

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 24, 2011

SUBJECT: Mental Health Awareness Month

ACTION REQUESTED:

Adopt a Resolution proclaiming May as Mental Health Awareness Month in Placer County.

BACKGROUND:

The month of May marks the long-standing recognition of National Mental Health Awareness Month which began in 1949. We take time to promote health and wellness in homes, communities, and schools. This year's theme, "Live your Life Well", seeks to increase the number of people who take action to protect their mental health in a time of great personal challenge and also in the face of ongoing stress. Wellness encompasses balance in one's life among the mental, physical, and emotional elements of health. A person who has achieved this sense of wellness can be fully engaged in their family and community.

According to the Surgeon General, approximately 25% of the U.S. population has some type of mental illness during any one year. This illness ranges from mild depression to acute psychosis, and many with mental illness are treated in primary care rather than specialty mental health services. However, this illness has a significant impact to society resulting in significant unemployment, disability, incarceration, homelessness, substance abuse, and suicide. It is estimated that indirect costs to the annual economy are in excess of \$100 billion. Yet these costs can be impacted. There is hope.

The success rate for early identification and treatment of mental illness is 60% to 80% for individuals actively participating in a recovery plan. In addition to medication treatment and therapy treatments provided by professionals, peer support groups and other community services can also be critical components to enhance recovery. The availability of transportation, diet, exercise, sleep, friends, and meaningful paid or volunteer activities contribute to overall health and wellness. Research has demonstrated that mental health is key to overall physical health, and early detection and treatment can result in a substantially less disabling course of illness.

The Placer County Campaign for Community Wellness, a community-led initiative in partnership with Placer County, has implemented community-based programs to improve lives in Placer County. Specific State funding has been used to both prevent and respond to the issues of mental illness, and since 2005 has touched the lives of over 18,000 people in Placer County. The web page www.campaignforcommunitywellness.org provides information to persons seeking answers about mental health issues.

Community partners want to join the County to raise awareness about mental health for all communities in an effort to reduce stigma associated with mental illness, so that each person who needs support can receive that support in their own community in Placer County. In the month of May there was a poster contest to reduce stigma and a battle of the bands to engage youth and promote good mental health as well as the many on-going mental health promotional activities in our community.

We are requesting the Board proclaim May 2011 as "National Mental Health Awareness Month" in Placer County.

FISCAL IMPACT:

This action does not impact the County General Fund.

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

In the matter of:

Resolution No.: _____

**Adoption of a resolution proclaiming May
2011 as Mental Health Awareness Month in
Placer County**

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 _____ 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, in the month of May 2011 we mark the long-standing recognition of National Mental Health Awareness Month. We take time to promote health and wellness in homes, communities, and schools. This year's theme, "Live your Life Well", seeks to increase the number of people who take action to protect their mental health in a time of great personal challenge and also in the face of ongoing stress. Wellness encompasses balance in one's life among the mental, physical, and emotional elements of health. A person who has achieved this sense of wellness can be fully engaged in their family and community.

WHEREAS, during any given year, approximately 25% of U.S. population has some type of mental illness and the costs to society are staggering with unemployment, disability, incarceration, homelessness, substance abuse, and suicide. It is estimated that indirect costs to the annual economy are in excess of \$100 billion dollars. Yet with early identification and treatment, there is reason to have hope.

WHEREAS, the success rate for early identification and treatment of mental illness is 60% to 80% for individuals actively participating in a recovery plan. In addition to medication treatment and therapy treatments provided by professionals, peer support groups and other community services critical to enhance recovery. The availability of transportation, diet, exercise, sleep, friends and meaningful activities contribute to overall health and wellness. Research has demonstrated that mental health is key to overall physical health and early detection and treatment can result in a substantially less disabling course of illness.

WHEREAS, the Placer County Campaign for Community Wellness, a community-led initiative to improve lives in Placer County, has partnered with the County to implement community-based programs through specific State funding to both prevent and respond to the issues of mental illness in our community. The web page of www.campaignforcommunitywellness.org provides information to persons seeking answers for mental health issues.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Placer County hereby adopts this resolution and proclaims the month of May 2011 as Mental Health Awareness Month to demonstrate its continued support and commitment to mental health wellness and to encourage individuals and communities throughout the State to participate in mental health awareness.