

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

DEPT: Behavioral Health & Recovery Services

BOARD AGENDA:4.A.4
AGENDA DATE: May 1, 2018

SUBJECT:

Approval to Proclaim May 2018 as Mental Health Awareness Month in Stanislaus County

BOARD ACTION AS FOLLOWS:

RESOLUTION NO. 2018-0189

On motion of Supervisor Chiesa Seconded by Supervisor Monteith
and approved by the following vote,

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


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: 
ELIZABETH A. KING, Clerk of the Board of Supervisors

File No.

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

DEPT: Behavioral Health & Recovery Services

BOARD AGENDA:4.A.4
AGENDA DATE: May 1, 2018

CONSENT:

CEO CONCURRENCE: YES

4/5 Vote Required: No

SUBJECT:

Approval to Proclaim May 2018 as Mental Health Awareness Month in Stanislaus County

STAFF RECOMMENDATION:

1. Proclaim May 2018 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 one in five adults experience some form of mental illness. About one 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. (<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition>)

In Fiscal Year 2016-2017, 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 new SCBHB was approved by the Board of Supervisors on February 14, 2017 with the effective date of February 23, 2017. 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 past year, the newly merged SCBHB has convened several committees to advance the awareness of Behavioral Healthcare needs and challenges throughout Stanislaus County. These committees are staffed by board members and supported by BHRS senior leaders. It is anticipated that in the future, these committees will be increasingly instrumental in identifying areas of concern, contribute to the understanding of behavioral health impacts for vulnerable persons and advise on areas of need. The Prevention and Community Education/Outreach committee is planning a number of community events and activities during the month of May to promote behavioral health awareness.

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 continued 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:

The recommended action is consistent with the Board's priority of *Supporting Community Health* 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. Proclaiming May Mental Health Month 2018

**PROCLAIMING MAY 2018 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 and substance use disorders affect almost every family in America; and,

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

WHEREAS, people with mental illnesses and substance use disorders 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 and substance use disorder 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 and substance use disorders can change negative attitudes and behaviors toward people with mental illnesses; and,

WHEREAS, Behavioral Health and Recovery Services and the Stanislaus County Behavioral 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 2018 as Mental Health Awareness Month in Stanislaus County.