

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

DEPT: Behavioral Health And Recovery Services BOARD AGENDA #: A-4

AGENDA DATE: May 10, 2016

SUBJECT:

Approval to Proclaim May 2016 as Mental Health Awareness Month in Stanislaus County

BOARD ACTION AS FOLLOWS:

No. 2016-238

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

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

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: 
ELIZABETH A. KING, Clerk of the Board of Supervisors

File No.

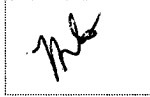
**THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
AGENDA ITEM**

DEPT: Behavioral Health And Recovery Services

BOARD AGENDA #: A-4

Urgent

Routine



AGENDA DATE: May 10, 2016

CEO CONCURRENCE: phx

4/5 Vote Required: Yes No

SUBJECT:

Approval to Proclaim May 2016 as Mental Health Awareness Month in Stanislaus County

STAFF RECOMMENDATIONS:

1. Approve the proclamation of May 2016 Mental Health Awareness Month in Stanislaus County.

DISCUSSION:

This year's theme of May is Mental Health Awareness Month Campaign is Life with a Mental Illness. The National Alliance on Mental Illness (NAMI) reports that 1 in 5 adults experience some form of mental illness. About 1 in 20 adults is living with a serious mental illness such as schizophrenia or recurring major depression. Like many physical health problems, it is often not the fault of the individual that they are dealing with an illness, but it is important that they recognize the symptoms, seek help to treat, and adhere to a treatment plan to manage the illness. Mental illness may present many challenges to be overcome, but recovery is possible. Individuals can complete their education, be successful in a career, have satisfying relationships, and enjoy life. As an online NAMI article (<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition>) notes, mental illness can slow you down, but it does not need to stop you.

Since 1949, May has been officially recognized as Mental Health Month. Mental health challenges are common in the United States and internationally. 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.

Materials from California Mental Health Services Authority (CalMHSA) suggest that you may not realize that people that you know may be living with a mental illness. It could be a friend, a family member, classmate, neighbor, or teacher. Many famous individuals have had struggles with mental health challenges, like Abraham Lincoln. With help and support, one can live a full life. Mental Health America also has tools to help individuals feel stronger and more hopeful. For example, connecting with others, getting physically active, helping and supporting others with similar challenges, getting enough sleep are a few of these tools.

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 recovery and resilience. Individuals can and do recover. Data suggests that 70% to 90% of those receiving support and treatment report improved quality of life.

POLICY ISSUE:

Bringing attention to living with mental illness is an important strategy to reduce stigma, to normalize mental health challenges, and to encourage those who are experiencing mental health struggles to know that recovery is possible.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD OF SUPERVISORS' PRIORITY:

Approval of the recommended action supports the Board of Supervisors' priority of a Healthy Community by raising awareness of mental health needs in our community.

STAFFING IMPACT:

There are no staffing impacts associated with this item.

CONTACT PERSON:

Madelyn Schlaepfer, Behavioral Health Director, 209-525-6205

ATTACHMENT(S):

1. Proclamation

Attachment 1

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

WHEREAS, there is a proven connection between good mental health and overall personal health; and

WHEREAS, mental illnesses affect almost every family in America; and

WHEREAS, people with mental illnesses recover if given the necessary services and supports in their communities; and

WHEREAS, people with mental illnesses make important contributions to our families and our communities; and

WHEREAS, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; and

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and

WHEREAS, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

WHEREAS, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses; and

WHEREAS, Behavioral Health and Recovery Services and the Stanislaus County Mental Health Board are supporting the month of May as Mental Health Awareness Month.

NOW, THEREFORE, BE IT RESOLVED, that the Stanislaus County Board of Supervisors does hereby unanimously proclaim May 2016, as Mental Health Awareness Month in Stanislaus County