

BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

PROCLAMATION NO. _____

Proclaiming May 2017 as Mental Health Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

1. Everyone has mental health needs, just as everyone has physical health needs. It is important to support mental health in our community as a critical part of our overall wellness.
2. Mental illness affects one in five adults in Multnomah County and is a significant public health issue. Mental health challenges can cause or worsen other health problems and can also contribute to homelessness, employment difficulties, relationship issues, and financial problems.
3. Many individuals in our community experience mental health challenges and each individual's experience is unique to that person. All people, including those experiencing mental health challenges, are valuable to our community and deserve to be safe, healthy, live with dignity, and thrive.
4. For people experiencing mental health challenges: there is hope, help is available, and people can and do recover. Anyone experiencing mental health challenges deserves access to services that are culturally specific, provide peer support and are affordable. Multnomah County provides mental health services that meet people where they are at, at every stage of life.
5. Mental illness is not a crime. Multnomah County will continue to collaborate with criminal justice, public safety and provider partners to reduce incarceration among people experiencing mental illness. Multnomah County recognizes that many institutions and organizations themselves can cause trauma, and will do all that it can to ensure that people suffering from mental health challenges do not experience added institutional trauma.
6. Multnomah County is committed to raising awareness about the early signs of mental illness, which may include changes in social behavior, changes in mood or emotions, alterations in eating or sleeping habits, substance use, disorganization and difficulty coping with problems and engaging in daily activities.
7. Early intervention and prevention are effective ways to reduce the burden of mental illness. Early and effective treatment for people experiencing mental health challenges results in better care, better outcomes and lower costs.
8. Multnomah County offers trainings in Mental Health First Aid and suicide prevention to better equip family and friends of those experiencing a mental health crisis, as well as others in our community, to engage with the person in crisis and act effectively until professional help is available.

9. 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 to which we all are entitled.

The Multnomah County Board of Commissioners Proclaims:

The month of May 2017 is proclaimed to be 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 18th day of May 2017.

BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

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Commissioner District 1

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SUBMITTED BY:

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