



NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY

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NEVADA COUNTY BOARD OF SUPERVISORS
Board Agenda Memo

MEETING DATE: May 10, 2016
TO: Board of Supervisors
FROM: **Rebecca Slade**
SUBJECT: Resolution proclaiming May 2016 as Mental Health Awareness Month in Nevada County, and presentations by Rebecca Slade (Director, Nevada County Behavioral Health) and Nancy Ramsey (Mental Health Board Chair).

RECOMMENDATION: Approve the attached Resolution.

FUNDING: N/A

BACKGROUND: This year's theme for May is "Mental Health Month" – Life with a Mental Illness – is a call to action to share what life with a mental illness feels like to someone going through it. There is help for individuals who have mental health symptoms and we encourage people to seek help before their symptoms become too severe. People with mental health symptoms can recover quickly and live full and productive lives.

We are encouraging individuals to give voice to what it really means to live with mental illness. We hope to remove the shame and stigma of speaking out, so that more people can be comfortable coming out of the shadows and seeking the help they need.

Mental Illnesses are common and treatable, and help is available. We need to speak up early and in real, relatable terms so that people do not feel isolated and alone. Sharing is the key to breaking down the stigma surrounding mental illnesses and to showing others that they are not alone in their feelings and their symptoms.

Mental illness will strike members of our society regardless of gender, race, ethnicity, age, religion or economic status. There are many indirect costs to society resulting from untreated mental illness including lost productivity, increased use of medical services, crime/incarceration, and use of social welfare benefits.

1 in 5 Americans will be affected by a mental health condition in their lifetime. Research shows that by ignoring mental health symptoms, we lose ten years in which we could intervene in order to change people's lives for the better.

One of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take a mental health screening. Go to www.mentalhealthamerica.net/mental-health-screening-tools to determine whether you are experiencing symptoms of a mental health condition.

Affirming our community's continued dedication and strength to improve the lives of all Americans whose lives are affected by mental health conditions we submit for Nevada County Board of Supervisors' approval a resolution proclaiming May 2016 as Mental Health Awareness Month in Nevada County.

Item Initiated and Approved by: Rebecca Slade, MFT, Director of Behavioral Health