



**NEVADA COUNTY**  
**HEALTH & HUMAN SERVICES**  
**AGENCY**

Health & Human Services  
Agency Director  
Ryan Gruver

Behavioral Health Director:  
*Phebe Bell, MSW*

BEHAVIORAL HEALTH DEPARTMENT  
(Mental Health, Drug and Alcohol Program)

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## NEVADA COUNTY BOARD OF SUPERVISORS

### Board Agenda Memo

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**MEETING DATE:** May 14, 2024  
**TO:** Board of Supervisors  
**FROM:** **Phebe Bell**  
**SUBJECT:** Presentation on activities of the Mental Health and Substance Use Disorder Advisory Board and the acceptance of a Resolution proclaiming May 2024 as “Mental Health Awareness Month” in Nevada County

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**RECOMMENDATION:** Informational Presentation – 15 minutes estimated duration

**FUNDING:** Not Applicable

**BACKGROUND:** Each County in California is required to have a Mental Health Advisory Board as defined in Welfare and Institutions Code 5604.2. Members of the Advisory Board are appointed by the Board of Supervisors and are meant to provide community oversight and input to the Behavioral Health Department. One of the defined duties of the Advisory Board is to provide an annual update to the Board of Supervisors regarding activities, successes and challenges from the year.

This informational presentation will address current composition of the Advisory Board, current year activities of the Advisory Board, and feedback on needs and performance of the Behavioral Health Department from this year.

In addition to this presentation, the Nevada County Behavioral Health Services is interested in having the Board of Supervisors proclaim May as “Mental Health Awareness Month” in Nevada County. Every day, millions of people face stigma related to mental illness, causing many to live with their mental health challenges for years without help. Each May, Mental Health Awareness Month provides the opportunity for everyone to come together to illuminate mental health awareness in an effort to stop the stigma. Bringing forth this awareness is crucial to helping people reach out for the assistance they deserve.

Nearly half of the population will experience some type of mental health challenge over the course of their lives, and one out of twenty may develop a serious mental illness. For many of these individuals, the stigma around identifying their mental health challenge keeps them from seeking care, which in turn can exacerbate their suffering and the impacts of their illness. Mental health is just as important as physical health and identifying our mental health needs should be just as comfortable as going to a physical health care doctor. Celebrating Mental Health Awareness Month remind our community that we all need to take care of our mental health.

We respectfully request Board approval to proceed as outlined in the resolution and proclaim May 2024 as “Mental Health Awareness Month” in Nevada County, California.

**Item Initiated and Approved by:** Phebe Bell, MSW, Director of Behavioral Health