



National Council on Patient Information and Education

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**FOR IMMEDIATE RELEASE**

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### **Recovery Opens Doors – New Online Resource for Young People in Recovery**

#### **Supporting Peer Support about the Power of Recovery**

October 31, 2012, Rockville, MD – Recovery from mental and/or substance use disorders is powerful and life-changing at any age. For young people who are on the verge of, or who have just entered adulthood, specific elements must be in place in order for recovery to be successful. [Recovery Opens Doors](#), an interactive online resource also available as a mobile application, is designed to help young people in recovery talk to their friends, other students, individuals, and groups in the community about prevention, treatment, referral for mental and/or substance use disorders and recovery.

[Recovery Opens Doors](#) – also referred to as the “**RecoveryPad**,” and designed to resemble the look and operability of a hand-held tablet - makes it easier for young people to tell their stories, arms them with facts and statistics, provides materials they can incorporate into activities, helps them plan strategies, and provides real-life stories of hope to inspire others. College administrators, project managers, healthcare providers, educators, counselors, community leaders, and others will also find the materials useful.

[Recovery Opens Doors](#), organized behind six doorways, provides unique and innovative perspectives:

- Door 1: Learn the Facts
- Door 2: Find your Voice
- Door 3: Speak for Change
- Door 4: Pass it On
- Door 5: Tools You Can Use
- Door 6: Get Help

- more -

“Young people who have experienced mental and/or substance use disorders provide unique perspectives on the journeys that led them to recovery,” acknowledges Ray Bullman, Executive Vice President of the National Council on Patient Information and Education (NCPIE). “When NCPIE and the Substance Abuse and Mental Health Services Administration (SAMHSA) created [Recovery Opens Doors](#), we worked to ensure that young people’s voices were incorporated into the development of the site – from its content to the ways in which the information is presented.” Indeed, [Recovery Opens Doors](#) was developed with extensive input from [Young People in Recovery](#), young people united at all levels to empower others to find and sustain recovery. These individuals use their voices and lived experience to *Educate, Advocate, and Collaborate*.

[Recovery Opens Doors](#)’ content – from the titles of each door to the methods in which the facts, images, and activities are presented – reflect the ways in which young people communicate with each other. The images move fast, and there are ample opportunities for users to:

- Click and create personalized strategies.
- View vignettes of young people in recovery – incorporating these vignettes into discussions with the help of an online discussion guide.
- Tap into the seven video user’s guides, which introduce the elements of what is behind each door. The narrators, young adults in recovery, walk through the RecoveryPad’s content, introducing key elements that will help individuals to better utilize the site’s content.

Highlights include:

- *Roadmap to Recovery*: Click on a real-life roadmap, identifying the elements and definitions of what makes for successful recovery: Health, Home, Purpose, and Community.
- *The Resonator*: View the “Yes-buts” and the “if-onlys” of recovery and debunk them with rebuttals, such as:
  - *“Yes-But, I don’t think I will ever have fun again.”*
    - Rebuttal: “I thought the same thing. Then I realized that recovery was about not taking life too seriously. My own person-identified recovery allows infinite room to find the job in school, work, AND play.”
    - Rebuttal: “I still have fun. That was my main goal when entering recovery. A large part of getting better for me is dancing, singing, climbing, running, acting, laughing, reading, talking, and socializing.”
- *Policy Q & A*: Obtain answers to questions about the Affordable Health Care Act and the National Prevention Strategy and how mental and/or substance use disorders are addressed.
- *Program Builder*: Create personalized outreach strategies that resonate with the specifics of your community.
- *Tools You Can Use*: Personalize and integrate ads, public service announcements, a PowerPoint presentation, vignettes, and more.

- *The RecoveryPad Guide to Resources*: Discover the resources that support young people in recovery.
- *Dive Deeper*: Behind every door, utilize this feature that provides additional links to resources.

**Recovery Opens Doors** was produced by the National Council on Patient Information and Education (NCPIE) pursuant to Task Order HHSP233201100286P, Substance Abuse and Mental Health Services Administration (SAMHSA). NCPIE is solely responsible for the content, and maintains editorial control of all materials and publications produced.

To visit **Recovery Opens Doors**, see: <http://www.recoveryopensdoors.org/index.html>.

To access the **Recovery Opens Doors** mobile site, see: <http://m.recoveryopensdoors.org>

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Organized in 1982, The **National Council on Patient Information (NCPIE)** is a non-profit coalition of approximately 100 organizations committed to stimulating and improving communication between consumers and health care professionals about the safe and appropriate use of medicines. NCPIE works to address critical medicine safe use issues like adherence improvement, prescription drug abuse prevention, reduction of medication errors, and quality improvements in healthcare provider – patient medicine communication, buying medicines safely on-line, and the safe disposal of medicines. For more information, visit [www.talkaboutrx.org](http://www.talkaboutrx.org).

**Substance Abuse and Mental Health Services Administration (SAMHSA)** is a public health agency within the U.S. Department of Health and Human Services (HHS). Its mission is to reduce the impact of substance abuse and mental illness on America’s communities. Over the years SAMHSA has demonstrated that: prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society. Continued improvement in the delivery and financing of prevention, treatment, and recovery support services provides a cost-effective opportunity to advance and protect the nation's health. See [www.samhsa.gov](http://www.samhsa.gov) for information about SAMHSA’s programs and initiatives.