WHEREAS, prevention is designed to promote the overall health and wellbeing of both individuals and communities, and is accomplished by delaying or inhibiting substance use disorders and promoting healthy behaviors; and

WHEREAS, 44.7 million adults, or one in five, live with a mental illness in the United States; and

WHEREAS, more than 20 million Americans, 12 and older, had a substance use disorder and more than 8 million Americans, 18 and older, had co-occurring health and substance use disorders; and

WHEREAS, in 2018, 397 residents, or an average of one person every 22 hours, died as a result of suicide in Connecticut making suicide the 11th leading cause of death for all residents and 2nd leading cause of death for individuals between the ages of 15 and 34 years old in Connecticut; and

WHEREAS, last year 1,017 people died from accidental overdoses in Connecticut, an average of three lives lost each day, and in nearly all of those deaths (93%) an opioid was present; and

WHEREAS, the use of alcohol, electronic cigarettes, and marijuana among Connecticut high school students is widespread and continues to be a problem; and

WHEREAS, the stigma associated with mental health and substance use disorders is a barrier to help-seeking behaviors; and

THEREFORE, I, Ned Lamont, Governor of the State of Connecticut, do hereby proclaim May 12 - 18, 2019 as

Prevention Week
in the State of Connecticut.

[Signature]
GOVERNOR