



## PROCLAMATION

**WHEREAS**, behavioral health is an essential part of one's overall health and wellness; and

**WHEREAS**, prevention of mental health and substance use disorders works, treatment is effective, and recovery is possible; and

**WHEREAS**, recovery is a process and that people recover in our local area and around the nation; and

**WHEREAS**, preventing and overcoming mental health and substance use disorders is essential to achieving healthy lifestyles, both physically and emotionally; and

**WHEREAS**, an estimated 400,000 people in King County are affected by these conditions; and

**WHEREAS**, we must encourage relatives and friends of people with mental and/or substance use disorders to implement preventive measures, recognize the signs of a problem, and guide those in need to appropriate treatment and recovery support services; and

**WHEREAS**, we recognize four dimensions of recovery from mental health and substance use disorders: health, home, purpose, and community; and

**WHEREAS**, to help more people achieve and sustain 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), King County, and Lake Forest Park invite all residents of to participate in National Recovery Month; and

**NOW, THEREFORE**, the Mayor and City Council of the City of Lake Forest Park, do hereby proclaim September 2024 as:

### **National Recovery Month**

in the city of Lake Forest Park and urge all residents to observe this month with appropriate programs, activities, and ceremonies to increase public understanding of addiction as an illness.

**IN WITNESS WHEREOF**, signed this 8<sup>th</sup> day of August, 2024.

---

Tom French, Mayor