE
connections
Honor your journey.

**983 RC Hoag Drive Salamanca NY
cdbrown@senecahealth.org**