

THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
BOARD ACTION SUMMARY

DEPT: Behavioral Health And Recovery Services BOARD AGENDA #: *A-5c

AGENDA DATE: May 2, 2017

SUBJECT:

Approval to Proclaim May 2017 as Mental Health Awareness Month in Stanislaus County

BOARD ACTION AS FOLLOWS:

No. 2017-216

On motion of Supervisor DeMartini, Seconded by Supervisor Withrow
and approved by the following vote,

Ayes: Supervisors: Olsen, Withrow, Monteith, DeMartini, and Chairman Chiesa

Noes: Supervisors: None

Excused or Absent: Supervisors: None

Abstaining: Supervisor: None

1) Approved as recommended

2) Denied

3) Approved as amended

4) Other:

MOTION:

ATTEST:


PAM VILLARREAL, Assistant Clerk

File No.

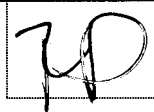
**THE BOARD OF SUPERVISORS OF THE COUNTY OF STANISLAUS
AGENDA ITEM**

DEPT: Behavioral Health And Recovery Services

BOARD AGENDA #: *A-5c

Urgent

Routine



AGENDA DATE: May 2, 2017

CEO CONCURRENCE: phx

4/5 Vote Required: Yes No

SUBJECT:

Approval to Proclaim May 2017 as Mental Health Awareness Month in Stanislaus County

STAFF RECOMMENDATIONS:

1. Proclaim May 2017 as Mental Health Awareness Month in Stanislaus County.

DISCUSSION:

The campaign promoting May as Mental Health Awareness Month is intended to highlight service integration and health promotion. The National Alliance on Mental Illness (NAMI) reports that 1 in 5 adults experience some form of mental illness. About 1 in 20 adults is living with a serious mental illness such as schizophrenia or recurring major depression. Many individuals with mental illness also struggle with substance abuse issues as well. Like many physical health problems, it is often not the fault of the individual who is dealing with an illness, but it is important that he or she recognize the symptoms, seek help and adhere to a treatment plan to manage the illness.

Following an integrative approach, Behavioral Health and Recovery Services (BHRS) is seeking to implement integrated service approaches which simultaneously address issues related to substance abuse, mental illness and physical health challenges. Mental illness and substance abuse may present many challenges that are often difficult to overcome, but recovery is possible. Individuals can complete their education, be successful in a career, have satisfying relationships, and enjoy life. As an online NAMI article (<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition>) notes, mental illness can slow you down, but it does not need to stop you.

In Fiscal Year 2015-2016, BHRS embarked on a multi-year plan to explore various ways to create seamless service integration between mental health and substance abuse services. With this in mind, the BHRS Mental Health Board and Advisory Board for Substance Abuse Programs began discussions focused on a plan to merge, creating one Stanislaus County Behavioral Health Board (SCBHB). The creation of a singular Behavioral Health Board to advise the Board of Supervisors and the Behavioral Health Director on all Department services supports the Department's mission and vision of providing and managing "*effective prevention and behavioral health services that promote the community's capacity to achieve wellness, resilience, and recovery outcomes*". This approach is consistent with how county behavioral health departments are viewed at the State level. In 2012 and 2013 the former State Departments of Mental Health and Alcohol and Drug Programs were rolled under the State

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Department of Health Care Services umbrella, creating the Mental Health and Substance Use Services Division. The new SCBHB was approved by the Board of Supervisors on February 14, 2017 with the effective date of February 23, 2017.

Since 1949, May has been officially recognized as Mental Health Month at the national level. Mental health challenges are common in the United States and internationally. This national recognition brings attention to mental health and substance abuse challenges that are often preventable or remedied with appropriate interventions. Even individuals with more severe challenges can live productive lives in recovery. As behavioral healthcare systems continue to evolve, new paradigms of recovery are emerging that embrace serving the “whole person”, which promotes health and wellness for individuals and communities. These new paradigms embrace the use of evidence-based approaches to ensure the effectiveness of the services.

By requesting the designation of May as Mental Health Awareness Month, BHRS and the SCBHB are advocating a focus on recovery, resilience, service integration and health promotion. The important message to embrace is that individuals with mental illness and/or substance abuse issues can and do recover. Data suggests that 70% to 90% of those receiving support and treatment report improved quality of life and improved health outcomes.

POLICY ISSUE:

Bringing attention to persons living with mental illness and substance abuse is an important strategy to reduce stigma, normalize mental health challenges, and encourage those who are experiencing mental health and substance abuse struggles to know that recovery is possible.

FISCAL IMPACT:

There is no fiscal impact associated with this item.

BOARD OF SUPERVISORS' PRIORITY:

Approval of the recommended action supports the Board of Supervisors' priority of a Healthy Community by raising awareness of mental health needs in the community.

STAFFING IMPACT:

There are no staffing impacts associated with this item.

CONTACT PERSON:

Rick DeGette, Behavioral Health Director, 209-525-6205

ATTACHMENT(S):

1. Proclamation

Attachment 1

**PROCLAIMING MAY 2017 AS MENTAL HEALTH AWARENESS MONTH IN
STANISLAUS COUNTY**

WHEREAS, the Stanislaus County Board of Supervisors has recognized healthy communities as a priority; and,

WHEREAS, there is a proven connection between good mental health and overall personal health; and,

WHEREAS, health promotion and service integration are reflected in combining mental health and substance abuse service strategies; and,

WHEREAS, mental illnesses affect almost every family in America; and,

WHEREAS, people with mental illnesses recover if given the necessary services and supports in their communities; and,

WHEREAS, people with mental illnesses make important contributions to our families and our communities; and,

WHEREAS, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; and,

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and,

WHEREAS, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and,

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses; and,

WHEREAS, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses; and,

WHEREAS, Behavioral Health and Recovery Services and the Stanislaus County Mental Health Board are supporting the month of May as Mental Health Awareness Month.

NOW, THEREFORE, BE IT RESOLVED, that the Stanislaus County Board of Supervisors does hereby unanimously proclaim May 2017 as Mental Health Awareness Month in Stanislaus County.