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NAPA COUNTY BOARD OF SUPERVISORS Board Agenda Letter

TO: Board of Supervisors
FROM: Britt Ferguson for Nancy Watt - County Executive Officer
County Executive Office
REPORT BY: Patricia Grisham, Administrative Secretary I, 253-4424
SUBJECT: Presentation of a proclamation declaring May as "MIND Your Health" mental health month

RECOMMENDATION

Presentation of a proclamation declaring May as "MIND Your Health" mental health month in Napa County.

EXECUTIVE SUMMARY

Presentation of a proclamation declaring May as "MIND Your Health" mental health month in Napa County. The purpose of "MIND Your Health" month is to increase public awareness of mental illness and to promote that mental health and well-being is equally important as physical health for our citizens and our communities.

FISCAL IMPACT

Is there a Fiscal Impact? No

ENVIRONMENTAL IMPACT

ENVIRONMENTAL DETERMINATION: The proposed action is not a project as defined by 14 California Code of Regulations 15378 (State CEQA Guidelines) and therefore CEQA is not applicable.

BACKGROUND AND DISCUSSION

Severe mental illnesses such as schizophrenia, bipolar disorder (manic-depressive illness), major depression, obsessive-compulsive disorder, and severe anxiety disorders affect one in every five families annually and are more common than cancer, diabetes and heart disease. Severe mental illnesses have been scientifically proven

to be highly treatable biomedical disorders of the brain. The treatment success rate is 60 percent for schizophrenia, 65 percent for major depression, and 80 percent for bipolar disorder compared to roughly 50 percent for chronic physical disorders such as heart disease, diabetes and cancer.

While effective treatments are allowing people to reclaim full and productive lives, brain disorders continue to remain shrouded in stigma and discrimination stemming from social prejudice. Often those who are affected by severe mental illnesses are cast as second-class citizens who unfairly receive far less insurance protection and employment opportunities than others suffering from equally debilitating physical diseases.

The purpose of "MIND Your Health" mental health month is to promote that caring for your mental health is the key to overall health and caring for your mind as well as your body will keep you healthier, happier and more productive.

SUPPORTING DOCUMENTS

A . "MIND Your Health: Proclamation

CEO Recommendation: Approve

Reviewed By: Maiko Klieman