



## PROCLAMATION

**WHEREAS:** The United States of America observes October as National Substance Abuse Prevention Month since 2011, in renewing our resolve to prevent further loss of life and prosperity caused by substance use and to emerge from a national crisis into a future free from substance abuse; and

**WHEREAS:** October 10, 2020 has been established by the World Health Organization as World Mental Health Day, which campaigns for the increased investment in national and international mental health programs due to the anticipation of substantial increase in need of psychosocial support as a result of the global impact by the COVID-19 pandemic; and

**WHEREAS:** 60% of individuals, adolescents included, with substance abuse problems also suffer from a dual diagnosis, which is the presence of a mental health condition such as depression, anxiety, posttraumatic stress, suicidal ideation, or other conditions, along with addiction. Treatment of substance abuse disorders is encouraged to also address mental illness to increase likelihood of successful recovery; and

**WHEREAS:** Addiction to drugs or alcohol is in and of itself considered a mental illness called Substance Use Disorder, which changes a person's normal desires and priorities, alters behavior and interferes with a the ability to work, go to school, and to have good relationships with friends and family. 20.2 million people in 2014 in the United States suffered from substance use disorder and 7.9 million had both substance use disorder and an additional mental illness; and

**WHEREAS:** Victoria Siegel Foundation notes that each day, 3,600 adolescents try an illicit drug for the first time, and 24.6 million Americans over age 12 have used an illicit drug in the past month, and 67,300 Americans died in 2018 (184 per day) from drug-related overdose including illicit and prescription drugs. The NCADD reports that children who use drugs or alcohol before age 15 are five times more likely to develop alcohol or drug dependence and addiction issues; and

**WHEREAS:** Mental Health America's *B4Stage4* Campaign identifies pre-screening and early intervention of mental health symptoms as an effective and essential strategy for reversing the progression of mental illness and often corresponding substance abuse or self-medication; and

**WHEREAS:** Increasing awareness of the connection between mental health and substance abuse, taking a moment to learn more about addiction and mental wellness during the month of October, can help save lives.

**NOW, THEREFORE, BE IT RESOLVED** that I, **Robert Putaansuu**, Mayor of the City of Port Orchard, do hereby proclaim October 10, 2020 as:

### **Mental Health and Substance Abuse Awareness Day**

in the City of Port Orchard and I call upon all employees and citizens of the City of Port Orchard to observe this month with appropriate recognition whereof.

Signed this 2<sup>nd</sup> day of October 2020

Robert Putaansuu, Mayor

