



NEVADA COUNTY
HEALTH & HUMAN SERVICES
AGENCY

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NEVADA COUNTY BOARD OF SUPERVISORS

Board Agenda Memo

MEETING DATE: May 8, 2018

TO: Board of Supervisors

FROM: **Phebe Bell**

SUBJECT: Resolution proclaiming May 2018 as Mental Health Month in Nevada County.

RECOMMENDATION: Approve the attached Resolution.

FUNDING: N/A

BACKGROUND: Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. A critical element to maintaining positive mental health is having a strong social network. Research suggests that people with a stronger social network have happier, healthier lives.

In difficult times, our social network can support us and help us connect to needed resources. California's Mental Health Movement encourages everyone to check in with loved ones on their mental health. Talking openly and honestly about mental health lets those we care about know that we support them. Before starting a conversation with someone you are concerned about be sure to have resources on hand, including local county mental health department numbers and suicide crisis resources.

The theme of Mental Health Month this year is "Deeper Connections: From Small Talk to Real Talk." Nevada County is embracing this theme by encouraging residents to reach out to people in their lives and let them know you care. You've probably had the experience of wanting to show support for someone, but not known what to say. Sometimes a simple affirmation of caring, or acknowledgment that you see someone else's suffering, can allow you to bridge the distance between the person who is struggling and yourself who would like to help. Research has shown

that affirmations that are stated in a positive, future-oriented and realistic manner have a powerful impact on improving people's self-perception.

Nevada County wants everyone to know that mental illnesses are real, that recovery is always the goal, and that even if you or someone you love are struggling, there is help. It is important to understand early symptoms of mental illness – and do so in a compassionate, judgement-free way. When we engage in prevention and early identification, particularly with the people we care about, we can help reduce the burden of mental illness by identifying symptoms and warning signs early – and provide effective treatment.

It is recommended the Nevada County Board of Supervisors approve a resolution proclaiming May 2018 as Mental Health Month in Nevada County to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses at all stages.

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