



## Legislation Text

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**File #:** 2023-0509, **Version:** 1

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**To:** 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 Gold Resolution proclaiming May 2023 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 2023 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.

DHS plans to present the gold resolution at the Mental Health Board meeting on May 16, 2023. The Draft Mental Health Services Act Plan will be presented to the public at this meeting.

In recognition of Mental Health Matters Month, several events are being held throughout the County. Information for these events is available on the Department's website (<http://sonomacounty.ca.gov/Health-Services/>).

### **Prior Board Actions:**

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

### **FISCAL SUMMARY**

#### **Narrative Explanation of Fiscal Impacts:**

There are no fiscal impacts associated with this item.

#### **Narrative Explanation of Staffing Impacts (If Required):**

N/A

**Attachments:**

Attachment 1 - Resolution

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

None