

Proclamation

NATIONAL SUBSTANCE ABUSE PREVENTION MONTH SEPTEMBER 2017

WHEREAS, substance use and mental health problems affect all communities nationwide.

According to the 2015 National Survey on Drug Use and Health, an estimated 27.1 million Americans are current illicit drug users.¹ Nearly 20.3 percent or 7.7 million young people report drinking alcohol in the past month, and one in five Americans ages 12 or older smokes cigarettes.² Additionally, in 2015, 12.5 million Americans misused pain relievers, and for more than half of them, the last pain reliever they misused came from a friend or relative.³

WHEREAS, with commitment and support, these and other behavioral health issues can be prevented. The focus of National Substance Abuse Prevention Month this September is to prevent substance use and promote mental health. This year's National Substance Abuse Prevention Month's theme, "Making Each Day Count," recognizes the power each person has to influence the health and well-being of others by making prevention choices every day—whether it's by supporting someone who's going through a difficult time, by participating in activities that strengthen the community, or by instilling healthy habits in children from an early age. Taking part in prevention-related activities and conversations help raise awareness of behavioral health issues and changes lives.

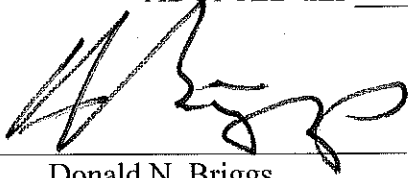
WHEREAS, that's a message we need to spread far and wide. An estimated 12.3 million people in America are classified with substance dependence or use of illicit drugs or alcohol, and about 44 million adults have a mental illness.^{4, 5} The impact of substance use and mental illness is apparent in our local community. We have the power to change these numbers, and more importantly, change lives.

WHEREAS, through National Substance Abuse Prevention Month, people become more aware and are able to recognize the signs of mental health problems and substance use. Equally important, community members of all walks of life learn what they can do to make each day count by helping to prevent these problems. Whether it's by being a shoulder for someone to lean on, leading someone to get help for a behavioral health issue before it worsens, or setting an example by staying substance-free, we all have a role to play in keeping the people around us—and ourselves—healthy and safe.

WHEREAS, we, and others across the United States, need to recognize the seriousness of behavioral health issues in our communities, the power of prevention, and the tireless efforts of those working to make a difference. The small, daily actions done by individuals, combined with the actions of families, communities, and coalitions, come together to make up the larger, bold movement of prevention. For the above reasons, I am asking the residents of the Town of Emmitsburg to join me in observing National Substance Abuse Prevention Month this September 2017.

NOW, THEREFORE, BE IT PROCLAIMED, that the Mayor and Council of the Town of Emmitsburg, Maryland do hereby proclaim September 2017 as National Substance Abuse Prevention Month and do, therefore, call upon our community to observe this month with compelling programs and events that support this year's theme, "Making Each Day Count."

ADOPTED this 5th day of September, 2017.



Donald N. Briggs
Mayor



Timothy O'Donnell, President
Board of Commissioners

¹ Center for Behavioral Health Statistics and Quality. (2016). *Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health* (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015.pdf>

² Ibid.

³ Hughes, A., Williams, M. R., Lipari, R. N., Bose, J., Copello, E. A. P., & Kroutil, L. A. (2016, September). Prescription drug use and misuse in the United States: Results from the 2015 National Survey on Drug Use and Health. *NSDUH Data Review*. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR2-2015/NSDUH-FFR2-2015.htm>

⁴ Ibid.

⁵ Center for Behavioral Health Statistics and Quality. (2016). *2015 National Survey on Drug Use and Health: Detailed tables*. Substance Abuse and Mental Health Services Administration, Rockville, MD. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-DefTabs-2015/NSDUH-DefTabs-2015.pdf>