

**JEFFERSON COUNTY
BOARD OF COUNTY COMMISSIONERS**

AGENDA REQUEST

TO: Board of County Commissioners

FROM: Adiel McKnight, Executive Assistant

DATE: October 2, 2023

SUBJECT: PROCLAMATION re: Proclaiming the week of October 1-7, 2023 as Mental Illness Awareness Week

STATEMENT OF ISSUE:

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. That is why each year, during the first week of October, National Alliance on Mental Illness (NAMI) and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week (MIAW).

We believe that mental health conditions are important to discuss year-round, but highlighting them during MIAW provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as MIAW, advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

FISCAL IMPACT

There is no fiscal impact to Jefferson County.

RECOMMENDATION:

Approve Proclamation re: Proclaiming the week of October 1-7, 2023 as Mental Illness Awareness Week.

REVIEWED BY:


Mark McCauley, County Administrator

9/27/23
Date

PROCLAMATION

MENTAL ILLNESS AWARENESS WEEK

WHEREAS, mental health is part of overall health; and

WHEREAS, one in five adults experiences a mental health problem in any given year; and

WHEREAS, one in six U.S. youth aged 6-17 experience a mental health disorder each year; and

WHEREAS, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24; and

WHEREAS, suicide is the 10th leading cause of death in the United States and the 2nd leading cause among young adults, and 90% of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends, and medical professionals; and

WHEREAS, long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help; and

WHEREAS, early identification and treatment can make a difference in successful management of mental illness and recovery; and

WHEREAS, it is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; and

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and

WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness; and

WHEREAS, the COVID-19 pandemic has significantly contributed to mental health challenges in children, youth, adults and elders in Jefferson County; and

WHEREAS, Mental Illness Awareness Week is sponsored by the National Alliance on Mental Illness (NAMI) to increase understanding of the devastating impact of mental illness on the lives of individuals and their communities, and to seek to promote early diagnosis and treatment; and

WHEREAS, NAMI Jefferson County's health advocates, Discovery Behavioral Healthcare, community partners, and legislators have collaborated to reduce stigma, and provide education and awareness of prevention, early intervention and treatment resources for mental health; and

WHEREAS, October 10, 2023 is World Mental Health Day; and

NOW, THEREFORE BE IT RESOLVED that the Jefferson County Board of Commissioners on behalf of the citizens of Jefferson County, does hereby proclaim, Oct. 10, 2023 as World Mental Health Day and October 1-7, 2023 as,

MENTAL ILLNESS AWARENESS WEEK

in Jefferson County, Washington to shine a light on mental illness and fight stigma, provide support, educate the public and advocate for equal care.

PROCLAIMED this 2nd day of October, 2023.

SEAL:

JEFFERSON COUNTY
BOARD OF COMMISSIONERS

Greg Brotherton, Chair

ATTEST:

Kate Dean, Member

Carolyn Gallaway
Clerk of the Board

Heidi Eisenhour, Member