



COUNTY OF SONOMA

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

SUMMARY REPORT

Agenda Date: 4/22/2025

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; Jan Cobaleda-Kegler, 707-565-5157

Vote Requirement: Majority

Supervisory District(s): Countywide

Recommended Action:

Adopt a Gold Resolution proclaiming May 2025 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 2025 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 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 over 15 events are being held throughout the County.

Information for these events is available on the Department’s website at

<https://sonomacounty.ca.gov/Main%20County%20Site/Health%20and%20Human%20Services/Health%20Services/Documents/Behavioral%20Health/mental-health-services-act/Mental-Health-Awareness-Month-2024-flyer.pdf>

Prior Board Actions:

Most recently, on May 21, 2024, 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):

Agenda Date: 4/22/2025

N/A

Attachments:

Attachment 1 - Resolution

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

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

None