County of Sonoma
Agenda Item
Summary Report

Clerk of the Board
575 Administration Drive
Santa Rosa, CA 95403

To: Board of Supervisors of Sonoma County

Board Agenda Date: October 9, 2018
Vote Requirement: Majority

Department or Agency Name[s]: Department of Health Services

Staff Name and Phone Number:
Amy Faulstich, 565-4823

Title: Mental Health Awareness Week 2018

Recommended Actions:
Adopt a gold resolution proclaiming October 7 to October 13, 2018 as Mental Health Awareness Week in Sonoma County.

Executive Summary:
In 1990 the United States Congress established the first full week of October as Mental Health Awareness Week in recognition of the National Alliance on Mental Illness’ efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large and small, for public education about mental illness. Mental Health Awareness Week is October 7th through October 13th, an annual event where advocates across the nation will come together to spread awareness about the importance of mental health and to speak out against the stigma around mental illness.

Discussion:
Share the Facts About Mental Health:
- Mental health challenges are very common. In fact, 50 percent of us will experience a mental health challenge in our lifetime.
- Mental well-being is a fundamental component of the World Health Organization’s definition of health.
- Half of all mental disorders start by age 14 and three-quarters by age 24.
- Unfortunately, research shows that many people do not reach out for support. For young people, an average of 6 to 8 years passes from the time they first experience symptoms to the time when they get help.
- People recover from mental illness all the time. With support and treatment, between 70 percent and 90 percent of individuals report reduced symptoms and improved quality of life.
Good mental health enables people to realize their potential, cope with the normal stresses of life, work productively, and contribute to their communities.

**Prior Board Actions:**
Each October the Board recognizes Mental Health Awareness Week in Sonoma County.

**Strategic Plan Alignment**
Goal 4: Civic Services and Engagement

Recognition of Mental Health Awareness Week by the Sonoma County Board of Supervisors serves to raise awareness of mental illness in the County.

### Fiscal Summary

<table>
<thead>
<tr>
<th>Expenditures</th>
<th>FY 18-19 Adopted</th>
<th>FY 19-20 Projected</th>
<th>FY 20-21 Projected</th>
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</thead>
<tbody>
<tr>
<td>Budgeted Expenses</td>
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<tr>
<td>Additional Appropriation Requested</td>
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<tr>
<td><strong>Total Expenditures</strong></td>
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<table>
<thead>
<tr>
<th>Funding Sources</th>
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<tbody>
<tr>
<td>General Fund/WA GF</td>
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<td>State/Federal</td>
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<td>Fees/Other</td>
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<td>Use of Fund Balance</td>
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<tr>
<td>Contingencies</td>
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<tr>
<td><strong>Total Sources</strong></td>
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**Narrative Explanation of Fiscal Impacts:**
There are no fiscal impacts associated with this item.

### Staffing Impacts

<table>
<thead>
<tr>
<th>Position Title (Payroll Classification)</th>
<th>Monthly Salary Range (A – I Step)</th>
<th>Additions (Number)</th>
<th>Deletions (Number)</th>
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**Narrative Explanation of Staffing Impacts (If Required):**
N/A

**Attachments:**
Resolution

**Related Items “On File” with the Clerk of the Board:**
None
Resolution of the Board of Supervisors of the County of Sonoma, State of California, Proclaiming October 7 Through October 13, 2018 as Mental Health Awareness Week in Sonoma County

Whereas, mental health is part of overall health;
Whereas, one in five adults experiences a mental health problem in any given year and one in 17 adults lives with mental illness such as major depression, bipolar disorder or schizophrenia;
Whereas, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24;
Whereas, mental health disorders affect people from every background and can occur at any age, with adults, seniors, and children being affected by potentially disabling disorders;
Whereas, early identification and treatment can make a difference in successful management of mental illness and recovery;
Whereas, it is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed;
Whereas, no individual or family should have to suffer inadequate or insufficient treatment due to language or cultural barriers to care, nor should lives be devastated or families financially ruined by the costs of care;
Whereas, serious mental health disorders are highly treatable medical conditions of the brain posing the same concern as cancer, heart disease, diabetes, and other disorders;
Whereas, scientific research is producing tremendous breakthroughs in the understanding of mental health disorders, resulting in more effective treatments to allow people to recover and lead full and productive lives;
Whereas, Sonoma County emphasizes strategies to reduce the negative outcomes that may result from untreated mental health disorders including: suicide, incarcerations, school failure or dropout, unemployment, prolonged suffering, homelessness, and removal of children from their homes;
Whereas, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help;

Whereas, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness; and

Whereas, Sonoma County has created a local mental health system that focuses on wellness and recovery and is consumer, client, and family member driven, culturally responsive and linguistically appropriate, promoting a vision in which recovery is possible.

Now, Therefore Be It Resolved, that the Board of Supervisors of the County of Sonoma does hereby proclaim October 7 through October 13, 2018 as Mental Health Awareness Week to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

Be It Further Resolved that all Sonoma County citizens, businesses, schools and community organizations are encouraged to wear a lime green ribbon in observance of Mental Health Awareness Week.

Supervisors:

Gorin: Rabbitt: Zane: Hopkins: Gore:
Ayes: Noes: Absent: Abstain:

So Ordered.