



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

TO: Board of Supervisors

DATE: May 19, 2020

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

SUBJECT: Mental Health Awareness Month 2020

ACTION REQUESTED

Approve a Proclamation declaring May as Mental Health Awareness Month in Placer County.

BACKGROUND

Mental illness is a leading cause of disability in the United States and is an even more important topic this year, as more will be impacted as a result of COVID-19. Nearly one in six adults and one in thirteen children have a mental health need. We also know that everyone experiences challenges in their life, at times, that can be assisted with Mental Health tools. Utilizing tools that promote wellness and accessing mental health treatment early can improve outcomes. By decreasing stigma, increasing awareness, and other prevention and early intervention efforts, each Placer County resident can become a part of improving access to care and supports for our neighbors, co-workers, family and friends who face mental health challenges. Mental Health Awareness Month is celebrated in May each year nationwide in order to further this work. This year's theme for Mental Health Month is "Tools to Thrive". This theme reminds us that we all need tools in order to stay mentally healthy. Mental Health America has created a mental health tool kit to help people increase these tools in their life. Please visit <https://www.mhanational.org/2020toolkit> to download this tool kit for free. During this time of social distancing and uncertainties, having and using tools that promote mental health is more important than ever.

Placer County Has worked hard to maintain access and continue high quality mental health services amid COVID-19. Beginning mid-March, County services and contracted providers started to change their business model to keep people safe and decrease the spread of illness. Telephone and video services were implemented in order to better serve our public. Face to face appointments continue, as needed, by providing appropriate personal protective equipment to clients and staff. Screenings, psychiatric care, counseling, and crisis services are still offered remotely and within our community. For anyone seeking mental health resources, we encourage people to go to Placer County's covid-19 website under "resources" <https://www.placer.ca.gov/coronavirus> and/or call our 24/7 access line for care 1-888-886-5401.

We are asking the Board to proclaim May as Mental Health Awareness month in Placer County and to assist in promoting activities and resources for Placer County residents that support Mental Health Awareness, prevention, and access to treatment. We encourage all residents to increase their "tools" toward mental health. Join us in reducing stigma and promoting health in our community.

FISCAL IMPACT

No fiscal impact

IN THE MATTER OF A PROCLAMATION RECOGNIZING MAY 2020 AS MENTAL HEALTH AWARENESS MONTH IN PLACER COUNTY

WHEREAS, mental health is essential to everyone’s overall health and well-being; and

WHEREAS, all Americans face challenges in life that can impact their mental health; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen share the burden of mental health problems and have a responsibility to promote mental wellness and support prevention efforts.

WHEREAS, we call upon the citizens, government agencies, public and private institutions, businesses and schools in Placer County to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

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 May 19, 2020, and hereby proclaims May 2020 as Mental Health Awareness Month in Placer County.

Bonnie Gore, Supervisor, District 1
Chair 2020