The City of Mercer Island, Washington

Proclamation

2020 NATIONAL RECOVERY MONTH

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

WHEREAS, prevention of mental 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 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 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), King County, and the City of Mercer Island's Youth and Family Services Department (MIYFS) invite all Mercer Island residents to participate in ***National Recovery Month***.

NOW, THEREFORE, I, Mayor Benson Wong, do hereby proclaim the month of September 2020 as

NATIONAL RECOVERY MONTH

and call upon the people of Mercer Island to observe this month with appropriate programs, activities, and ceremonies to support King County's Recovery Month theme, ***"Rising Above it All: Wellness, Resilience & Recovery."***

SIGNED this 1st day of September 2020.

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Benson Wong, Mayor

CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES

Proclamation No. 256