

DURHAM BOARD OF COUNTY COMMISSIONERS

Proclamation

DURHAM CELEBRATES RECOVERY | 2024

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

WHEREAS, recovery from mental and substance use disorders occurs every day through a variety of prevention, 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. the burden of brain disorders in the United States is among the highest of all diseases and among the most common cause of disability, Recent figures indicate the about 25% of all adults' experience symptoms of a mental disorder every year. Mental health disorders also affect children and adolescents at an increasingly alarming rate and people with untreated mental health disorders are at high risk for many unhealthy and unsafe behaviors, including alcohol and drug misuse, violent or self-destructive behavior and suicide. In addition, accidental overdose deaths, primarily due to fentanyl, continues to plague our nation as it is now combined with many other drugs. Given these statistics we must strive to reduce the stigma associated with brain disorders with the goal that the larger community will learn to view them as we would any other chronic medical condition, such as diabetes or hypertension; and

WHEREAS, to help more people achieve and sustain long-term recovery, the Recovery Community of Durham (RCOD) invite all residents of Durham County, North Carolina to participate in National Recovery Month.

NOW, THEREFORE BE IT RESOLVED, I, Nida Allam, Chair and on behalf of the Durham Board of County Commissioners, do hereby proclaim the month of September 2024 as

“NATIONAL RECOVERY MONTH”

in Durham County, North Carolina and call upon the people of Durham County to observe this month with appropriate programs, activities and ceremonies to celebrate people in recovery and those who support them. Everyone's journey is different, but we are all in this together.

This 9th day of September 2024.

Nida Allam, Chair
Durham Board of County Commissioners

