



You know someone who needs us.
We can help.



PRESS KIT

LET THE COUNCIL ON RECOVERY HELP YOU TELL THE STORY:

We have available experts ready and willing to speak and be interviewed on the following topics and many more:

- An overview of addiction, treatment and recovery
- How to determine if you may have a “problem” with alcohol or drug use
- What to look for in a family member or loved one who may need help
- How to find a quality treatment center for you or a loved one
- Co-occurring disorders (substance abuse and mental health issues that occur together)
- Chemical addictions (alcohol, drugs) versus process addictions (sex and love, gambling, shopping, porn, etc.)
- Prevalence of substance use issues with adolescents
- Opioid epidemic, synthetic marijuana, and other drug trends
- Shame and family-of-origin issues
- How to talk to children about addiction and recovery
- Yoga and mindfulness in recovery

WEBSITE & SOCIAL MEDIA

Our website is a ready destination for people who want immediate help for themselves or a family member, and is a rich resource of information on all facets of addiction & recovery.

Our presence and participation in the major social media outlets, including Facebook, Twitter, Instagram, and LinkedIn are helping spread our message of hope and recovery to more people than ever before, healing families and saving lives.

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LETTER FROM THE CEO

THE COUNCIL'S VISION

Our vision is for a community in which substance abuse is no longer a major problem. Where all people who experience alcohol, drug, or related problems have access to effective, affordable services that address their needs. A place where individuals and organizations find freedom from the shame and stigma attached to substance abuse.

THE COUNCIL'S CORE VALUES

We affirm four core values that all staff members pledge to uphold in carrying out our Vision.

IMPACT

EXCELLENCE

INTEGRITY

COMPASSION



Recovery isn't just in our name, it's in our DNA. Since our founding in 1946, the Council on Recovery has been at the forefront of helping individuals and families whose lives have been affected by alcoholism, drug abuse, and other addictions. As substance abuse disorders continue to afflict major segments of our society, we'll continue our relentless efforts at prevention, education, treatment, and recovery to stem the tide of these vicious problems.

When it comes to seeking help, we know how difficult it can be to make decisions regarding selecting treatment for yourself or a family member. The process can be confusing and daunting, not to mention expensive, at a time where life can feel overwhelming.

And we know you have a choice. So, when reviewing treatment options, here's what sets us apart:

We're non-profit. We put you and your family first. We offer you the highest standard of accredited care at a reasonable fee. We cover our costs, while remaining focused on providing you with the highest quality care. In short, we don't profit from our clients' challenges.

Many of us have been there. We've faced the same choices you're facing now. We're here to listen, not to judge. We'll hear your concerns, understand your fears, and give you the best counsel available to families anywhere.

We're family-centered. We support your entire family through the recovery process. Family participation is critical to success in sobriety. Loving someone who's struggling with an addiction often means dealing with pain alongside them. Everyone in the family can heal and deserves the help The Council offers.

We will work with you. Together, we'll develop the best treatment plan for your family's needs. From 12-Step based recovery approaches to other alternatives, we offer you the most effective options.

Above all, we promise to give you the best service and unconditional acceptance on your path to sustain sobriety because recovery is in our DNA.

By seeking help, you've taken the first, most important step. We look forward to working with you on the path ahead.

MARY H. BECK, LMSW, CAI
President & CEO
The Council on Recovery



INDIVIDUAL BASED INTEGRATED CARE

Our comprehensive services offer help to all those who need it. We are the only organization providing services to every age and stage in life.

ADULT CLINICAL SERVICES:

People struggling with an addiction, mental health issue, or just life in general may not know where to get help. The Center for Recovering Families is the place to start.

FAMILY RECOVERY SERVICES:

Family recovery services encourage personal accountability while helping family members express emotions, release resentments, and develop relationship goals.

ADOLESCENT SERVICES & PARENT EDUCATION:

Watching an adolescent struggle with high-risk behavior, co-occurring mental health issues, or behavioral problems can leave parents feeling overwhelmed. Our services for adolescents and parents can help.

CHILDREN'S SERVICES:

When children are faced with difficult experiences, such as substance abuse in the family, divorce, trauma, and major transitions, they can create flawed messages and beliefs, and develop inappropriate coping skills. The Center can help provide the appropriate tools and support.

COMMUNITY OUTREACH PROGRAMS

Keeping Our Community Healthy, Productive, and Safe

EVIDENCE-BASED PREVENTION CURRICULUM IN SCHOOLS

- Our Prevention Specialists provide school and community site curriculum-based education and activities for youth (grades 3 - 12).
- Our acclaimed CHOICES™ Prevention program is a customized counseling and prevention curriculum aimed at reducing high-risk behavior among students at middle school and high school campuses.

CONTINUING EDUCATION WORKSHOPS

- CEU and community workshops are conducted year-round on our campus for healthcare professionals, teachers, students, business groups, and individuals.

WORKPLACE SERVICES

- We provide consultative resources and support to area employers to help them address alcohol and drug abuse issues affecting their workplace.

