

BEFORE THE BOARD OF COUNTY COMMISSIONERS

FOR TILLAMOOK COUNTY, OREGON

In the Matter of Proclaiming May as) RESOLUTION
"Mental Health Awareness Month" and) #R-24- 008
the Third Thursday in May as "Mental)
Health Action and Wear Green Day" in)
Tillamook County.)

This matter came before the Tillamook County Board of Commissioners on May 15, 2024 at the request of the Tillamook County Suicide Prevention Coalition. The Board, being fully apprised, finds as follows.

1. May is nationally recognized as "Mental Health Awareness Month" and was established in 1949 by Mental Health America. The third Thursday in May is "Mental Health Action and Wear Green Day". Green is the color used for mental health awareness.
2. Mental health awareness is important because it reduces the stigma and discrimination associated with mental illness and seeking treatment. It also offers education and support for family and friends of those who are struggling with their mental health.
3. Mental health is a public health concern that can affect community members of all ages. In February of 2021, 731,000 adults had a mental health condition and 55,000 youth ages 12-17 had depression in Oregon, as reported by National Alliance on Mental Illness(NAMI).
4. Oregon was ranked 51st in 2023 in regard to prevalence of mental health and 30th in access to care by Mental Health America. An inadequate mental health system affects individuals, families, and communities.
5. Comorbidity of substance use disorder and major depression have been found to be the strongest predictor of suicide ideation.
6. In Oregon, NAMI reported in 2021 that 844 lives were lost to suicide and 175,000 adults had thoughts of suicide.
7. With effective behavioral health treatment, community members who experience mental health challenges can recover and can lead a full life. If you are experiencing challenges with your mental health, we encourage you to speak with your health provider about local options for mental health service

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NOW, THEREFORE, IT IS HEREBY RESOLVED that:

8. The Tillamook County Board of Commissioners hereby proclaim May to be "Mental Health Awareness Month" in Tillamook County, Oregon, and the third Thursday in May to be "Mental Health Action and Wear Green Day".

Dated this 15th day of May, 2024.

BOARD OF COUNTY COMMISSIONERS
FOR TILLAMOOK COUNTY, OREGON

Aye Nay Abstain/Absent

MFBell
Mary Faith Bell, Chair

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Doug Olson
Doug Olson, Vice-Chair

X /

Erin D. Skaar
Erin D. Skaar, Commissioner

✓ /

ATTEST: Christy Nyseth, County Clerk

By: Christy Nyseth
Special Deputy

APPROVED AS TO FORM:

William K. Sargent
William K. Sargent, County Counsel

