

Proclamation of the El Paso County Board of Health Recognizing May As National Mental Health Awareness Month

Effective Date: May 22, 2024

WHEREAS, the month of May is nationally recognized as Mental Health Awareness Month, a time used to raise awareness about the importance of mental health; and

WHEREAS, addressing mental health is paramount to improving overall community health, as state and local data sources demonstrate the continued need to focus on mental health and access to mental health services; and

WHEREAS, in 2021, 25 percent of adult Coloradans over the age of 18 reported having a mental illness in the past year. In 2019 and 2021 combined, 19.5 percent of El Paso County residents reported eight or more days of poor mental health in the past 30 days and 42.4 percent did not get needed mental health services because they had a hard time getting a mental health appointment; and

WHEREAS, El Paso County Public Health (EPCPH) recognizes that continued efforts and collaboration with community partners is important to combat mental health stigma, increase access to mental health services and promote overall mental wellness; and

WHEREAS, mental and behavioral health serves as the overarching framework for the El Paso County Community Health Assessment, which identifies the leading local health issues that then inform the development of the Community Health Improvement Plan; and

WHEREAS, the 2024-2028 Community Health Improvement Plan provides the framework and strategies to support meaningful improvement to the overall health and well-being of El Paso County residents, which is made possible through community engagement and partnerships; and

WHEREAS, EPCPH, the local behavioral health community and local partners are collaborating to improve mental and behavioral health outcomes through an innovative behavioral health resource that will promote mental health awareness, as well as provide preventive measures, early intervention, self-care and screening which supports individuals in developing habits that will help them learn how to cope and adapt to mental health issues; and

WHEREAS EPCPH will continue to provide behavioral health programs and services to support ongoing efforts around behavioral needs in the community which include youth suicide prevention, care coordination, trauma-responsive training, crisis-counseling and disaster coordination, community-led mental health workgroups, mental health screening substance use prevention, internal staff mental health training, and tobacco cessation supports; and

WHEREAS EPCPH encourages all residents to support mental health initiatives by fostering a sense of connectedness within their communities, engaging in education and awareness activities, and advocating for resources and policies that prioritize mental health.

NOW, THEREFORE, BE IT RESOLVED that the El Paso County Board of Health recognizes May 2024 as Mental Health Awareness Month.

MOVED, SECONDED AND ADOPTED BY TI-IE EL PASO COUN1Y BOARD OF HEALTH AT ITS MEETING HELD MAY 22, 2024, IN COLORADO SPRINGS, COLORADO.

EL PASO COUNTY BOARD OF HEALTH

Signed by Board Vice President Doris Ralston and attested by Board Secretary Susan Wheelan.

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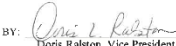
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BY: 
Doris Ralston, Vice President

ATTEST BY: 
Susan Wheelan, Secretary

