



MEMORANDUM
HEALTH AND HUMAN SERVICES
ADULT SYSTEM OF CARE
County of Placer

TO: Board of Supervisors

DATE: September 25, 2018

FROM: Jeffrey S. Brown, M.P.H., M.S.W., Director of Health and Human Services

SUBJECT: Out of the Darkness Suicide Prevention Walk

ACTION REQUESTED

Approve a Proclamation supporting the Out of the Darkness Suicide Prevention Walk on October 6, 2018.

BACKGROUND

Suicide is recognized as a national and statewide mental health problem; and, suicide prevention is a national and statewide goal. The Centers for Disease Control identify suicide is the tenth leading cause of death in the United States and the second leading cause of death among individuals between the ages of 10 and 34. It is the only leading cause of death in the United States that has increased every year for the past decade. One person a suicide every 12 seconds in the United States resulting in over 44,000 suicides each year. In 2014, the California Department of Health reported that the state experienced 48,516 suicide attempts and 4,119 suicide deaths. During this same period, Placer County experienced over 300 suicide attempts and 180 suicide deaths.

Over 90% of the people who die by suicide have a diagnosable and treatable mental health condition. Often the condition is not recognized or treated. The stigma associated with mental illness and suicidality works against suicide prevention by discouraging those at risk of suicide from seeking life-saving help and further traumatizes survivors of suicide loss and people with lived experience of suicide.

To support a world without suicide and those who are dedicated to saving lives and bringing hope to those affected by suicide through research, education, advocacy and resources, the Placer County Board of Supervisors is requested to support the Out of the Darkness Suicide Prevention Walk in Placer County on October 6, 2018, from 9:00am to 11:30am, at the Railhead Park in Auburn, as a means for the community to come together to promote hope, help and healing.

FISCAL IMPACT

This action has no fiscal impact to the County General Fund.

ATTACHMENT

Proclamation

**IN THE MATTER OF A PROCLAMATION RECOGNIZING
SEPTEMBER AS SUICIDE PREVENTION MONTH AND
SUPPORTING THE "OUT OF THE DARKNESS" SUICIDE
PREVENTION WALK IN PLACER COUNTY ON OCTOBER 6, 2018**

WHEREAS, suicide is a tragic end to a life and continues to be one of the fastest-growing epidemics in the United States. Each year more than 44,000 people commit suicide in this country and Suicide Awareness Month helps raise awareness of this tragic situation; and

WHEREAS, California experiences over 49,000 suicide attempts and over 4,000 suicide deaths annually, with over 300 suicide attempts and more than 200 suicide deaths in Placer County alone; and

WHEREAS, the stigma associated with mental health conditions can sometimes discourage people at risk for suicide from seeking life-saving help and causes added trauma and suffering to those who have lost a loved one to suicide; and

WHEREAS, local agencies and organizations can help individuals and communities overcome this stigma by supporting programs, policies and events such as the Out of the Darkness Walk, that help raise awareness of the struggles and impacts associated with mental health issues; and

WHEREAS, suicide prevention organizations recognize suicide as a preventable public health problem and encourage communities to make suicide prevention a priority; and

WHEREAS, because there are multiple causes that lead to suicide, multiple suicide prevention strategies are needed. Initiatives based on the National Strategy for Prevention and the California Strategic Plan on Suicide Prevention are encouraged to increase access to quality mental health, substance abuse, and suicide prevention services.

NOW, THEREFORE, BE IT PROCLAIMED, that the above PROCLAMATION was duly passed by the Board of Supervisors of the County of Placer, on behalf of the citizens of Placer County, at a regular meeting held, September 25, 2018, recognizing September 2018 as Suicide Prevention Month and supporting the Out of the Darkness Walk in Placer County on October 6, 2018, as a means for the community to come together to promote hope, help and healing.

Jim Holmes, Supervisor, District 3
Chair 2018

Jack Duran, Supervisor, District 1
Robert M. Weygandt, Supervisor, District 2
Kirk Uhler, Supervisor, District 4
Jennifer Montgomery, Supervisor, District 5