

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
Richard S. Knecht, Director of Children's System of Care

DATE: May 8, 2007

SUBJECT: Mental Health Awareness Month and National Children's Mental Health Awareness Day

ACTION REQUESTED:

Approve the attached Resolution proclaiming May 2007 as "Mental Health Awareness Month" and May 8, 2007 as "National Children's Mental Health Awareness Day" in Placer County.

BACKGROUND:

Placer County Systems of Care continues to provide effective mental health treatment to Placer County residents who have Medi-Cal or no other access to this treatment, including over 5,500 children, youth, and adults during the last year. Placer County's approach recognizes that caring for our mental health is key to our overall health, and that reducing the stigma surrounding mental health is imperative.

The *Mental Health Awareness Month's* theme, "MIND Your Health", focuses on achieving an overall healthy lifestyle for improving our mental health along with our physical health. Research shows that caring for our mental health is the key to our overall health and vice versa. Focus on physical needs, emotional and mental developments are equally important. We know that untreated mental illnesses are tragic contributors to mortality. Prevention of these problems and promotion of mental health are integral parts of healthy development at all stages of life. With the right treatment regime, 80% can manage their mental illness and lead normal and productive lives. Research has consistently shown that people who take medication for major depression and anxiety disorders are significantly less likely to relapse if they exercise regularly – and continue exercising over time.

The theme for *National Children's Mental Health Awareness Day*, "Thriving in the Community", centers on raising awareness of children's mental health issues and transforming children's mental health at all levels. Although we continue to promote resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families, an estimated two-thirds of young people fail to get the help they need. One in five children and adolescents has a mental health treatment need, and one in ten has a serious emotional disturbance that may disrupt daily functioning. Left untreated due to difficulty in detection and recognition of the need, their future abilities to be productive members of society are severely limited. They are at greater risk for family conflicts, substance abuse, low self-esteem, school or community violence, and suicide.

As both of these themes reflect, mental health disorders are real, common, and treatable. Approximately 27% of the U.S. population, roughly 57.7 million children, youth, and adults, have some type of mental health or substance abuse disorder, or both. It is likely that everyone has a family member, friend, or co-worker with a mental illness. Reducing the stigma of mental illness is important so issues can be openly discussed and individuals do not continue to live in shame, and begins with widespread public awareness and involvement at all levels.

We would like to recognize the courage of those individuals we serve. We are asking the Board to proclaim May 2007 as "National Mental Health Awareness Month" and May 8, 2007 as "National Children's Mental Health Awareness Day" 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:

Resolution No.: _____

Proclaim May 2007 as Mental Health Awareness Month
and May 8, 2007 as National Children's Mental Health
Awareness Day 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 **May 8, 2007**, 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, May is recognized as National Mental Health Month and May 8th is designated as National Children's Mental Health Awareness Day; and

WHEREAS, the U.S. Surgeon General's Report on Mental Health found that approximately one fifth of children, adolescents, and adults in this country experience symptoms of a mental health problem over the course of a year; and, nearly two-thirds of them get little or no help. Untreated mental health problems can disrupt children and youth functioning at home, school and in the community. Without treatment, children and youth with mental health issues are at increased risk of school failure, contact with the criminal justice system, dependence on social services, and even suicide. When they become adults, untreated mental and emotional health problems can also interfere with their ability to successfully support themselves and their families; and

WHEREAS, addressing the complex mental health needs of our young children and youth is fundamental to the continuing prosperity of Placer County. Research has documented that early intervention strategies are crucial to the prevention of negative outcomes that children and youth may experience when their mental health needs are not appropriately addressed and their families are not adequately supported; and

WHEREAS, Placer County strives to promote the full potential of our County's most vulnerable young citizens by addressing their emotional, intellectual, cultural and social needs through a philosophy of a family-driven collaborative and community-based system of care. Placer County is an acknowledged leader in both State and National efforts to provide effective and efficient services to children. Notwithstanding, mental health challenges for children and youth are real, common, and either treatable or successfully managed, and

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WHEREAS, it is appropriate that a day should be set apart each year for the direction of our thoughts toward the mental health and emotional well-being of Placer County's children and youth.

BE IT RESOLVED, that the Board of Supervisors of the County of Placer, State of California, hereby proclaims May 2007 as Mental Health Awareness Month in Placer County and May 8, 2007 as National Children's Mental Health Awareness Day. As the Board of Supervisors, we call upon all Placer County citizens, government agencies, businesses, schools, and the community to demonstrate its continued support and commitment to prevention, early intervention and ongoing mental health treatment and encourage individuals, agencies, and organizations throughout the State to participate in meeting every child, youth, and adult's mental health needs.

