

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
ACTION AGENDA SUMMARY

DEPT: Behavioral Health and Recovery Services

BOARD AGENDA # *A-4a

Urgent

Routine

AGENDA DATE April 30, 2013

CEO Concurs with Recommendation YES NO

4/5 Vote Required YES NO

(Information Attached)

SUBJECT:

Approval to Proclaim May 2013 as Mental Health Month in Stanislaus County

STAFF RECOMMENDATIONS:

Approve the proclamation of May 2013 as Mental Health Month in Stanislaus County

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2013-187

On motion of Supervisor Withrow, Seconded by Supervisor O'Brien
and approved by the following vote,

Ayes: Supervisors: O'Brien, Withrow, Monteith, De Martini and Chairman Chiesa

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

1) Approved as recommended

2) Denied

3) Approved as amended

4) Other:

MOTION:



ATTEST: CHRISTINE FERRARO TALLMAN, Clerk

File No.

DISCUSSION:

This year's theme of May is Mental Health Month, *Pathways to Wellness*, calls attention to strategies and approaches that help individuals achieve wellness and good mental health. Wellness is essential to living a full and productive life and is more than the absence of disease. It involves complete general, mental and social well being. In fact, overall well being is tied to the balance that exists between emotional, physical, spiritual and mental health.

Whatever one's situation, all are at risk of stress given the demands of daily life and the challenges it brings. Steps that build and maintain well being and help achieve wellness involve a balance of diet, exercise, sleep; a sense of self-worth; the development of coping skills that promote resiliency and emotional awareness; and connections to family, friends and community.

By designating May "Mental Health Month", Behavioral Health and Recovery Services and the Stanislaus County Mental Health Board are promoting, with the assistance of communities, a different approach to behavioral health and emotional wellness in Stanislaus County. This includes a shift from the traditional approach based on what's "wrong" or "at-risk" toward a "help first" system where mental health professionals are primarily focused on mental health and wellness and there is genuine partnership with communities.

May is Mental Health Month is a time to acknowledge the concept of wellness and well being not only improving one's health in mind, body and spirit, but also maximizing one's potential to lead a full and productive life, and that using strategies that promote resiliency and strengthen mental health and well being, will lead to improved general health and a healthier society.

STAFFING IMPACTS:

There are no staffing impacts associated with this item.

CONTACT PERSON:

Madelyn Schlaepfer, Director. Telephone 525-6225

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
STATE OF CALIFORNIA

Date: April 30, 2013

2013-187

On motion of Supervisor Withrow Seconded by Supervisor O'Brien
and approved by the following vote,

Ayes: Supervisors: O'Brien, Withrow, Monteith, De Martini and Chairman Chiesa

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

THE FOLLOWING RESOLUTION WAS ADOPTED:

Item # *A-4a

IN RE: PROCLAIMING MAY, 2012 AS MENTAL HEALTH MONTH IN STANISLAUS COUNTY

IN RE: PROCLAIMING MAY, 2012 AS MENTAL HEALTH MONTH IN STANISLAUS COUNTY

Whereas, the Stanislaus County Board of Supervisors has recognized healthy communities as a priority, and

Whereas, mental health is critical for every person's well being as well as that of our families, communities and businesses, and

Whereas, all residents of Stanislaus County experience times of difficulty and stress in their lives, and

Whereas, there is a quantity of research that supports tools that can be used to better handle challenges, and protect their health and well being, and

Whereas, within the next year, at least one out of four residents of Stanislaus County will experience a diagnosable mental illness personally or through a family member, and

Whereas, with appropriate treatment and support from family, friends and community, those suffering from a mental illness can recover, and

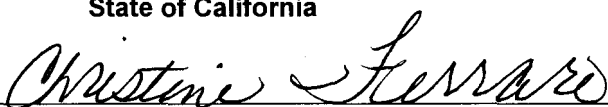
Whereas, increasing public awareness about mental illness is vital to fighting the stigma and discrimination that often serve as a barrier to treatment, and

Whereas, mentally healthy people enjoy life, feel good about themselves, are able to meet challenges and changes of life, and

Whereas, Behavioral Health and Recovery Services and the Stanislaus County Mental Health Board are supporting May as Mental Health Month.

Now, therefore, be it resolved, that the Stanislaus County Board of Supervisors does hereby proclaim May 2013 as Mental Health Month in Stanislaus County.

ATTEST: **CHRISTINE FERRARO TALLMAN, Clerk**
Stanislaus County Board of Supervisors,
State of California

A handwritten signature in cursive script, reading "Christine Ferraro", written over a horizontal line.

File No.