

DURHAM BOARD OF COUNTY COMMISSIONERS

*Proclamation*

**DURHAM RECOVERY MONTH | 2024**

- WHEREAS,** behavioral health is now recognized as an essential part of one's overall health and well-being; and
- WHEREAS,** the theme for National Recovery Month is Recovery, Hope and Healing; and
- WHEREAS,** the cost of not encouraging substance use recovery is significant for individuals, families, neighborhoods and the community at large; and
- WHEREAS,** the behavioral health of every citizen is essential to the emotional and economic prosperity of our families, communities, and businesses; and
- WHEREAS,** substance use disorders affect people of all ages, races, ethnicities, and socio-economic backgrounds; and
- WHEREAS,** In 2023, there were more than 4,000 suspected overdose deaths in North Carolina; and
- WHEREAS,** prevention of substance use disorders works, treatment is effective, and recovery is possible; and
- WHEREAS,** feelings of personal shame and fears of social stigma and discrimination prevent many living with substance use disorders from seeking help; and
- WHEREAS,** untreated substance use disorders leads to legal problems, serious health issues, financial difficulties, and damage to personal relationships; and
- WHEREAS,** stigma can be reduced by increasing awareness of treatment and the available resources for substance use disorders in the Durham County community; and
- WHEREAS,** recovery is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential by building on their strengths, talents, coping abilities and community resources; and
- WHEREAS,** we strive to create connections in Durham County that will support recovery by increasing access to treatment, educating ourselves and the community about the effectiveness and availability of treatment for substance use disorders; and
- WHEREAS,** we strive to focus on stabilizing, educating and providing hope for individuals in detention and in the community to speak up about their recovery needs and reach out for help; and
- WHEREAS,** to help more people achieve and sustain long-term recovery, the U.S. Department of Health and Human Services (HHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), 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.

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

**“RECOVERY MONTH”**

in Durham County, and hereby call upon the people of Durham to observe this month with appropriate programs, activities and ceremonies to celebrate people in recovery and those who support them.

This the 9<sup>th</sup> day of September 2024.

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Nida Allam, Chair  
Durham Board of County Commissioners