CRADLES

- Our free and confidential service helps new and expecting parents in Harris and Montgomery Counties who meet risk factors and are involved with a child protection organization, such as CPS.
- We provide guidance & support on pregnancy planning, reproductive health, and well-child care to parents dealing with addiction or abuse.
- We offer education on the effects of alcohol, tobacco, and other drugs on fetal development, and help parents find resources for getting/staying sober.

RECOVERY SUPPORT SERVICES

- We are dedicated to supporting individuals who are in the recovery process by helping identify and navigate the barriers on ones path to recovery. Our services are provided by Recovery Coaches who are passionate about helping an individual reach their full potential.

WELLDERLY PROGRAM

- Our Wellderly Program is a free prevention and intervention service for adults age 60 and older who may be suffering from or at risk of developing alcoholism, substance abuse, or other addiction.
- We offer community education presentations and materials to older adults along with service providers.
- We provide screening, brief intervention, and referral to treatment, as well as supportive counseling to older adults and family members regarding their own or a loved one's substance use.

COMMUNITY PRESENTATIONS, HEALTH FAIRS, & RECOVERY MEETINGS

- The Council actively educates our community about alcoholism, drug abuse, other addictions, and co-occurring mental health disorders.
- We also provide meeting space on our campus for nearly forty Twelve-Step and other recovery-oriented meetings every week, as well as yoga, meditation, and similar life-enriching activities.



HELP US TELL THE STORY & SAVE LIVES



AMERICA, WE HAVE A PROBLEM.

America has a serious substance use and mental health problem, and it is in denial.

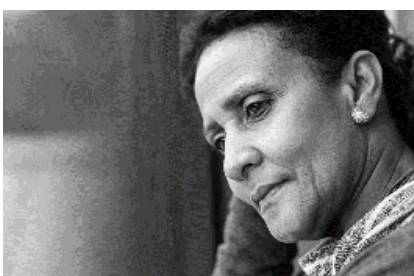
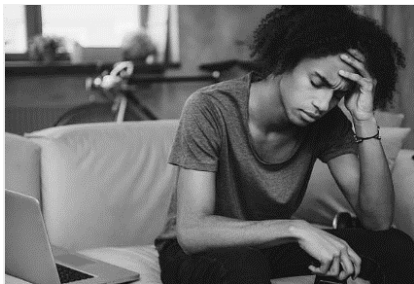
ALCOHOL

32 million Americans, or nearly one in seven adults, have struggled with a serious alcohol problem in the past year, according to a *JAMA Psychiatry* journal report from June 2015. If you look across people's entire lives rather than the past year, the statistic gets worse: Nearly 1 in three adults suffered an "alcohol-use disorder," according to the same study.

The fact is, you know someone who needs help: 50 percent of adults have a family member with alcoholism, according to the National Council on Alcoholism and Drug Dependence.

And it doesn't just affect adults – it's affecting our teens and adolescents as well: More than four in ten teens who begin drinking before age 15 eventually become alcoholics.

The harsh truth is, alcohol-related deaths are the 3rd leading preventable cause of death in the nation. It's time to do something about it.



According to the National Survey on Drug Use and Health (NSDUH), an estimated 20 million Americans aged 12 or older used an illegal drug in the past 30 days.

This estimate represents eight percent of the population aged 12 years old or older. Illicit drugs include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription drugs used without a prescription.

The estimated cost of drug abuse exceeds \$190 Billion:

- \$130 Billion in lost productivity
 - \$20 Billion in healthcare costs
 - \$40 Billion in legal costs including efforts to stem the flow of drugs
- Beyond the financial cost is the cost to individuals, families and society:
- Spread of infectious diseases such as HIV/AIDS and hepatitis C, either through sharing of drug paraphernalia or unprotected sex
 - Deaths due to overdose or other complications from drug use
 - Effects on unborn children of pregnant drug users
 - Impact on the family, crime and homelessness

Prescription drug abuse is of particular concern: 54 percent of prescription drugs that are used for non-medical purposes are obtained for free from a friend or relative.

Thanks in part to the above-mentioned statistic, nearly one out of six of Texas teens reports having misused or abused a prescription drug in the past year.

MENTAL HEALTH

DRUGS

The Council on Recovery is Houston's oldest and largest non-profit organization providing the full spectrum of prevention, education, intervention, treatment, and recovery services for individuals and families affected by alcoholism, drug abuse, and co-occurring mental health disorders.

Founded in 1946, The Council is committed to and focused on family healing and long-term support that is accessible to all in need. We directly touch over 70,000 lives each year through prevention programs for children and youth, in-school and clinical counseling for teens, outpatient substance abuse treatment for adults, and more. Our mission is to keep our community healthy, productive, and safe by providing services and information to all who may be adversely affected by alcohol and drugs and related issues. We strive to provide the highest quality of care at affordable rates for individuals and their families. Affiliated with the United Way of Greater Houston, The Council receives funding from private contributions and grants, special events, and program fees.

