

# Lakeview Center



BAPTIST HEALTH CARE

FOR IMMEDIATE RELEASE

## National Recovery Month

**Pensacola, Fla. (August 28, 2020)** – September is National Recovery month. This is an especially important time to help promote recovery resources and services in our communities.

Since the start of the COVID-19 pandemic, some programs have seen an increase in people who were previously in recovery and are now returning for detox services. Just because a person received addictions treatment doesn't mean they can't be helped. Relapse is part of the disease, and recovery is achievable. Here are five things to know during this global health crisis related to addiction:

- Stress and isolation can increase the risk of drug or alcohol relapse. Studies show that people may turn to an addictive substance as a way to escape during traumatic or difficult circumstances.
- Scheduling regular interactions with friends and family using technology or a cell phone, can help prevent feelings of boredom and loneliness during this pandemic.
- Telehealth is making it convenient for people to receive help. Using a laptop or mobile device you can log on from home and avoid waiting rooms.
- Consistency is important. Set a time for going to bed and getting up.
- Put healthy activities on your calendar and follow through on them.

Take advantage of National Recovery Month as a time to increase awareness and understanding of mental health and substance use issues. It's important that we help one another. Learn more about recovery resources at [eLakeviewCenter.org/SubstanceAbuse](http://eLakeviewCenter.org/SubstanceAbuse).

### CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Tish Pennewill at 850.469.3621 or [Tish.Pennewill@bhcpns.org](mailto:Tish.Pennewill@bhcpns.org).

*About Lakeview Center, Inc. Behavioral Health*

*The Mission of Lakeview Behavioral Health is to help people throughout life's journey. We specialize in providing effective, research-based services for children and adults with mental illnesses, drug and alcohol dependencies, and intellectual disabilities. Our services range from inpatient and residential treatment to outpatient counseling, psychiatry, case management, day treatment, and round-the-clock support for those with serious mental illnesses. Additionally, Lakeview Behavioral Health provides specialized trauma services, medication-assisted treatment for opiate dependency, and medically supervised drug and alcohol detoxification. In all, Lakeview Behavioral Health offers more than 60 programs and services for people in the northwest Florida area. To learn more, go online to [eLakeviewCenter.org](http://eLakeviewCenter.org).*

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