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FOR IMMEDIATE RELEASE

RECOVERY CENTERS OF AMERICA (RCA) AT ST. CHARLES AND SOUTH ELGIN RAISE AWARENESS FOR “DRY JANUARY” IN THE NEW YEAR

Pandemic-related stress and alcohol pose a continuing challenge

ST. CHARLES, IL (January 6, 2021) - [Recovery Centers of America](#) (RCA) inpatient treatment center at St. Charles and [RCA Outpatient Center at South Elgin](#) raise awareness for “Dry January,” the abstention of alcohol during the first month of the New Year, to recognize how substance use has been an outlet for many to cope with the challenges since March 2020.

[Studies have shown](#) the [stress related to the pandemic](#) has resulted in increased consumption of alcohol nationwide, with drinking up 14%; stores selling 54% more than the previous year; online sales doubling; and alcohol-related deaths on the rise, as reported by the CDC.

“Dry January is a good time to check in on your relationship with alcohol use. If you have concerns with your use of alcohol, or if others have expressed their concern to you, reach out for support,” says Karen Wolownik Albert, CEO of RCA at St. Charles & South Elgin. “As the COVID-19 pandemic rages on, and holiday and other stressors impact us all, the new year is a good time to focus on health and wellness. If you are using alcohol more in times of stress, you are not alone and help is available.”

RCA suggests best practices to stay sober during “Dry January” 2022:

- Set your goals
- Connect with family and friends
- Focus on overall physical and mental health and wellness
- Consider alternatives like exercise and meditation
- Avoid triggers
- Be proud of your progress
- Stay positive

Setting a new standard for addiction treatment in the Chicagoland area, RCA at St. Charles opened in September 2020. Covering 125 acres and located less than 50 miles outside downtown Chicago, patients are able to receive convenient treatment close to home where family members can be involved in the treatment process, increasing the likelihood of maintaining recovery. The challenge of recovery can be daunting, and RCA sets patients up for success through inpatient and outpatient treatment supported by community-based resources and followed by social, educational and cultural events via a robust alumni network after treatment.

The RCA Outpatient Center at South Elgin, just ten minutes from RCA’s St. Charles inpatient treatment center, is accessible to substance use disorder patients seeking general outpatient treatment as well as intensive outpatient and partial hospitalization care. Programs include group and individual counseling, family therapy, recovery seminars, and RCA Alumni Association support and wellness activities. A digital connection program for outpatient as well as inpatient alumni and others in recovery is incorporated into the treatment program using a new software app called [Shoutout™](#) to further support the treatment experience and the recovery journey afterwards. [Family Services](#) will be available through the digital health platform focusing on siblings and children impacted by addiction beginning January 17, 2022.

An in-network provider for most insurance plans, RCA provides affordable, accessible and evidence-based treatment and clinical expertise to deliver quality care tailored to individual patients' needs in the Chicagoland area, as well as [telehealth](#) treatment services.

About Recovery Centers of America

[Recovery Centers of America](#) (RCA) has ten inpatient substance use disorder treatment facilities in the United States. RCA facilities have been recognized as the best U.S. treatment facilities in the past two years by [Newsweek Magazine](#). RCA's mission is to help 1 million patients achieve a life of recovery through evidence-based alcohol and drug addiction treatment. RCA also has outpatient programs in most states and opioid treatment programs in New Jersey and Pennsylvania, as well as telehealth treatment services. St. Charles is RCA's eighth inpatient location, with others in Indiana, Pennsylvania, Maryland, New Jersey and Massachusetts. Patients can obtain immediate substance use disorder care by calling 1-800-Recovery with complimentary transportation provided in most cases. [Click here](#) for a video tour.

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