

**Yolo County
Board of Supervisors**

Resolution No. 24-58

Declaring May 2024 Mental Health Awareness Month in Yolo County

WHEREAS, nearly one in five adults and one in five adolescents in the United States live with a mental illness; and

WHEREAS, mental health impacts a person's emotional, social, environmental, financial, and overall well-being, with significant disparities among racially and ethnically diverse communities; and

WHEREAS, suicide is now the second leading cause of death for 15-to-24-year-olds, with teenagers experiencing a 17.3% increase in the use of anxiety medications since 2010; and

WHEREAS, one third of the United States population lives in a county designated as a mental health professional shortage area; and

WHEREAS, an estimated 44% of residents detained in jails are suffering from a mental illness, often with co-occurring substance use disorders; and

WHEREAS, there's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or how serious the symptoms may be. These risk factors include exposure to trauma; your environment and how it impacts your health and quality of life (also known as social determinants of health); genetics; brain chemistry; and your habits and lifestyle; and

WHEREAS, 988 is available nationwide. This three-digit number is an easy-to-remember way for people to connect with help and support during a mental health, substance use, or suicide crisis. Anyone in a mental health crisis can call, text, or chat with 988 and be connected to trained crisis counselors in the 988 Suicide and Crisis Lifeline network; and

WHEREAS, significant local investments have been made to increase access to mental health services through collaborative projects such as the Crisis Intervention Team (CIT) model which is moving Yolo County toward a more effective and compassionate crisis response system and the K-12 School Partnership Project which has drastically increased access to mental health services and supports on public school campuses throughout the county.

NOW, THEREFORE, BE IT RESOLVED that the Yolo County Board of Supervisors hereby proclaims May 2024 as Mental Health Awareness Month and continues its commitment to partner with our community members to ensure that mental health services are accessible, valuable and culturally appropriate for all residents.

PASSED AND ADOPTED this 7th day of May, 2024 by the following vote:

AYES: Vixie Sandy, Provenza, Barajas, Villegas, Frerichs.

Lucas Frerichs, Chair
Yolo County Board of Supervisors