



CITY OF KIRKLAND
Parks & Community Services
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MEMORANDUM

To: Kurt Triplett, City Manager

From: Lynn Zwaagstra, Director
Jen Boone, Human Services Manager
Amanda Judd, Human Services Coordinator

Date: September 6, 2022

Subject: 2022 NATIONAL RECOVERY MONTH PROCLAMATION

RECOMMENDATION:

That the Mayor proclaim September 2022 as Recovery Month in Kirkland, Washington.

BACKGROUND DISCUSSION:

The purpose of National Recovery Month is to highlight those living in recovery of mental health and substance use disorders while promoting prevention through systemic changes, evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers, support systems, and community members who make recovery in all its forms possible.

The Substance Abuse and Mental Health Services Commission (SAMHSA) defines recovery as “a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential.” SAMHSA outlines four major dimensions that support a life in recovery:

- Health: Overcoming or managing one’s conditions or symptoms.
- Home: A stable and safe place to live.
- Purpose: Meaningful daily activities like a job, school, family, or volunteering, and the independence, income, and resources to participate in society.
- Community: Relationships and social networks that provide support, friendship, love, and hope.

Each year, Recovery Month offers the opportunity to celebrate recovery successes and support those in recovery to continue living a healthy and fulfilling life. Free, confidential help is available through the SAMHSA’s National Helpline, 1-800-HELP (4357) or 1-800-487-4889 (TDD).

The COVID-19 pandemic has been an extremely challenging time for many in recovery. Data from the Washington State Department of Health show that deaths from substance-related

overdoses continued to increase for Washington residents. Substance-related overdose deaths surpassed 2,000 in 2021, a more than 66 percent increase compared to 2019. National Alliance on Mental Illness (NAMI) reports that in 2020, 1 in 5 adults and 1 in 6 youth (aged 6-17) experienced mental illness. Data is available on [NAMI's website](#).

During the 2021-2022 Washington State legislative session, (HB 1477) the Crisis Call Center Hubs and Crisis Services Act was passed implementing the national 988 system to enhance and expand behavioral health crisis response and suicide prevention services. The implementation of 988, a three-digit call, text, and chat line that connects those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors 24 hours a day, went live in Washington state on July 16, 2022 and is available in over 250 languages. Washington is the only state to also implement Native and Strong Lifeline, dedicated to serving American Indian and Alaska Native individuals who call 988.

For resources available to those seeking treatment or supporting a loved one with a mental health need or 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/>

A member of NAMI Eastside will accept the proclamation at the September 6, 2022 City Council Meeting.

Attachment A: Proclamation



A PROCLAMATION OF THE CITY OF KIRKLAND

Proclaiming September 2022 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 health 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 recognize the signs of a problem and support those in need to necessary 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, recognizing recovery is always possible, offering boundless opportunities for people with mental health and substance use disorders to live productive, honest and purpose-filled lives, contributes greatly to our 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, Mayor Penny Sweet, on behalf of the City Council, does hereby proclaim September 2022 as “Recovery Month” in the City of Kirkland, Washington and calls upon the community to observe this month by supporting and participating in appropriate programs, activities, and ceremonies.

Signed this 6th day of September 2022

Penny Sweet, Mayor