

5th Annual Recovery in the Valley Celebrated Recovery and Resiliency Efforts in Cambria County

Magellan Behavioral Health of Pennsylvania (Magellan) hosted the 5th annual Recovery in the Valley in Johnstown on September 26, in collaboration with Behavioral Health of Cambria County, the Cambria County Behavioral Health Services Program and the Cambria County Drug Coalition. This event took place in Johnstown’s Central Park, and it was open to the public.

The Recovery in the Valley included:

- Featured speakers that have found recovery through S.M.A.R.T. Recovery, Family member recovery, 12 Step Programs, Certified Recovery Specialists (CRS), and the Faith-based path.
- Resource tables hosted by behavioral health and substance use providers.
- Public information about different pathways of recovery.
- Various church groups offering help to those struggling with substance use disorders.
- Family entertainment including a bounce house.
- Live entertainment including fire dancers.
- Photo booth.
- Food vouchers at no cost to attendees.

“Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors National Recovery Month to increase awareness of behavioral health conditions and substance use disorders, and to celebrate the individuals living in recovery. ***The 2021 Recovery Month theme was, ‘Recovery is for Everyone: Every Person, Every Family, Every Community.’*** This theme was designed to welcome everyone to recovery by lowering barriers to recovery support, creating inclusive spaces and programs, and broadening our understanding of what recovery means for people with different experiences.” said Tracy Shultz, director of operations for Magellan Behavioral Health in Cambria County. “It’s an unfortunate reality that mental and substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels.”

