

**Yolo County
Board of Supervisors**

Resolution No. 26-62

Declaring May 2026 as 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, maternal mental health conditions, such as anxiety, pre- and post-partum depression, birth-related PTSD, are the most common complications of pregnancy and childbirth, affecting 1 in 5 women. Among those affected, 75% go untreated; 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, 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; and

WHEREAS, the Soluna app provides youth and young adults ages 13-25 with 1:1 professional coaching and self-help tools designed to build resilience and provides early-stage intervention for stress, anxiety, and social interaction; and

WHEREAS, the Yolo County Health and Human Services Agency is uniquely positioned to improve health outcomes for pregnant and/or parenting individuals through its strong partnerships with local FQHCs and CBOs who provide early intervention and treatment services, in addition to the support received from state and federal agencies.

NOW, THEREFORE, BE IT RESOLVED that the Yolo County Board of Supervisors hereby proclaims May 2026 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 26th day of May 2026 by the following vote:

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

Sheila A. Allen, Chair
Yolo County Board of Supervisors