

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

DEPT: Behavioral Health And Recovery Services

BOARD AGENDA # \*A-2

Urgent

Routine

AGENDA DATE May 5, 2015

CEO Concurs with Recommendation YES  NO   
(Information Attached)

4/5 Vote Required YES  NO

SUBJECT:

Approval to Proclaim May 2015 as Mental Health Awareness Month in Stanislaus County

STAFF RECOMMENDATIONS:

Approve the proclamation of May 2015 Mental Health Awareness Month in Stanislaus County.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD ACTION AS FOLLOWS:

No. 2015-192

On motion of Supervisor Chiesa, Seconded by Supervisor Monteith  
and approved by the following vote,

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

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

1) X 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 Awareness Month Campaign is "B4Stage4" which focuses on how individuals can address their mental health challenges early, rather than at "Stage 4" when symptoms are more severe, and recovery is a longer process. In accord with the current focus on prevention in Stanislaus County, this campaign calls attention to strategies and approaches that help to identify signs early and to provide family members, others in the public, and individuals themselves with tools to assist in avoiding illness or obtaining treatment early.

Since 1949, May has been officially recognized as Mental Health Month. Mental health challenges are common in the United States and internationally. Some estimates indicate that about 50% of us will experience a mental health challenge in our lifetime. This national recognition brings attention to mental health challenges that are often easily preventable or quickly remedied with appropriate interventions. Even individuals with more severe challenges can live productive lives in recovery.

Prevention programs embrace a "help first" approach rather than waiting until a problem becomes severe and possibly disabling. Efforts that are in partnership with our various communities are most effective, as signs are often noted first by family, friends, and faith communities. Assisting them in responding effectively often allows them to not only help those with signs and symptoms but to reach others before a problem even appears.

Recognizing the signs of mental illness is important. Feelings of sadness, anxiety, worry, or sleep problems are not uncommon. However, when these feelings get very intense, last for long periods of time, or begin to interfere with school, friendships and other relationships, it may be a sign of a mental health issue that will require interventions to prevent further, long-term suffering. Statewide efforts to promote early awareness include the Know the Signs Campaign. In addition, it is important to provide communities with knowledge about basic strategies anyone can use to intervene, such as Mental Health First Aid.

By requesting the designation of May as Mental Health Awareness Month, Behavioral Health and Recovery Services and the Stanislaus County Mental Health Board are promoting, with the assistance of local community efforts, a focus on prevention. Individuals can and do recover. Data suggests that 70% to 90% of those receiving support and treatment report improved quality of life. Preventing illness to start with is even better.

**POLICY ISSUES:**

Approval of the recommended action supports the Board's priority of A Healthy Community.

**STAFFING IMPACT:**

There are no staffing impacts associated with this item.

**CONTACT:**

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