

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

PROCLAMATION NO. 2019-039

Proclaiming May 2019 as Mental Health Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. 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.
- b. Mental illness affects one in five adults in Multnomah County and is a significant public health issue. Mental health issues can cause or worsen other health problems and can also contribute to homelessness, employment difficulties, relationship issues, and financial problems.
- c. Many individuals in our community experience mental health challenges and each individual 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.
- d. For people suffering from mental health issues: There is hope, help is available, and people can and do recover. Anyone experiencing mental health concerns deserves access to high-quality, individualized services that are culturally specific, provide peer support and are affordable. Multnomah County provides mental health services that meet people where they are and support their goals for recovery, at every stage of life.
- e. Mental illness is not a crime. Multnomah County will continue to collaborate with criminal justice, public safety and provider partners to identify inequities and 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.
- f. 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, eating or sleeping habits, substance use, difficulty coping with problems and engaging in daily activities.
- g. Just like with physical health, early intervention and prevention for mental health can sometimes help prevent mental illness, lessen the severity, and increase the opportunities for recovery. Early and effective treatment for people experiencing mental health challenges result in better care, better outcomes and lower costs.

- h. Multnomah County offers mental health education and suicide prevention trainings to better equip members of our community to recognize a developing mental health concern or crisis in ourselves and others, to engage with the person, to connect the person to resources and to act effectively until professional help is available. These trainings help people, including ourselves, to get the help they need and save lives.
- i. Multnomah County will continue to work with peers and individuals with lived experience toward 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 2019 is proclaimed to be Mental Health Month in Multnomah County, Oregon. We invite all residents of Multnomah County to observe this month with activities that help reduce stigma associated with mental health.

ADOPTED this 16th day of May, 2019.

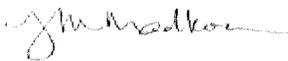


BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON



Deborah Kafoury, Chair

REVIEWED:
JENNY M. MADKOUR, COUNTY ATTORNEY
FOR MULTNOMAH COUNTY, OREGON



By _____
Jenny M. Madkour, County Attorney

SUBMITTED BY: Patricia Charles-Heathers, Health Department Director