



WHEREAS, recovery from mental and substance use disorders, including co-occurring disorders is an essential part of health and one's overall wellness; and

WHEREAS, treatment and recovery services for mental and substance use disorders and co-occurring disorders are effective, and people can and do recover every day; and

WHEREAS, addressing and overcoming mental and substance use disorders and co-occurring disorders is essential to achieving healthy lifestyles, both physically and emotionally; and

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

WHEREAS, to help more people with lived experience achieve and sustain recovery, the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, and the State of Maine invite all residents to participate in National Recovery Month;

NOW, THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby recognize September 2019 as

National Recovery Month

throughout the State of Maine, and I urge all citizens to observe this month with appropriate programs, activities, and ceremonies.



In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this thirtieth day of August Two Thousand Nineteen

Janet T. Mills
Governor

Matthew Dunlap
Secretary of State
TRUE ATTESTED COPY