



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

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**NEVADA COUNTY BOARD OF SUPERVISORS**  
**Board Agenda Memo**

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**MEETING DATE:** May 23, 2017  
**TO:** Board of Supervisors  
**FROM:** **Rebecca Slade**  
**SUBJECT:** Resolution proclaiming May 2017 as Mental Health Month in Nevada County.

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**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. But people experience symptoms of mental illnesses differently – and some engage in potentially dangerous or risky behaviors to avoid or cover up symptoms of a potential mental health problem.

Sometimes people – especially young people – struggling with mental health concerns develop habits and behaviors that increase the risk of developing or exacerbating mental illnesses, or could be signs of mental health problems themselves.

Activities like compulsive sex, recreational drug use, obsessive internet use, excessive spending, or disordered exercise patterns can all be behaviors that can disrupt someone's mental health and potentially lead them down a path towards crisis.

This May is Mental Health Month; Nevada County is raising awareness of "Risky Business". This is meant to educate and inform individuals dealing with a mental health concern understand that some behaviors and habits can be detrimental to recovery – or even mask a deeper issue – but that seeking help is nothing to be ashamed of.

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 engaging in risky behavior, 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, 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 2017 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:** Rebecca Slade, MFT, Director of Behavioral Health