



COUNTY OF SONOMA

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

SUMMARY REPORT

Agenda Date: 5/19/2026

To: County of Sonoma Board of Supervisors

Department or Agency Name(s): Department of Health Services

Staff Name and Phone Number: Nolan Sullivan, 707-565-4774; Melissa Ladrech, 707-565-4909

Vote Requirement: Majority

Supervisorial District(s): Countywide

Recommended Action:

Adopt a Gold Resolution proclaiming May 2026 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 2026 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 around 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 Behavioral 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 over 25 events are being held throughout the County.

Information for these events is available on the Department’s website: [Sonoma County Behavioral Health Services Act <https://sonomacounty.gov/health-and-human-services/health-services/divisions/behavioral-health/behavioral-health-services-act>](https://sonomacounty.gov/health-and-human-services/health-services/divisions/behavioral-health/behavioral-health-services-act)

Prior Board Actions:

Resolutions proclaiming May as Mental Health Matters Month in Sonoma County have been adopted for many years, most recently on May 6, 2025.

FISCAL SUMMARY

Narrative Explanation of Fiscal Impacts:

N/A

Narrative Explanation of Staffing Impacts (If Required):

N/A

Agenda Date: 5/19/2026

Attachments:

Attachment 1 - Resolution

Related Items "On File" with the Clerk of the Board:

None