



**I am an advocate for those
who seek healing from the
disease of alcoholism.**

**YOU
KNOW
me...**

More and more Alaskans are in recovery from alcoholism. It's a lifelong process. Studies show that 46 percent of people discharged from treatment stay sober, but many people need more than one course of treatment before achieving sobriety. Let's make sure they get the help they need.

We can't give up on Alaskans who are trying to recover. They need our support and encouragement.

Treatment works. Recovery happens.

For more information and referrals dial 2-1-1 (or 1-800-478-2221) or go to www.alaska211.org.

**Advisory Board on Alcoholism
and Drug Abuse**
www.hss.state.ak.us/abada



The **TRUST**

The Alaska Mental Health Trust Authority
www.mhtrust.org

Marie Olson, Juneau, Eagle Moiety Wooshkeetaan Clan of Auke Bay, long involved in education, knowledge-bearer of Tlingit language, culture and history.