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Heritage UPDATE

As of August 1st, 2022, Mary Garrison started as the new President and CEO of Heritage Behavioral Health Center. Mary shared, "It is an incredible honor to be a part of this amazing organization, and I want to thank the Board of Directors for having faith in me to lead Heritage moving forward... I am so excited by what the



future holds for all of us and the individuals and families we serve. I promise you that I will always put Heritage staff and individuals served first with our mission as my guide".

National Recovery MONTH

SAMHSA's definition of

recovery

noun.

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Recovery Month is a time to recognize the gains made by people in recovery and the real possibility of recovery for those seeking it. Governor JB Pritzker signed a 2022 International

Overdose Awareness Day & National Recovery Month (2022) proclamation. International Overdose Awareness Day is one opportunity to remember community residents, friends, and family that have been lost to overdose death and promote strategies that can prevent future overdose deaths.

Recognizing an Opioid Overdose

When a person overdoses, breathing will slow dangerously and may stop altogether, eventually leading to brain damage or death. If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.



Look for these potential signs and symptoms:

- Blue or purple fingernails and lips
- Unresponsiveness to voice or touch
- Pinpoint-sized pupils
- Slow heartbeat or low blood pressure
- Slow, irregular, or stopped breathing
- Pale, clammy skin

Upcoming EVENTS

Check out our Facebook page for upcoming events!
<https://www.facebook.com/Heritage-Behavioral-Health-Center-283751148735/>