



COUNTY OF SONOMA

575 ADMINISTRATION
DRIVE, ROOM 102A
SANTA ROSA, CA 95403

SUMMARY REPORT

Agenda Date: 9/10/2024

To: County of Sonoma Board of Supervisors

Department or Agency Name(s): Department of Health Services

Staff Name and Phone Number: Tina Rivera, 707-565-4774; Jan Cobaleda-Kegler, 707-565-5157

Vote Requirement: Majority

Supervisorial District(s): Countywide

Recommended Action:

Adopt a gold resolution proclaiming the month of September 2024 as Recovery Month in Sonoma County.

Executive Summary:

With the designation of September 2024 as Recovery Month, the Department of Health Services (hereinafter, "DHS" or "the Department") proposes that Sonoma County join in the national observance to educate Americans about substance use treatment and mental health services which enable those with mental and/or substance use disorders to live healthy and rewarding lives. The 2024 National Recovery Month theme, "The Art of Recovery," aims to highlight the transformative impact of art on mental health and substance use recovery. Through creative expression, individuals can find connection, healing, and empowerment.

Discussion:

Recovery is a transformative journey that encompasses the mind, body, and spirit, and this year's theme, "The Art of Recovery," highlights the creative and multifaceted nature of this process. In recovery, individuals discover the power of self-expression, the beauty of personal growth, and the resilience that lies within. This theme encourages us to view recovery not just as a path to healing, but as an art form that involves creativity, individuality, and community.

"The Art of Recovery" underscores the importance of fostering environments where people can express their journeys through various forms of art, whether it be through visual arts, music, writing, or other creative outlets. These expressions help to communicate the complexities of recovery and offer new perspectives on the challenges and triumphs faced by individuals on this path.

The National Recovery Month observance raises awareness and educates communities about the effective services available to those affected by mental health and/or substance use disorders. By promoting "The Art of Recovery," the aim to lower barriers to recovery support, create inclusive spaces that welcome all forms of self-expression, and broaden the understanding of recovery as a deeply personal and unique experience.

Recovery Month serves as a reminder that recovery is a communal effort, where each person's journey is a testament to the collective strength and creativity of our community.

Recovery Month has been celebrated nationally in September for over 32 years and in California for over 31 years. This year, DHS invites everyone to join us in celebrating "The Art of Recovery" and to support and inspire those on their recovery journeys through creative expression and compassionate connection.

Prior Board Actions:

Agenda Date: 9/10/2024

Most recently, on August 15, 2023, the Board adopted a resolution proclaiming the month of September 2023 as Recovery Month in Sonoma County.

FISCAL SUMMARY

Narrative Explanation of Fiscal Impacts:

N/A

Narrative Explanation of Staffing Impacts (If Required):

N/A

Attachments:

Attachment 1 - Resolution

Related Items "On File" with the Clerk of the Board:

None