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COMMENTS

After 23 years of struggling with alcohol abuse, York City resident Michael Knaub finally found relief from his addiction in a treatment program through the York/Adams Drug & Alcohol Commission.

"What I have found in York County is that if you reach out for help, you'll get it," Knaub said.

Knaub, a self-described "stubborn" man who initially thought he could recover on his own, said the treatment helped him regain a productive life after giving up drugs and alcohol.

"I have a purpose in life today," Knaub said.

Recovery month: Knaub and New Cumberland resident Bob Allen shared their stories of recovery as part of the kickoff for Recovery Month in York County, as proclaimed Thursday by York City Mayor Kim Bracey and York County commissioners Steve Chronister, Doug Hoke and Chris Reilly.

The month of September is nationally recognized as a month dedicated to sharing the stories of success, offering treatment to those who still need it and also recognizing people who have fallen to their addictions, said Audrey Gladfelter, administrator of the commission.

Hopefully, the emphasis on sharing success stories in the upcoming weeks will spur others to seek treatment programs for themselves, she said.

"Help is available," Gladfelter said. "And recovery does happen."

Among other events during the month, the association will be a part of the Fifth annual Recovery Day Celebration in conjunction with the York Revolution that will offer resources and fun activities for families.

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Health fair: About 13 vendors have signed up for a health fair during the celebration, said Vince Reed, president of the association's recovery month event. The family-friendly day will include activities for children and resources for those who might need assistance with recovery, he said.

"It's a community awareness event," he said.

The fair, hosted on the Brooks Robinson Plaza, will start at 11 a.m. Sunday, Sept. 14, and include the vendors with multiple giveaways, Reed said. The York Revolution game at the stadium will follow the festivities at 2 p.m.

Now almost two years sober, Knaub said the recovery program has helped him to begin mending relationships with family and friends he had previously pushed away. And he said it's helped with self-acceptance, too.

"I'm OK with who I am today," Knaub said. "That's very important."

For more information about recovery programs and the month's activities, visit the association's website at www.ycd-a.org.

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