



## Resolution 2022-06

### 2022 May Mental Health Month

#### A RESOLUTION RECOGNIZING MAY 2022 AS MENTAL HEALTH MONTH TO REDUCE STIGMA AND ENCOURAGE ACTION TO ADDRESS MENTAL HEALTH AND SUBSTANCE USE CONDITIONS

**WHEREAS**, it is the mandate of the Peninsula Health Care Board of Directors to identify and address health needs of residents of the District; and

**WHEREAS**, the Peninsula Health Care District Board of Directors has made as its strategic priority to serve as a flexible and immediate responder during times of crisis such as during an emerging global health pandemic; and

**WHEREAS**, the Peninsula Health Care District Board of Directors embraces as a strategic value, collaboration- working in partnership with others committed to improving the health of the community; and

**WHEREAS**, mental health conditions are one of the most common health conditions worldwide, and the COVID-19 pandemic has triggered a 25% increase in the prevalence of anxiety and depression; and

**WHEREAS**, last year, the U.S. Surgeon General issued a health advisory on the youth mental health crisis that has been further exposed by the COVID-19 pandemic; and

**WHEREAS**, one out of every 24 Californian's with a serious mental health condition have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population; and

**WHEREAS**, every day, millions of people face stigma related to mental health and substance use conditions and may feel isolated and alone, going years before receiving any help; and

**WHEREAS**, mental health and substance use conditions are treatable health conditions, and people who have mental health and substance use conditions can recover and lead full and meaningful lives; and

**WHEREAS**, 50% of all lifetime cases of mental illness start by the age of 14; and

**WHEREAS**, only 27.2% of youth with severe depression are receiving consistent treatment, which demonstrates that this would not be acceptable if these same individuals would have heart or lung problems; and



**WHEREAS**, all young people under the age of 14 should be screened and our mental health healthcare system needs a paradigm shift and shift dollars from upstream systems and supports to mental health and wellness promotion and building out early service models; and

**WHEREAS**, Peninsula Health Care District Board of Directors is addressing and advancing the mental health of the community by participating as a lead agency and grantee from the California Mental Health Services Oversight & Accountability Commission (MHSAOC) in establishing allcove™ San Mateo Youth Drop-In Center in partnership with Stanford Center for Youth Mental Health & Well Being (CYMHWB); and

**WHEREAS**, allcove™ San Mateo Youth Drop-In Center will serve as a model in the county to address early intervention and prevention of those youth and young adults in the moderate to mild mental health conditions and be a much needed resource for youth in the cities served by the District; and

**WHEREAS**, the District’s Board of Directors wishes to increase the public’s knowledge of signs and symptoms of mental health and substance use conditions, professional and self-help resources and self-care practices; and

**WHEREAS**, this year’s May Mental Health Month theme, #SMCTakeAction4MH, encourages everyone to take actionable steps towards addressing mental health and substance use conditions with the overarching goal to support mental wellness.

Now, therefore, be it resolved by the Governing Body of the Peninsula Health Care District thereof concurring, that the District hereby recognizes May 2022 as Mental Health Month in San Mateo County to enhance public awareness of mental health to help end the stigma and direct members of the community to resources and support for mental health and substance use conditions.

**PASSED AND ADOPTED** at the meeting of the Board of Directors of the Peninsula Health Care District, County of San Mateo, State of California, duly held on the 27<sup>th</sup> day of April 2022, by the following vote:

**AYES: CAPPEL, GALLIGAN, PAGLIARO, ZELL**  
**NOES: 0**  
**ABSTAIN: 0**  
**ABSENT: NAVARRO**

APPROVED:

\_\_\_\_\_  
Secretary of the District  
Frank J. Pagliaro, Esq.

\_\_\_\_\_  
Chair of the Board of Directors  
Lawrence W. Cappel, Ph.D.