

MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. 30

Proclaiming September 2025 as Recovery Month in Multnomah County, Oregon.

Multnomah County Finds:


- A. "Recovery is for everyone. Every person. Every family. Every community." This theme emphasizes that recovery from mental health and substance use disorder is possible for everyone, highlighting the importance of support systems and accessible services.
- B. National Recovery Month, observed every September, aims to promote and support new evidence-based treatment and recovery practices, the strong recovery community, and the dedication of service providers. The month also highlights the four dimensions of recovery:
 - 1. Health: Overcoming or managing one's disease(s) and making informed, healthy choices that support physical and emotional well-being;
 - 2. Home: Having a stable and safe place to live that is foundational to a life in recovery;
 - 3. Purpose: Engaging in meaningful daily activities, such as a job, school, volunteering, or creative pursuits, that provide a sense of purpose and belonging; and
 - 4. Community: Building and maintaining social networks and relationships that provide support, friendship, and hope.
- C. Research from the Journal of Addiction Medicine in October 2017 shows that meaningfully engaging affected family members in evidence-based treatment interventions has been shown to improve health outcomes for all family members, result in better addiction treatment outcomes, and prevent adolescent substance use.
- D. A study by the Community Research and Recovery Program (CRRP), Department of Psychiatry, New York University School of Medicine found that individuals participating in peer support programs have a 45% higher chance of maintaining sobriety, and studies have shown that those who engage in peer support are less likely to relapse due to the continuous support and therapeutic value of helping others.

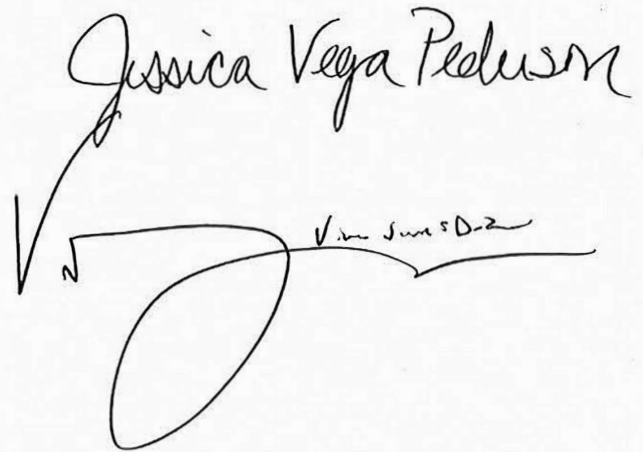
- E. Connection to community is more critical than ever. We ask that all of the community join us in fighting the stigma associated with those living with mental health conditions and substance use disorders and support those at all stages of recovery. That is why this year's theme couldn't be more fitting ("Recovery is for everyone. Every person. Every family. Every community.")
- F. Data from the 2024 National Surveys on Drug Use and Mental Health highlights the power of recovery, with 9.4 million adults receiving substance use treatment and 32 million adults receiving mental health services in 2024.
- G. This data further shows that among adults who have perceived a substance use problem, 74.3% (23.5 million people) consider themselves to be in recovery, and among those with a mental health issue, 66.9% (45 million people) consider themselves to be in recovery, demonstrating that recovery is a tangible reality for millions.
- H. We must recognize that recovery is possible for all who seek it, and that a supportive and understanding community is crucial to helping individuals and families thrive. By raising awareness and reducing stigma, we can encourage more people to seek the help they need.
- I. Sharing inspiring stories of recovery builds understanding and promotes wellness for all Multnomah County residents. Recovery Month allows us an opportunity to center around this growing need, and engage our community in awareness and support of this work. Recovery is not only possible but it is probable with the right supports in place.

Multnomah County Proclaims:

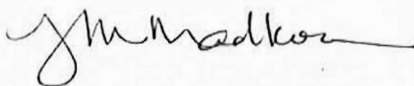
The month of September 2025 is proclaimed to be Recovery Month in Multnomah County, Oregon. All county residents are invited to commit to continuing support of recovery for those impacted by substance use disorders. This month, we invite you to celebrate those who are achieving their goals for recovery and wellness, and encourage you to share information about programs, resources and services to help others take their first steps toward a healthier life.

ADOPTED this 3rd day of September, 2025.


Julia Brim-Edwards

Jessica Vega Pederson

V. in June 5 D. 2

REVIEWED:
JENNY M. MADKOUR, COUNTY ATTORNEY
FOR MULTNOMAH COUNTY, OREGON



By: Jenny M. Madkour, County Attorney

SUBMITTED BY: Anthony Jordan, Interim Behavioral Health Director
& Commissioner Julia Brim-Edwards, District 3.