Behavioral Health is Essential To Health
Prevention Works
Treatment is Effective
People Recover
The Courage to Hope: My Journey of Recovery

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"Pull over to the side of your journey and look how far you’ve come." – Unknown
Claiming Our Power

“Nothing can dim the light which shines from within.”

— Maya Angelou
“I call for solidarity among all who love justice, all who love life, to create a revolution that will empower every single human being to govern his or her life, to govern the society and to be fully productive of life quality for self and for all.”

– Justin Dart Jr., best known as the father of the Americans with Disabilities Act
Hope for Recovery

“The sun shines not on us but in us.”
— John Muir
Focus on What’s Strong

“I chose not to be angry or to give up. To be transformed would be to live to my potential. Recovery would mean a transformation for me, to realize I could own my life.”

– Larry Fricks

Photo Courtesy: Andy Devlin
"I don't like standing near the edge of a platform when an express train is passing through...A second's action would end everything. A few drops of desperation."

— Winston Churchill
The Power of Your Story

“All sorrows can be born if you put them in a story or tell a story about them.” – Isak Dinesen
Honoring Ourselves, Honoring Each Other

“Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings, and propel us, on occasion, to greatness.”

— R.J. Palacio, Wonder
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