

**MEMORANDUM
PLACER COUNTY HEALTH AND HUMAN SERVICES
Adult System of Care**

TO: Honorable Board of Supervisors

FROM: Richard J. Burton, M.D., M.P.H.
Placer County Health Officer and Director of Health & Human Services
Maureen F. Bauman, Director of Adult System of Care

DATE: May 23, 2006

SUBJECT: Proclaiming May 2006 "Mental Health Awareness Month" in Placer County

ACTION REQUESTED:

Approve the attached Resolution proclaiming May 2006 as "Mental Health Awareness Month" in Placer County.

BACKGROUND:

May 2006 marks more than five decades of celebrating National Mental Health Month. The theme for this year's observance is MIND Your Health, which focuses on the mind-body connection through the promotion of mental wellness and overall health, regardless of age or background. Research shows that caring for your mental health is key to your overall health. Millions of Americans will honor the challenges encountered by mental illness as well as celebrating the recoveries they or their loved ones have embraced. This year's theme, MIND Your Health, reflects the hope and real possibility of reclaimed lives through recovery.

Between 28 and 30 percent of the U.S. population has a mental health disorder, substance abuse disorder or both. It is likely that all individuals have a family member, friend, or co-worker with a mental illness. Each year, as many as 8 million Americans who have serious mental illnesses do not receive adequate treatment. In addition, people who suffer from both mental and physical health issues are at even greater risk. For example, individuals with depression and heart disease are up to twice as likely to die within two years of being diagnosed than people who have heart disease only.

We know that untreated mental illnesses are tragic contributors to mortality. With the right combination of pharmacological and psychosocial treatments and supports, 80 percent of mentally ill people can manage their illness and lead normal and productive lives. The treatment success rates for such disorders as depression (more than 80 percent), panic disorder (70-90 percent), and schizophrenia (60 percent), surpass those of other medical conditions, such as heart disease (45-50 percent). Research has shown, for example, that people who have major depression and anxiety disorders are significantly less likely to relapse if they exercise regularly – and continue exercising over time – than if they take medication alone.

To address these issues, Placer County Systems of Care provides effective mental health treatment to Placer County residents who have Medi-Cal or no other access to this treatment. Over 5500 children, youth, and adults were provided this critical service last year. In addition, Placer County's approach recognizes MIND Your Health - Caring for your mental health is key to your overall health.

We would like to recognize the courage of those individuals we serve. We are asking the Board to proclaim that May 2006 is "National Mental Health Awareness Month" in Placer County, and to demonstrate a continued commitment to community-based systems of mental health care for all Placer County residents.

FISCAL IMPACT:

There is no fiscal impact to the County General Fund as a result of this action.

**Before the Board of Supervisors
County of Placer, State of California**

In the matter of:

Proclaim May 2006 as Mental Health
Awareness Month in Placer County

Resolution No: _____

Ord. No.: _____

First Reading: _____

The following Resolution was duly passed by the Board of Supervisors of the County of Placer at a regular meeting held **May 23, 2006**, by the following vote on roll call:

Ayes:

Noes:

Absent:

Signed and approved by me after its passage.

Chairman, Board of Supervisors

Attest: _____
Clerk of said Board

WHEREAS, a new perception of mental illness is emerging – one that focuses on early intervention, effective treatment, rehabilitation, and recovery: No area of health care is changing more than mental health. Advances are prompting better science and more research, the information revolution, the important role consumers play in advocating for themselves, and family members who speak out for their loved ones;

WHEREAS, treatment works: Science has greatly expanded our understanding and treatment of severe mental illnesses. Once forgotten in mental institutions, individuals with these disorders have a real chance at reclaiming full and productive lives, but only if they have access to the treatments, services and programs so vital to recovery;

WHEREAS, barriers to mental illness recovery are falling one by one: More than 30 states have adopted measures to ensure health insurance parity;

WHEREAS, Placer County has made a commitment to community-based systems of mental health care for all residents;

BE IT RESOLVED, that the Board of Supervisors of the County Of Placer, State of California, hereby proclaims May 2006 as Mental Health Awareness Month in Placer County. As the Board of Supervisors, we call upon all Placer County citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental illness and the need for appropriate and accessible services for all people with mental illnesses.