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RESOURCES

The Council on Recovery publishes a variety of brochures and flyers to promote our mission keep our community healthy, productive and safe by providing help to all who may be adversely affected by alcohol, drugs and related issues. Our research studies, outcomes reports, and other articles also appear in scholarly journals and other publications.

Want to learn more about The Council on Recovery and the work we do to make our community a better, addiction-free place?

[Check out our resource page](#) on our website, where you can download our publications, go through our financial reports and audits, read about recent research in the area of addiction and recovery, as well as learn more about our

PRESS RELEASES

[The Council on Recovery Appoints Mary Beck, LMSW, CAI, To Be the Next President & CEO](#)

[Former Houston Astro and Baseball Hall of Famer Jeff Bagwell to Tell Recovery Story at The Council on Recovery's Fall Luncheon](#)

[Council on Recovery President & CEO to Retire After 28 Years of Service, Search for Replacement Underway](#)

[Media Alert – COVID-19 Puts People in Recovery At Risk](#)

NEWSWORTHY BLOG POSTS

[How Can We Fix Texas' Mental Healthcare Crisis?](#)

[Where to Start? A Roadmap to Recovery Options for Those Struggling with Addiction](#)

[Changing Lives with Discovering Choices Outpatient Treatment](#)

[What is CBD and How is it Different From Marijuana?](#)

[The Link Between Childhood Trauma & Addiction](#)





CLIENT STORIES

FROM LAUREN, A RECOVERY CLIENT:

"I started my journey to recovery in August 2010 at *The Right Step*. My counselor there recommended I do an Intensive Outpatient Program (IOP) after my residential stay expired. I was scared to death! I knew I wanted to stay sober. I also knew that I'd do whatever it took to stay sober. My time in residential treatment was not enough for me. Money was tight, I do not have insurance and my parents came up with the money to pay for rehab. I was not about to ask for another couple thousand dollars for IOP. I prayed. I asked my counselor if there were any Intensive Outpatient Programs in Houston that provided partial and/or full scholarship funds. She mentioned that the Council for Recovery did. By the grace of GOD and the generosity of donations made to the *Center*, I was able to receive a scholarship! I started and completed Healing Choices, an 8 week IOP. I am not who I was when I started Healing Choices. I believe that God puts certain situations and people in our lives for a specific reason. I am so grateful he placed The Council in my path. The people I met, the relationships formed and the emotional insight I gained from the program were life changing! I will forever cherish my time in Healing Choices and the tools I acquired to continue on my journey through sobriety!"

FROM MICHAEL, A RECOVERY CLIENT:

"The Council's *Center for Recovering Families* will always have a special place in my heart. I am thankful for the program and all of the staff there who helped me through the most difficult time of my life. I went through The Council's Intensive Outpatient Program in November 2012 through April 2013. I knew as soon as I talked to their intake coordinator on the phone that this place was different and special. They actually seemed to care about me even though they hadn't met me yet. I felt welcomed and at home the first time I walked through their door. The Council helped me stay sober from my intense and uncontrollable opioid and benzodiazepine abuse. Although I had wanted to stop using for quite some time, The Council actually introduced me to my very first taste of not only sobriety but my new life of recovery. Their process groups along with education classes like DBT helped me learn new coping skills and how to deal with what life throws at me. My new life of Recovery has not always been unicorns and rainbows, but the skills I learned at the *Center for Recovering Families* helped me deal with issues in my life that were never addressed and the issues that seems to come along with new found sobriety. The family of origins work I did there along with one on one talk therapy skyrocketed my Recovery in ways I never even imagined. I am grateful for every single staff member there...I owe these people and this program my life and all of the wonderful things that came about because of their help."

HELP US TELL THE STORY & SAVE LIVES

Mental and substance use conditions often co-occur. In other words, individuals with substance use conditions often have a mental health condition at the same time, and vice versa.

In the U.S., 43.8 million people aged 18 or older had a mental illness according to the 2013 National Survey on Drug Use and Health, published by the Substance Abuse and Mental Health Services Administration (SAMHSA). However, only 34.6 million people received mental health services. Of the estimated 22.7 million individuals aged 12 or older who needed treatment for an illicit drug or alcohol use problem, less than 10 percent received it.

Today, millions of Americans, individuals and family members, from all walks of life are living life in long-term recovery from addiction to alcohol and other drugs.

There is hope in recovery: More than 1/3 of U.S. adults who were dependent on alcohol are now in full recovery, according to the Substance Abuse and Addiction Health Center.

THE BOTTOM LINE

Like other diseases, alcoholism and drug dependence can be overcome with proper treatment, prevention and more research. Millions of people achieve recovery. By increasing access to care, the costly toll on society and the burden it places on families can be reduced.

By 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide. Addiction and the compulsive related disorders associated with it should be our number one mental health priority. These issues are both treatable and preventable, and we all need to do our part to spread the word.

It's time we start a dialogue with our community about addiction, treatment and what a full life in recovery can look like for those struggling with these issues.

Help us frame this important community conversation by using your influence as a member of the press to cover stories, create news, and promote awareness of addiction and recovery.

