



NCADD's Hope, Help and Healing: Personal Stories of Recovery is a public education campaign designed to increase public understanding and support for recovery from alcoholism and drug dependence, for the individual and for the family.

Long-term recovery from alcoholism and addiction is a reality for millions of individuals and family members. In fact, NCADD estimates that almost 20 million individuals and family members are living life in long-term recovery!

But you don't just check into rehab and get better by the time your stay is over. You don't just go to a few twelve-step meetings and get sober. Recovery is about learning to live your life in a new way, without alcohol or drugs. It's about developing a network of sober friends and families, people who you can talk with and relate to. It's about creating a new life. Most important, recovery is a remarkable gift.

The Personal Stories of Recovery included in NCADD's Hope, Help and Healing campaign come directly from members of the recovery community. We are all ages, with different backgrounds and life experiences, but we are all addicts, alcoholics and family members living in recovery. For almost 70 years, NCADD has been a symbol of Hope, Help and Healing to millions of individuals and families affected by the disease of alcoholism and drug addiction.

The experiences of people who suffer from alcoholism and drug dependence are real life stories of how addiction destroys minds, hearts and souls but more importantly focuses on the celebration of a life lived in long-term recovery. To bring these stories to the public, NCADD created the first three of a series of brochures and posters that tell the story of recovery and encourages individuals and families to seek help. The material covers the following:

- ["I Ran Out of People to Blame"](#)
Recovery of All Ages: Personal Stories of Recovery
- ["I Wasn't Having Fun Anymore"](#)
Youth Recovery: Personal Stories of Young Recovery
- ["We Realized That We Couldn't Control It"](#)
Family Recovery: Personal Stories of Family Recovery

Alcoholism and addiction affects each and everyone one of us, either directly or indirectly. More than 23 million people, (9.2% of population over the age of 12) have an alcohol or drug problem. Recovery is a reality for millions of people!

HOPE, HELP and HEALING is designed to increase public understanding, reduce stigma and discrimination while increasing support for recovery.

NCADD is committed to the campaign long-term. Our next set of three target groups will focus on recovery among 1. Veterans, 2. Prescription Drug Addiction and 3. Women.