



ST. MARY'S COUNTY GOVERNMENT COMMISSIONERS OF ST. MARY'S COUNTY
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Commissioners Proclaim National Recovery Month

Leonardtown, MD – It is generally recognized that behavioral health is an essential part of health and one's overall wellness. Prevention of mental health and/or substance use disorders works, treatment is effective and people recover in our area and around the nation.

The Commissioners of St. Mary's County believes preventing and overcoming mental and/or substance use disorders are essential to achieving healthy lifestyles, both physically and emotionally. With that belief, the commissioners pledged their support of treatment efforts by proclaiming September 2017 National Recovery Month.

"We must encourage relatives and friends of people with mental and/or substance use disorders to implement preventive measures, recognize the signs of a problem and guide those in need to appropriate treatment and recovery support services," said Commissioner John O'Connor (3rd District).

In proclaiming National Recovery Month, the commissioners encourage all citizens to observe this month with appropriate programs, activities and ceremonies in support of the special month and observe the theme "Join the Voices for Recovery: Strengthen Families and Communities!"

Media outlets are free to use photos from the ceremony – which can be downloaded from the county's photo page at <http://www.flickr.com/photos/stmaryscountygovernment/sets/>. Outlets publishing photos from the photo page are asked to courtesy the "St. Mary's County Public Information Office."

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