



**NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY**

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

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April 17, 2015

Honorable Board of Supervisors
Eric Rood Administrative Center
950 Maidu Avenue
Nevada City, CA 95959

DATE OF MEETING: May 12, 2015

SUBJECT: Resolution proclaiming May 2015 as Mental Health Awareness Month in Nevada County.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: N/A

BACKGROUND: Addressing mental health issues before Stage 4 – this year’s theme for May is “Mental Health Month” – calls attention to the importance of addressing mental health symptoms early, identifying potential underlying diseases, and planning an appropriate course of action on a path towards overall health. When we think about cancer, heart disease or diabetes, we don’t wait years to treat them; rather we begin with prevention.

About half of Americans will meet the criteria for a diagnosable mental health disorder sometime in their life, with first onset usually in childhood or adolescence. 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. Intervening effectively during early stages of mental illness can save lives and change the trajectories of people living with mental illness.

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 general medical services, crime/incarceration, and use of social welfare benefits. Untreated or under treated mental illness costs public and private employers billions of dollars annually through absenteeism, turnover, low productivity and increased medical costs. There is also the far-reaching incalculable human impact of these illnesses: loss of dignity, relationships, self-esteem, and a sense of hope.

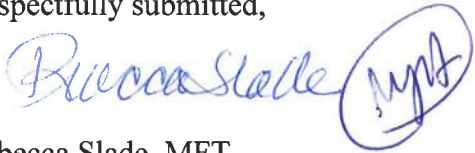
Mental health disorders are real, common and treatable. Yet the stigma and stereotypes associated with mental illnesses can keep those living with such an illness from seeking treatment that could improve their life and manage their illness effectively.

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.mhascreening.org to take a screening for depression, anxiety, bipolar disorder, or post-traumatic stress disorder. Use your screening results to start a conversation with your primary care provider, or a trusted friend or family member and begin to plan a course of action for addressing your mental health.

Affirming our community's continued dedication to meeting the needs of mentally ill individuals within our County, as well as saving the overall societal costs associated with lack of treatment, and in hopes of decreasing the stigma and discrimination of those afflicted with mental illness we submit for Nevada County Board of Supervisors' approval a resolution proclaiming May 2015 as Mental Health Awareness Month in Nevada County.

Please contact me if any additional information is required.

Respectfully submitted,

A handwritten signature in blue ink that reads "Rebecca Slade" followed by a circled "MFT".

Rebecca Slade, MFT
Interim Director of Behavioral Health

RS/cs