

**BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**

PROCLAMATION NO. _____

Proclaiming May 2018 as Mental Health Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

1. Health, as defined by the World Health Organization, is a state of complete physical, mental and social well-being. Just as everyone has physical needs, all individuals have mental health needs. It is important to recognize the signs and symptoms of a mental health issue as soon as possible and seek treatment.
2. One in five adults in Multnomah County experience a mental health condition. Mental health challenges can affect people from all walks of life, regardless of age, gender, race, or socioeconomic status. Those who have experienced trauma, discrimination, homelessness, poverty, and chronic health conditions are disproportionately impacted by mental illness.
3. Early intervention programs have proven to help prevent mental health issues from developing or worsening later in life. Multnomah County acts early by supporting families, promoting programs in schools and providing access to community-based programs for all levels of need. To spot emerging issues, Multnomah County provides mental health services in 48 schools across six school districts.
4. Everyone needs access to safe, stable housing, especially those experiencing mental health challenges. Of the 1,668 Multnomah County residents living unsheltered (e.g. sleeping outside, in a vehicle, tent, or other place not intended for human habitation) in 2017, 44.8 percent identified as experiencing serious mental illness. Multnomah County is committed to providing services that meet the unique needs of people simultaneously experiencing homelessness and mental health issues.
5. Recovery is possible and expected for all. Long-term recovery is achievable with education, professional help, support from family and loved ones, and empowerment from other people with lived experience.
6. Multnomah County will continue to work with peers and individuals with lived experience towards building an inclusive, accepting, and thoughtful community where individuals with mental health challenges are not stigmatized, and are valued and treated with the respect, dignity and compassion we all deserve.

The Multnomah County Board of Commissioners Proclaims:

The month of May 2018 is Mental Health Month in Multnomah County, Oregon. We invite all residents of Multnomah County to observe this month with activities supporting this year's theme, which highlights the risk factors that can contribute to or worsen mental health issues.

ADOPTED this 17th day of May 2018.

**BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**

Deborah Kafoury, County Chair

SUBMITTED BY: Wendy Lear, Health Department Co-Director