

**JEFFERSON COUNTY
BOARD OF COUNTY COMMISSIONERS
AGENDA REQUEST**

TO: Board of County Commissioners

FROM: Julie Shannon, Executive Secretary II

DATE: May 1, 2023

SUBJECT: PROCLAMATION re: Proclaiming May, 2023 as Mental Health Awareness Month

STATEMENT OF ISSUE:

Every May, National Mental Health Month is celebrated: a time set aside to recognize individuals with behavioral and mental health conditions as well as acknowledge the people who support them.

Over the course of the past few years, the Covid-19 pandemic has taken its toll on the mental health of many people. According to a poll by the Kaiser Family Foundation in the Spring of 2020, 45% of adults in the United States reported that their mental health was negatively impacted due COVID-19 stress which includes worry and concerns regarding lockdowns, job loss or income insecurity, vaccinations, essential worker status and at-home schooling for children.

During National Mental Health Month, we aim to not only support mental health awareness but most importantly, address the stigmas associated with both behavioral and mental health issues. One way to conquer these stigmas is by advocating for policies that make mental health treatment more accessible. We can also educate the public with informative resources and help normalize discussions regarding typical conditions such as anxiety, depression, eating disorders and more. Through these efforts, we can significantly reduce negative perceptions about mental illness and encourage people to get the care they need without feeling ostracized or alone.

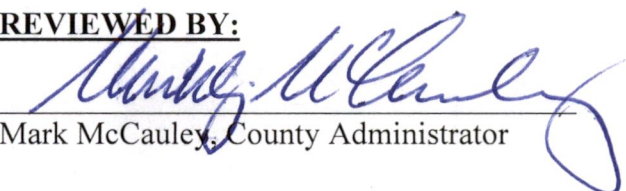
FISCAL IMPACT:

There is no fiscal impact to Jefferson County.

RECOMMENDATION:

Approve Proclamation re: Proclaiming May, 2023 as Mental Health Awareness Month

REVIEWED BY:


Mark McCauley, County Administrator

4/27/23
Date

PROCLAMATION

WHEREAS 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment; and

WHEREAS 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment; and

WHEREAS 50% of all mental illness begins by age 14, and 75% by age 24; and

WHEREAS the average delay between onset of mental illness symptoms and treatment is 11 years; and

WHEREAS many people live in Mental Health Professional Shortage Areas; and

WHEREAS the pandemic had a significant negative impact on the mental health of adults and young people; and

WHEREAS 65% of Americans are concerned about the stigma around mental illness; and

WHEREAS education, advocacy and creating awareness will encourage people to seek treatment; and

WHEREAS, with effective treatment, people with mental health illness can recover and lead full, productive lives,

NOW, THEREFORE, BE IT RESOLVED THAT we, the Board of County Commissioners, do hereby proclaim May 2023 as:

Mental Health Awareness Month

in Jefferson County, Washington. As the Board of County Commissioners, we call upon citizens, government agencies, public and private institutions, businesses, and schools in Jefferson County, Washington to commit our community to combating stigma, increasing awareness and understanding of mental health, recognizing the steps our citizens can take to protect their mental health and the need for affordable, appropriate, and accessible services for all people with mental health conditions.

APPROVED this 1st day of May 2023.

SEAL:

JEFFERSON COUNTY
BOARD OF COMMISSIONERS

Greg Brotherton, Chair

ATTEST:

Kate Dean, Member

Carolyn Gallaway, CMC
Clerk of the Board

Heidi Eisenhour, Member