



LAMAR

## Studies about ADHD/ADD & Recovery

Did you know that 1 in 10 people suffer from ADHD? Most of them their whole life. It is a challenge to keep a job, show up on time, keep organized and not live with constant anxiety. While health care physicians can help with this through diet and medication, many people turn to substances to “self-medicate and relax” their symptoms.

When a substance becomes an addiction and they turn to treatment and recovery they are in good company. Over 25% of those in treatment and recovery have co-occurring substance addiction and ADHD.

Treatment specialist must treat both issues for success. Those facing both issues **will find success when they embrace that two issues are to be conquered.**

Fortunately, diet, exercise, rest, medication and daily support of peers, family and providers can help. Everyone is unique, but no one has to do recovery alone!

**Knowledge is power! For more information on the science:**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2676785/>  
**Learn more about ADHD/addiction from a personal story:**  
<https://www.additudemag.com/understanding-my-head-my-alcoholism-and-my-adhd/>

## Drug Free Coalition News!

### ROSCOMMON & OGEMAW County Coalitions

**CHECK OUT OUR NEW BILLBOARD DESIGN SUPPORTING NMSAS RECOVERY SERVICES!**

**FIND RECOVERY GROUP INFORMATION ON THEIR WEBSITE!**

### JOIN THE COUNTY DRUG FREE COALITION OF YOUR CHOICE !

ROSCOMMON VIRTUAL LINK: Zoom  
<https://zoom.us/j/92310707847>

2<sup>nd</sup> Tuesdays 9 a.m.

Ogemaw Virtual Link: Zoom  
<https://zoom.us/j/93654528284>  
 3<sup>rd</sup> Thursdays 11:30 a.m. Lunch & Learn

There are many paths to recovery...choose yours today!

# FACEBOOK LIVE EVENT!

JOIN US FOR A CELEBRATION OF RECOVERY

Hear our speakers' stories of how their faith helped their recovery journeys.

Sponsored by the Life Recovery group of Faith Alive Church and the Drug Free Coalition of Ogemaw County

Where: Watch us live on

<https://www.facebook.com/drugfreeogemawcounty>

When: Friday, March 26<sup>th</sup> at 4:00 pm

Questions:  
989-787-2095



## Quick News

Roscommon Drug Free Coalition/CTC is hiring & training people to run new Recovery groups. Contact us for info: 989-387-1950

Medical Assisted Treatment: Go to MidMichigan Community Health in Houghton Lake: 422-5122

Angel Program: Get a room for Recovery and if needed, a ride! Go to MSP Police Post in your county

Ogemaw County Quick Response Team Working with Coalitions and more to help those suffering from an overdose. More to come!

MidMichian Hospital- West Branch partnered with Project Assert/Ten16 Recovery. Go to the ER and request a meeting with a recovery coach or specialist. We're here to help!