



COUNTY OF SONOMA

575 ADMINISTRATION
DRIVE, ROOM 102A
SANTA ROSA, CA 95403

SUMMARY REPORT

Agenda Date: 5/21/2024

To: County of Sonoma Board of Supervisors
Department or Agency Name(s): Department of Health Services
Staff Name and Phone Number: Tina Rivera, 707-565-4774
Vote Requirement: Majority
Supervisorial District(s): Countywide

Recommended Action:

Adopt a resolution proclaiming May 2024 as Mental Health Matters Month in Sonoma County

Executive Summary:

The Department of Health Services (hereinafter “DHS” or “the Department”) requests that the Board adopt a resolution proclaiming May 2024 as Mental Health Matters Month in Sonoma County. Since 1949, activities associated with National Mental Health Matters Month have increased the public’s awareness of mental health issues. Mental health associations, families, clients, and advocacy groups across the County participate in Mental Health Matters Month activities each year.

Discussion:

In Sonoma County approximately seven percent of the population lives with a serious mental illness. Each year 20 percent of Sonoma County residents will experience a mental health issue that impacts their ability to function effectively in some area of their life. Through increased outreach efforts and other opportunities during Mental Health Matters Month, DHS staff, contract providers, Sonoma County Mental Health Board members, and National Alliance on Mental Illness staff will emphasize the importance and effectiveness of increasing awareness of mental health services and decreasing stigma; promoting peer employment, empowerment, and self-help; integrated mental health and substance use service delivery; and similar principles of recovery in community mental health.

In recognition of Mental Health Matters Month, 35 events are being held throughout the County. Information for these events is available on the Department’s website at <https://bit.ly/4bb0J9t> or via Attachment 2.

Prior Board Actions:

Most recently, on May 9, 2023 and May 21, 2019 the Board adopted a resolution proclaiming May as Mental Health Matters Month in Sonoma County.

FISCAL SUMMARY

Narrative Explanation of Fiscal Impacts:

N/A

Narrative Explanation of Staffing Impacts (If Required):

N/A

Attachments:

Attachment 1 - Resolution

Agenda Date: 5/21/2024

Attachment 2 - May is Mental Health Awareness Month - Schedule of Events

Related Items “On File” with the Clerk of the Board:

None