

Press Citizen, Iowa City
September, 2014

Dear Editor,

September is National Recovery Month, recognized locally by a Proclamation by the Johnson County Board of Supervisors as they “Join the Voices for Recovery.”

Recovery is lifelong. Recovery certainly has its challenges, but those making this choice in their lives know the joy of living life one day at a time, living honestly with others and with themselves, and demonstrate every day the benefits of living in recovery.

It’s surprising that stigma is still so prevalent with this illness. AA was founded in 1935 and, locally, a group of citizens came together in the mid 1960’s to address substance use in Johnson County. And yet, today, some are still concerned about how they might be judged, should others learn of their recovery status. We are advocating for a community that embraces those in recovery and celebrates with them. Johnson County has many opportunities for support of recovery, whether that’s through AA or NA or at MECCA. Still, there is more we can do as individuals to support and be open to those in recovery.

MECCA is hosting a town hall meeting on September 9, 3:30 at the Health and Human Services building, room 202. The meeting is sponsored by Juvenile Justice Youth Development. Presenters will include the County Attorney and representatives from local public health, the medical examiner department, Iowa City Schools, and persons in recovery. The meeting will offer a chance for discussion, conversation, recognition of the progress made in Johnson County, and celebration of recovery.

Ron Berg
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