

Proclamation for National Recovery Month – September 2021

WHEREAS, behavioral health is now recognized as an essential part of one's overall health and well-being; and

WHEREAS, the costs of not encouraging mental health and substance use recovery is significant for individuals, families, neighborhoods and the community at large; and

WHEREAS, recovery from mental and substance use disorders occurs every day through a variety of recovery support resources and treatment programs. People in recovery strive to achieve healthy lifestyles, stable homes, meaningful daily activities, stronger neighborhoods and contribute in positive ways to the larger community; and

WHEREAS, according to its 2019 State of Mental Health in America report: Over 44 million American adults (18.07%), have a mental health condition. Access to care is improving, but most Americans still have no access to care. The report states that 12.2% (5.3 million) adults with a mental illness remain uninsured, and 56.4% of adults with a mental illness, approximately 24 million, received no treatment. The rate of youth experiencing a mental health issue continues to rise and 62% of teens and children received no treatment. Similarly, SAMHSA reports that 22.7 million adults were in need of substance use treatment while only about 10% received treatment. That, given these statistics, we must strive to reduce the stigma and negative stereotypes associated with brain disorders and help individuals, families and the larger community learn to view them as we would any other medical condition; and

WHEREAS, to help more people achieve and sustain long-term recovery, the U.S. Department of Health and Human Services (DHHS), the National Association of Recovery Communities (ARCO), the White House Office of National Drug Control Policy (ONDCP) and the Recovery Community Of Durham (RCOD) invite all residents of Durham County, North Carolina to participate in National Recovery Month; and

NOW, THEREFORE, I, Brenda Howerton, Chairperson of the Durham Board of County Commissioners, do hereby proclaim the month of September 2021 as

National Recovery Month

and call upon the people of Durham County to observe this month with appropriate programs, activities, and ceremonies to support this year's recovery theme: “ **Recovery is For Everyone: Every Person, Every Family, Every Community**”; as this reminds us all that no one is alone in the journey through recovery. Everyone's journey is different, but we are all in this together.

This 23rd day of August, two thousand twenty-one