



*Office of the Mayor*  
*City of Tukwila, Washington*  
**PROCLAMATION**

WHEREAS, behavioral health is an essential part of health and wellness; and

WHEREAS, the COVID-19 pandemic has had, and continues to have, a profound effect on mental health and substance use, with increasing numbers of people experiencing anxiety, depression, and loneliness; and

WHEREAS, an estimated 575,000 people in King County are affected by these conditions; and

WHEREAS, preventing and overcoming mental and substance use disorders is essential to achieving healthy lifestyles for individuals, families, and entire communities; and

WHEREAS, connection and community are critical components of recovery in our local area and across the nation; and

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

WHEREAS, prevention of mental health and substance use disorders works, treatment is effective, and recovery is possible; 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 Tukwila invite all residents to participate in National Recovery Month;

NOW THEREFORE, I, Allan Ekberg, Mayor of the City of Tukwila, do hereby proclaim the month of September as:

***National Recovery Month***

in the City of Tukwila and strongly encourage the Tukwila community to join me in this special observance.

Signed this first day of September, 2022.

A handwritten signature in black ink that reads "Allan Ekberg".

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Allan Ekberg, Mayor