

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

PROCLAMATION NO. 2020-031

Proclaiming May 2020 as Mental Health Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- A. As our community works together to manage the impact of the COVID-19 pandemic, we recognize that now, more than ever, everyone has mental health needs. Mental health is essential to our ability to maintain our individual physical health and social connection and support for mental health is critical for our resilience as a community.
- B. We know isolation damages our mental health. Yet even before the government ordered us to physically distance ourselves from others, an estimated one-in-four adults suffered from mental illness. With the onset of COVID-19, even more people are experiencing anxiety, depression, grief and fear. The most important thing for each of us to know is this: There is hope. Help is available. People can and do recover.
- C. In the same way we can prevent physical illness, there are things we can do to prevent and mitigate mental health concerns, and increase opportunities for recovery. "Get Trained to Help," a Tri-County collaboration, is celebrating five years of offering mental health education and suicide prevention trainings. More than 13,500 community members have been trained to better equip members of our community in recognizing mental health concerns or crises in themselves and others, and effectively connect people to resources.
- D. Anyone experiencing mental health concerns deserves access to affordable, high-quality, individualized care that is culturally specific and offers peer support. Multnomah County provides mental health services that meet people where they are, and supports their goals for recovery at every stage. In the midst of COVID-19, we have been part of a shift in technological capabilities, as we find creative ways to provide services and support through telehealth and video conferencing, to meet the needs of our residents.
- E. Multnomah County is committed to continually improving services by working with peers and others with lived experience to build an equitable and inclusive community, where individuals with mental health challenges 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 2020 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.

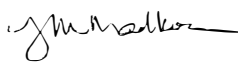
ADOPTED this 14th day of May, 2020.



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