



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

TO: Board of Supervisors

DATE: May 11, 2021

FROM: Robert L. Oldham, MD, MSHA, Director of Health and Human Services

SUBJECT: Mental Health Awareness Month 2021

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 during the COVID-19 pandemic, concerns about mental health and substance use have grown, including concerns about suicidal ideation. Nearly one in five adults experience mental illness each year. According to a UCLA policy brief released in January, nearly half of California youth between the ages of 12 and 17 report having recently struggled with mental health issues, with nearly a third of them experiencing serious psychological distress that could interfere with their academic and social functioning. We know accessing mental health treatment early can improve outcomes.

Placer County supports proclaiming May as Mental Health Awareness Month because it emphasizes reducing the stigma around mental health, raising awareness around prevention and early intervention efforts, and improving access to care for our community members who face mental health challenges. Mental Health Awareness Month is celebrated annually nationwide. This year thousands of individuals, organizations, and communities are joining together to show their support and bring awareness to the topic of mental health by engaging in a range of activities, from sharing on social media to hosting virtual events. This year's theme for Mental Health Awareness Month is #HopeForChange. The past year has undoubtedly brought unanticipated changes for us as individuals, families, and communities--leaving us to face these challenges and transform. Change is not always planned. Growth can be powerful and empowering. It can also be uncomfortable. #HopeForChange reminds us to spread and rely on the hope that carried us through a year of change.

Placer County continues to work hard to maintain access and continue high quality mental health services during COVID-19. 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 adult access line for care at 1-888-886-5401 or our children's 24-hour hotline at 1-866-293-1940.

We are asking the Board to raise awareness about mental health by proclaiming May as Mental Health Awareness month in Placer County and encourage all residents to learn the early warning signs of mental health conditions and continue the conversation about 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 2021 AS MENTAL HEALTH AWARENESS MONTH IN PLACER COUNTY

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

WHEREAS, mental health challenges impact both the person experiencing mental health challenges and those persons who care for and love the person facing the challenge; and

WHEREAS, every day, people face stigma related to mental health and may feel isolated and alone, struggling for years before receiving any help; and

WHEREAS, individuals with a serious mental illness have difficulty functioning in everyday life and, if left untreated, have a life expectancy that is 25 years shorter than the general population; and

WHEREAS, recovery can and does happen, and all Placer County residents should know that support and help is available to them regardless of their situation; and

WHEREAS, creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and

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

WHEREAS, we call upon the citizens, government agencies, public and private institutions, businesses, and schools in Placer County to recommit to increasing awareness of mental health challenges and reduce the stigma surrounding mental health, educate the public on the steps our citizens can take to protect their mental health, and ensure 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 11, 2021, and hereby proclaims May 2021 as Mental Health Awareness Month in Placer County.

Robert Weygandt, Supervisor, District 2
Chair 2021

BONNIE GORE
Supervisor
District 1

ROBERT M. WEYGANDT
Supervisor
District 2

JIM HOLMES
Supervisor
District 3

SUZANNE JONES
Supervisor
District 4

CINDY GUSTAFSON
Supervisor
District 5
