



CITY OF KIRKLAND
Parks & Community Services
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MEMORANDUM

To: Kurt Triplett, City Manager

From: Lynn Zwaagstra, Director
Leslie R Miller, Human Services Supervisor
Jen Boone, Human Services Coordinator

Date: September 7, 2021

Subject: 2021 RECOVERY MONTH PROCLAMATION

RECOMMENDATION:

That the Mayor proclaim September 2021 as Recovery Month in Kirkland, Washington.

BACKGROUND DISCUSSION:

The purpose of National Recovery Month is to promote access to prevention, treatment and recovery, encourage those in treatment, educate to reduce stigma and discrimination, and work together to support recovery services available to those in need.

Each year, Recovery Month offers the opportunity to celebrate recovery successes and support those in recovery to continue living a healthy and fulfilling life. The theme for this year's 32nd Recovery Month is "Recovery for Everyone: Every Person, Every Family, Every Community." This year's theme serves as a reminder that people in recovery and those supporting them are not alone, and that together, we can build a stronger, more resilient community. We are all called to welcome everyone to recovery by lowering barriers to recovery support, creating inclusive spaces and programs, and broadening our understanding of what recovery means for people with different experiences. Free, confidential help is available through the SAMHSA's National Helpline, 1-800-HELP (4357) or 1-800-487-4889 (TDD).

More information about Recovery Month, this year's theme, and recovery stories can be found at www.nationalrecoverymonth.org. Washington Recovery Alliance is partnering with the Seattle Mariners for a local celebration of Recovery Month. Recovery Day at T-Mobile Park is September 12th from 11am to 5pm. Register at <https://www.mlb.com/mariners/tickets/specials/washington-state-recovery>.

The COVID-19 pandemic has been an extremely challenging time for many in recovery. When the gathering of 2020 data is complete, the National Center for Health Statistics is expecting an approximately 31% increase in drug overdose deaths nationwide and an approximately 39% increase in Washington State. Data is available on [NCHS's website](https://www.nchs.gov).

For resources available to those seeking treatment or supporting a loved one with a substance use disorder, please visit:

- Substance Abuse and Mental Health Services Administration, [Recovery and Recovery Support | SAMHSA](#)
- Washington Recovery Alliance, <https://washingtonrecoveryalliance.org/>
- King County Recovery Coalition, <https://kcrecovery.org/>

Chris Hendrickson, Web and Multimedia Content Specialist in the City Manager's Office will accept the proclamation at the September 7, 2021 City Council Meeting.

Attachment: Proclamation



A PROCLAMATION OF THE CITY OF KIRKLAND

Proclaiming September 2021 as "Recovery Month" in Kirkland, Washington

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

WHEREAS, prevention of mental and substance use disorders works, treatment is effective, and people recover in our area and around the nation; and

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

WHEREAS, an estimated 400,000 people in King County are affected by mental health and substance use disorders; and

WHEREAS, education and awareness play a vital role in reducing barriers for people with mental health and substance use disorders by helping to diminish stigma so that people in recovery can access employment and housing, both crucial to long-term recovery; and

WHEREAS, no matter how far down the scale people with mental health and substance use disorders have gone, recovery is always possible, offering boundless opportunities for people with mental health and substance use disorders to live productive, honest and purpose-filled lives, contributing greatly to their communities and society as a whole; and

WHEREAS, to help more people achieve and sustain long-term recovery, the Washington State Department of Social and Health Services and King County Behavioral Health and Recovery Division invite all residents of Kirkland, Washington to participate in National Recovery Month;

NOW, THEREFORE, I, Mayor Penny Sweet, on behalf of the Kirkland City Council, do hereby proclaim September 2021 as "Recovery Month" in the City of Kirkland, Washington and call upon the community to observe this month by supporting and participating in appropriate programs, activities, and ceremonies supporting this year's theme, "Recovery for Everyone: Every Person, Every Family, Every Community."

Signed this 7th day of September, 2021

Penny Sweet, Mayor