

**MEMORANDUM
PLACER COUNTY HEALTH AND HUMAN SERVICES
Adult System of Care and Medical Clinics**

TO: Honorable Board of Supervisors

FROM: Jeffrey S. Brown, M.P.H., M.S.W., Director of Health and Human Services
Maureen F. Bauman, L.C.S.W., M.P.A, Director of Adult System of Care

DATE: May 5, 2015

SUBJECT: A Proclamation Declaring May 2015 as Mental Health Awareness Month Program

ACTION REQUESTED:

1. Approve a Proclamation to promote mental health awareness by proclaiming May 2015 as Mental Health Awareness Month in Placer County.

BACKGROUND:

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4 (the most serious stage) and begin with prevention. When people are in the first stage of those diseases, and are beginning to show signs of symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them. In fact, we develop a plan of action to reverse and sometimes stop the progression of the disease.

When you or someone close to you starts to experience the early warning signs of mental illness, knowing what the risk factors and symptoms are will help to catch them early. Often times, family and friends are the first to step in supporting a person through these early stages. Experiencing symptoms such as loss of sleep, feeling tired for no reason, feeling low, feeling anxious, or hearing voices, shouldn't be ignored or brushed aside in the hopes that they go away. Like other diseases, we need to address these symptoms early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health. Mental health conditions should be addressed long before they reach the most critical points in the disease process - before Stage 4.

Many people do not seek treatment in the early stages of mental illnesses because they don't recognize the symptoms. Up to 84% of the time between the first signs of mental illness and first treatment is spent not recognizing the symptoms.

Mental Health America's screening tools can help. Taken online at www.mhascreening.org, a screening is an anonymous, free and a private way to learn about your mental health and see if you are showing warning signs of a mental illness. A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

This May is Mental Health Month; Placer County is raising awareness of the important role mental health plays in our lives and encouraging members of the community to learn more about their own mental health and to take action immediately if they are experiencing symptoms of a mental illness.

Mental illnesses are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support, and it may take some time for a person to find the right treatment or combination of treatments that works best for them. But when they do, the results can be truly amazing and life changing. Placer County wants to help people learn what they can do both to protect their mental health and know the signs of mental illness before Stage 4. Want to know about what people are saying? Search online for #B4Stage4 to read more!

It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential. We know that intervening effectively during early stages of mental illness can save lives and change the trajectories of people living with mental illnesses.

A Mental Health Awareness Toolkit can be downloaded at <http://www.mentalhealthamerica.net/> along with general information about Mental Health, and screening tools for Depression, Anxiety, Post-Traumatic Stress Disorder (PTSD), Bipolar, and other topics. There is also information related to Student Health Matters, Wellness/Recovery tools, Family and Friends, and Workplace Wellness, as well as ways to get more involved.

We are asking the Board to raise awareness about mental health by proclaiming May as Mental Health Month in Placer County and encouraging all of our residents to pay attention to their mental health and get screened today!

FISCAL IMPACT:

There is no fiscal impact as a result of this action.

**MAY 5, 2015 IN THE MATTER OF A PROCLAMATION
RECOGNIZING MAY 2015 AS “MENTAL HEALTH AWARENESS MONTH”
IN PLACER COUNTY**

WHEREAS, good physical health and good mental health are both equally essential to a person’s overall well-being, and like any physical ailment, mental health conditions may require urgent and sensitive care, and

WHEREAS, all Americans experience times of difficulty and stress in their lives, and

WHEREAS, mental health conditions are real and prevalent in our nation with the National Institute of Mental Health reporting that one in four adults and one in five older adults (approximately 57.7 million Americans) experience a mental health disorder in a given year and one in seventeen Americans live with a serious mental illness, and

WHEREAS, the U.S. Surgeon General reports that one in 10 individuals under the age of 18 suffer from serious emotional and mental health conditions that cause significant impairment in their day-to-day lives at home, in school and with peers, and

WHEREAS, the World Health Organization reports that four of the 10 causes for disability in the United States are related to mental health conditions and by 2020 Major Depressive illnesses will be the leading cause of disability in the world for women and children, and

WHEREAS, with early intervention and effective treatment, those individuals with mental health conditions can recover and lead full, productive lives and 70 to 90 percent of individuals with serious mental health conditions can experience a reduction of symptoms, and improved quality of life, and

WHEREAS, reducing stigma and ensuring access to treatment and recovery supports that are proven effective, recovery is accelerated and the further harm related to the course of illness is minimized, and

WHEREAS, there is a strong body of research that supports user-friendly tools that all American’s can access to better handle challenges, and protect their well-being, and

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

NOW, THEREFORE, BE IT PROCLAIMED THAT the Placer County Board of Supervisors hereby designates May 2015 as Mental Health Awareness Month.

Kirk Uhler Supervisor, District 4
Chairperson 2015

Jack Duran
Supervisor, District 1
Jim Holmes
Supervisor, District 3

Robert M. Weygandt
Supervisor, District 2
Jennifer Montgomery
Supervisor, District 5

MEMORANDUM
OFFICE OF THE
BOARD OF SUPERVISORS
COUNTY OF PLACER

TO: Honorable Board of Supervisors

FROM: Jack Duran, Supervisor District 1

DATE: May 5, 2015

SUBJECT: PROCLAMATION – Approve and present a proclamation designating May 16, 2015 as Armed Forces Day in Placer County.

ACTION REQUESTED

Approve and present a proclamation designating May 16, 2015 as Armed Forces Day in Placer County.

BACKGROUND/COMMUNITY BENEFITS

In 1947, President Harry S. Truman signed the National Security Act into law, unifying "four branches of the military under a single executive authority, the Secretary of Defense". On August 31, 1949, Secretary of Defense, Louis Johnson established "Armed Forces Day" which created a single holiday honoring those serving in the U.S. Army, U.S. Navy, U.S. Marines Corp, U.S. Air Force and U.S. Coast Guard; and is celebrated annually on the third Saturday of May. The theme of the first Armed Forces Day was "Teamed for Defense" to express unification of all the military forces under a single department of the government. Armed Forces Day expanded public awareness of the role of the military to the civilian population they protected, and it was a day to honor and acknowledge Americans serving in the Armed Forces of the United States.

On the first Armed Forces Day, President Harry S. Truman proclaimed "Armed Forces Day on May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense". In observance of Armed Forces Day on May 16, 2015, the local chapter of the Blue Star Mothers of America is hosting the *Honor Those Who Serve – Armed Forces Day Gala* on Friday, May 15, 2015 at the Timber Creek Ballroom in Roseville. Proceeds will be used to ship care packages to U.S. Soldiers serving overseas, to help support Veteran organizations and to honor Gold Star family members.

FISCAL IMPACT

None